



# CAMP HILL EDWARDIANS SWIMMING CLUB

## NEWSLETTER

Issue 170

JUNE 2012

### SUMMER POOL CLOSURE

The pool will be closed from Friday 27<sup>th</sup> July re-opening Wednesday 29<sup>th</sup> August. Hope everyone has a great summer holiday and you are all ready for hard work when we return.

### EFFORT REWARDED

Yvette Baker swam at Camp Hill aged 10 & 11 and decided that competitive swimming was not for her. She then joined Birmingham Synchro Club, which after years of hard training including several camps abroad for Great Britain, resulted in her selection for this year's Olympic Games. Two years ago her coach told her she needed greater fitness so she rejoined us for one session a week for racing training. Look out for her on TV when the team performs

### WELSH MASTERS SWANSEA – 17/18 MARCH 2012

Kate Chase & Anne Bourne were our only two representatives at this meet, but both produced results, which enhanced Camp Hills reputation. Kate took Gold in the 200 & 100 IM and Anne was invincible on FS winning the 100m, 200m, 400m, 800m and 1500m FS events. Her 50m splits show her high level of fitness 38.24 to 40.99.

### GLOUCESTER MASTERS – 15 APRIL 2012

We were well represented by our women at this event, eight in number but only two of the men could get themselves out of bed.

Results: Jane Stalker 3 Silver 1 Gold, Heather Tierney 1 Gold 1 Silver, Anne Bourne 3 Gold 3 Silver & a parking ticket!! Kate Chase 2 Gold 2 Silver 1 Bronze, Stacey Cameron 5 Gold including BK 1.10.33, Rebecca Varney 1 Silver 2 Bronze, Sarah Thornton 2 Silver 1 Bronze, Jo Seymour returning to good form, 4 Gold including BR 37.50.

### T30 CHALLENGE

We had 14 participants in this event – based on the number of lengths swam in 30 minutes. Nationally Anne Bourne, Jane Stalker, Alison Watkins & Jo Seymour won the 160 – 199 yr team event with a total of 7820m. Paul Millington, Nick Manassiev, Anne & Jo were 3<sup>rd</sup> in the Mixed 200- 239 yr mixed event with 7625m. Paul, Nick, Peter Haw & Chris Holder placed 6<sup>th</sup> in the 160- 199yr team with 7395m.

### JUNIOR LEAGUE ROUND 1 – LEAMINGTON SPA 21 APRIL 2012

Evesham 225, Camp Hill 213, Stourbridge B 197, Bromsgrove 179, Wolverhampton Master DNS

We have started by not only meeting our long-term goal from the last couple of years but smashing it!! 100 points was far too easy, so we have now raised the bar for the next two rounds, over 200 points please! We had a fantastic turn out, with only the 9-year-old boys team lacking a swimmer, but thanks to a large 10-year team we still gave our 9 year olds great relay experience.

There were so many good swims on the night, I haven't got enough time to recount them all (well done to the entire team), but I will list a few here that we found incredibly editing and promising. Tom Kenchington (10yr) 50m FS 1<sup>st</sup> 40.99, Tom swam this event twice due to technical problems on the start and won both times, showing fantastic stamina down the 2<sup>nd</sup> length, leaving the other swimmers metres behind. Adele Reeves (10 yr) 50m BS 1<sup>st</sup> 46.13 finishing 10m ahead of the rest of the field, Jamie Evans (11yr) 50m BS 1<sup>st</sup> 44.28 fantastic swim, just need to sort out those turns. Jay Merchant (11yr) 50m BF 1<sup>st</sup> 55.07, swimming up an age group and making it look easy and then again in his own age group, 50m BS (10yr) 1<sup>st</sup> 50.62. Gabby Dickson (10yr) 25m BF 19.71, smooth, relaxed and setting a new PB very well done.

Relays were all very close, especially the cannon at the end, with Camp Hill coming in 3<sup>rd</sup> but only a touch behind 2<sup>nd</sup> place. We had 3 first place relays throughout the night they went to, boys 11yr FC team, special mention to Mason Coughlan for his amazing finish, pulling his team away into a very convincing 1<sup>st</sup> place, Girls and Boys 10 yr FC teams who easily secured victory with very strong take-overs and finishes.

At the moment, after round one, we are 4<sup>th</sup> place in the league, the highest position we have been in several years (and if we remain there, we will see ourselves promoted into the next division), so lets keep up the training (aiming for 3 sessions a week), keep working on our turns, starts and take-overs and lets get another 200 point score in round two at Cheslyn Hay!

Well done all  
Heather and Jane



### BRITISH MASTERS – SHEFFIELD 4/6 MAY 2012

3 GOLDS for Anne Bourne in the 100m FS, 400m FS and 200m FS the last is a new BRITISH RECORD 2.35.40. Kate Chase, representing Birmingham, was 2<sup>nd</sup> in the 200 FS 2.40.38 and 3<sup>rd</sup> in the 50 FS and 400FS.

Jane Stalker was 3<sup>rd</sup> in the 100 BR, 2<sup>nd</sup> in the 200 BR. Hayley Bettinson, representing Birmingham, won the 50 FS in an excellent 30.12 and the 50 FLY 31.68. Yet again! Where were our men?

### WORLD MASTERS CHAMPIONSHIPS – RICCIONE, ITALY

Kate Chase, Hayley Bettinson, Anne Bourne and I really enjoyed joining up with Craig Norrey and partner Fatima for this prestigious event.

It was on a huge scale, almost ten thousand competitors, about 28,00 entries and 1,600 relays. Some of the poolside officials were doing 16 hour shifts. On some days events did not finish till 11.30pm.

Medals are awarded to the first ten places in every event. Kate was 8<sup>th</sup> in the 800 FS and the 200 IM and 10<sup>th</sup> in the 100 FS & the 400 IM. Anne was 3<sup>rd</sup> in the 800 FS, 5<sup>th</sup> in the 400 FS and 8<sup>th</sup> in the 200 FS. Craig who only come for a few days, maintained his world standard at Backstroke, winning the 50m in 29.70 and getting Silver in the 100m 1.04.96. In 2014 the event is at Montreal – anyone interested? Can it match the sunshine of Riccione?



### JUNIOR LEAGUE ROUND 2 – CHESYLN HAY MAY 12 2012

Shrewsbury 239, Camp Hill 222, Kingsbury Aquarius B 196, The Court 158, Wellington B 130

Another AMAZING round, we not only went over 200 points again, but we blasted it out of the pool by gaining a massive 222!!!! This is the highest points score we have achieved in the

junior league for 4 years and to make it even better “The Boss”, Mr Thain was there to witness it!

Here are some of the swims that made the hair on our necks stand on end. A fantastic start to the meet, 1<sup>st</sup> race, first place of the night, Adele Reeves Girls 10 years 50m FS, 36.23, soon followed by Kieran Redmond Boys 9 years 25m BR 1<sup>st</sup>, 27.57. Jamie Evans showed us exactly what he has been working for in training with a 1<sup>st</sup> place from the gun in the boys 11 years 50m BS 43.73. Aled Luckman showed off his strength and speed with a very convincing 1<sup>st</sup> place in the boys 12 years 50m FS, 35.13, followed at the opposite end of our age groups by Alex Deeks Boys 9 year 25m FS 1<sup>st</sup>, 20.01. Once again Gabby Dickson showed off her impressive Butterfly in the Girls 10 years 25m FLY 1<sup>st</sup>, 19.73, we shall keep up the butterfly training for a next round PB!

The relays really made our night. Exciting, entrancing, extraordinary, the boys 11 years Medley AND FS relay team showed us how it is done by achieving two 1<sup>st</sup> places with such ease! The Girls 11 years FS Relay team followed with 1<sup>st</sup> place, a special mention to Gabby Dickson for a lovely take over, this was directly followed by another 1<sup>st</sup> place with a very tight take over by Freya Bird on the last leg. The Girls 10 year FS Relay gave us another 1<sup>st</sup> place with Timi Nash overtaking on the 3<sup>rd</sup> leg even though her goggles had come off – well done! Hannah Watkins put in an awesome leg in the Girls 9-12 Relay pulling us from 4<sup>th</sup> to joint 1<sup>st</sup> (finishing 2<sup>nd</sup>) and the boys had an equally nail-biting 9-12 relay with a fantastic start from 1<sup>st</sup> leg Alex Deeks and an unbelievable catch up from Aled Luckman which bought us up from half a length behind to a finish that only the timekeepers could decide (we came 2<sup>nd</sup> by 4 100ths of a second!) The cannon was so well fought by the whole team and was so close, I know once again I lost my voice from shouting (2<sup>nd</sup> place).

We are still in 4<sup>th</sup> place in the league and go into the last round ready to go up in to the next division. We just need to keep practising our starts, turns and takeovers to make sure we are the very best we can be.

Well done!

Heather, Pete and Jane



### JUNIOR LEAGUE AIMS FOR NEXT YEAR

2012 was the most successful year we have had for the past 4 years. We came 2<sup>nd</sup> in Round 1 Leamington spa, 2<sup>nd</sup> in Round 2 (Cheslyn Hay) and 4<sup>th</sup> in Round 3 (Cheslyn Hay), resulting in us coming 7<sup>th</sup> overall with a total of 618 points ( only 10 behind 6<sup>th</sup> place and 81 behind 1<sup>st</sup>). In the League the top 6 in each division get promoted and the bottom 4 get demoted. Even though we just missed out on promotion, there were so many highlights and we now have some key things to work on so that next year when we do get promoted, not only will we be the best team in the division, we will also be ready to go into Division 2 and stay there!

Highlights include two rounds of over 200 points! 2 years ago our aim was to gain 100, who would have thought that we would now be achieving double that?! Our relays used to be our weak point, getting multiple DQ's for flyers and incorrect technique underwater. Our relays are now our strongest element, with many 1<sup>st</sup> places. We also have swimmers who are now training more than 3 times a week – this is showing in their times and consistent 1<sup>st</sup> places, Well done!

What we now need to work on;

#### Short Term

All swimmers need to make sure they are practising starts, turns and underwater technique on *every* length, on *every* stroke in *every* session – even when they get tired as this is when good practise will embed and will then become second nature in a race, decreasing times and eliminating chances of being DQ'd!

#### Medium Term

ALL junior swimmers should be aiming to train at least **3 times a week**, with one of those sessions being with either Heather, Pete or Jane so we can see you regularly and monitor your progression for next year.

#### Long Term

**“Get up and Stay up!”** For the junior team to place in the top four in the Nuneaton and District Junior League Division Three 2013 (ideally 1<sup>st</sup>), gaining our 200 points in every round and then staying in Division Two in 2014!

Well done to all our swimmers – we hope you have enjoyed this season as much as we have!  
Heather, Pete and Jane

### MEMBERS OFFICE

#### “NEW MEMBERS ARE ALWAYS WELCOME”

Enthusiastic swimmers can come along and visit any weekday, bring costumes and join in!

For more information and a swimming trial, please contact:

**Gerry Thain** 0121 444 2289 (Principal & Coach)

**Karen Coughlan** 07971 558930 –  
[kblccoughlan@googlemail.com](mailto:kblccoughlan@googlemail.com) (Club Secretary & Memberships Liaison Officer)

**Nigel Greenwood** 07811 332393 –  
[nigel.greenwood@hotmail.co.uk](mailto:nigel.greenwood@hotmail.co.uk) (Water Polo Coach)

#### **Important Notice for all parents:**

If your children are taking ANY medicines on a long-term regular basis, please get a “Medication Form” to register the details. This includes vitamins, herbal remedies, hay fever tablets etc.