



Gala News :

Warwick County Championships
9th, 16th & 23rd March 2013

We took a small team to Warwick's this year; Daisy Cutts, Samantha Evans, Jamie Evans and Liliane McMahon. These championships are held at Coventry, which means swimming long course, in a 50m pool. Every swimmer swam a PB at the championships, many faster than their short course times (which is hard to do as the pool is longer and there are less turns) which was fantastic. There were many top 20 places from these swimmers which is a great achievement. Next year we hope to take a larger team, so keep training hard, working on your technique and enter the competitions available to you which will give you the opportunity to qualify in 2014!

Jane ☺

Junior League-Round One, Cheslyn Hay
13th April 2013

Camp Hill – 264

Fox Hollies – 214

Stourbridge B – 175

The Court – 166

Bromsgrove – 123

We were approaching this gala with trepidation, as we were entering with a fairly small team due to it being at the end of the Easter holidays. Thank you to those swimmers who swam for us at the last minute. We couldn't have asked for a better result. First place, with a 50 point lead! A definite improvement on last year and starting with the goal of promotion in sight.

There were so many amazing swims, I would love to mention them all, but I feel they would take over the entire newsletter, so I will mention a snippet of the evening. We started as we meant to go on with 3 first places straight away, the first by the very nervous and excited Grace Rees 10yrs 50m FS (36.53). Hannah Watkins showed me how well she listens by swimming the best butterfly I have ever seen her swim to 2nd 12yrs 50m BF (41.11). Gerda Vasiliauskaite showed us her much talked about backstroke starts which allowed her to lead from the start, with 2 beautifully swum 50m backstroke races (one for her age group and

one for the one above) 1st 10yrs 50m BS (43.18). Hannah Dunn is following closely behind with the beautiful backstroke starts with a wonderful swim 1st 9yrs 25m BS (23.22). Kieran Redmond showed us his new and improved breaststroke, again leading from the start 1st 10yrs 50m BrS (54.10) and Veronika Rubinova showed us exactly how hard she has been working in training with a very easy win in the 12yrs 50m FC (31.55), but we are aiming for a sub 31 for the next round!

In total we achieved 27 first places, with many of them being relays where we lead from the start. Mason Coughlan and Jamie Evans showed us some of the best take over dives of the night, with Gerda and Hannah competing for the best medley relay starter.

A quick mention to Luke Watson-Brown and Lukas Rubin, who not only did exceptionally well in the 9yrs boys age group but also swam as 10 and 11 yr olds for the boys relays, showing us the depth of talent we have in our younger swimmers.

I know I nearly shouted myself hoarse and enjoyed myself thoroughly, let's keep up the training especially working on starts and turns (which increasingly got us ahead in the races) and get through to the finals and promotion!

Well done!

Heather, Pete and Jane ☺

Junior League-Round Two, Tamworth
11th May 2013

Camp Hill – 235

Blythe Baracudas B – 222

Tamworth – 183

Stourbridge - 172

Okengate – 154

Another fantastic result for the juniors, we are definitely on track for promotion this year, hopefully we can go through top of division. We had a fantastic start to the gala, with 6 first places in a row! We had 24 first places (not including DQs) which is phenomenal, and the coach from Blythe came over to us at the end to comment on the quality of technique from all our swimmers, and to congratulate us on how well we had swum. This isn't to say that we need to stop practising as Division 2 will be a lot harder and we



will need to be even faster, stronger and fitter, so please make sure you are swimming a minimum of 3 sessions a week.

Some of the great swims from the night were; Alex Deeks 10/U Boys 50m FC 1st place (38.73), Gabby Dickson 11/U Girls 50m BS 2nd place (41.90) and 50m BF 1st place (41.17), carrying on the Camp Hill good fly tradition! Jamie Evans 12/U Boys 50m BrS (46.80), Luke Watson-Brown Boys 25m BS 1st place (23.10), Jonathan Vaskor impressed with a 2nd place in his first every race 10/U Boys 25m BF (22.00).

Our relays were super with some great fights against Blythe for first place. Eloise Bates impressed us all with her fantastic last leg in both the 11/U relays, storming them to first place. In the boys 11/U Medley relay Tom Kenchington showed us how much effort he can put in and raced his socks off overtaking for the first place on the last leg. Some lovely take overs by Mason Coughlan and Jamie Evans, showing us how much distance they can get even from the shallow end. Out of 19 relays we won 12, our aim is to win at least 15 next round as we were DQed for 2 due to flyers and we missed out on 1 narrowly.

Heather, Pete and Jane 😊

**Junior League-Round Three, Tamworth
22nd June 2013**

Camp Hill – 269

Newport – 233

Bromsgrove – 140

Stourbridge – 159

Kingsbury – 162

What a fantastic final round! We are all so proud of the juniors and their commitment not only to the galas but also in training, and this is clearly shown by 3 first places in the league and promotion.

We also had a tremendous amount of support from family and friends on the poolside that came to watch our fantastic efforts, which was lovely to see and hear.

I'm going to start with the relays. Our girls are simple fantastic with all of our girls relays placing 1st and the girls only cannon winning by a whole

length! There were some amazing take-overs by Adele Reeves on the 11U 4 x 25 medley relay, Lilianne McMahon 9yrs 4 x 25m FS relay, Hannah Watkins 12/U 4 x 25 FS relay and a superb start by Hannah Dunn in the 9yrs 4 x 25m Medley Relay. The boys weren't far behind always placing 1st and 2nd, but did also get a DQ, so something for them to work on in training. Jay Merchant performed a lovely dive in the 11U 4 x 25m medley relay and Tom Kenchington showed us his fighting spirit with a great last leg, James Smith did a great length with no goggles in the 11U 4 x 25m FS relay.

The individual swims were just as strong with 15 1st, 12 2nds and 2 3rd places. Some of my favorite swims were; Kieran Redmond – 1st 10/U 50m BrS (51.23), Hannah Watkins – 2nd 12/U 50m BF (39.51), Veronika Rubinova 1st 12/U 50m BrS showing us her great dive and underwater starts (42.82) followed by Jamie Evans 1st 12/U 50m BrS (44.86), Lukas Rubin 1st 9yrs 25m FS (17.72) and Gerda Vasiliauskaite 1st – 10/U 25m BF (19.25).

For finals we have some records that I would like some of us aim to try and beat the league records (you can look these up on the Nuneaton and District Junior League website). Our Mixed age girls cannon is only 6 seconds short of beating the record, which I think may be achievable. So girls, in the finals, we need to aim for a PB from all of you and beat 2.13:11! I will also tell any one that is close to individual records so you can have a go at beating them, lets see if we can get Camp Hill swimmers names on the table!

It is the round where we also award top boy and top girls award, but for this year we are going to award these at the summer BBQ on the 20th July, so make sure you have your tickets!!

Well done, we are so proud of you!

Heather, Pete and Jane 😊



Camp Hill Juniors after another victory at Redditch :



Millie Checkley - 'Top Girl' at Graham Sykes Gala



Stratford Sharks Girls Only Gala for Breast Cancer Awareness (15 June 2013)

This was a really fun enjoyable meet to attend, with loads of prizes being awarded to all swimmers for just coming along and having a swim. The swimmers came away with lots of creams, sweets, teddies and party jewelry and really enjoyed the atmosphere and the message behind the gala. We haven't attended for a few years and we received a warm welcome from the other teams. Unfortunately numbers for this gala were low, so our team was relatively weak, but it meant swimmers that did come had more swims and therefore more prizes!

A few of the great swims of the night went to Anne Kenchington Open 3L BrS, showing a great start and good strong last length, Emma Winkworth 14/15 3L FS, with a good build up and strong last length, Shona Mills 10yrs 2L BrS showing us her every improving strokes, Anna Williams 11yrs 2L FS demonstrated fantastic kicking in her first gala and individual swim. Millie Checkley got our only 1st of the evening in the 9yrs 1L BrS and also had a fantastic start on the 9yrs FS relay.

Well done to all but a special mention to Maisie Watson-Brown who struggled with her asthma on the 12/13 3L FS only to finish, get out, use her inhaler and get back in and swim a fantastic 3L BrS. True gusto and Camp Hill spirit!

Well done all!

Heather and Pete ☺

CHESC Sprint Club Championships (July 2013)

Unfortunately these have 'missed the press' ahead of this newsletter but I will be issuing a September Newsletter with all details and results info ...

STOP PRESS DATES

Last Session : **Friday 26th July**
First Session Back : **Monday 2nd September**
First Saturday Session **Saturday 7th September**



NOTICEBOARD

Website : www.chesc.org.uk
Website Enquiries : mail@chesc.org.uk
Emails for all Club Business : office@chesc.org.uk
(monitored by Anne, Kate, Karen, Heather, Pete & Jane)

TRAINING SESSIONS

Monday

5.00pm - 6.30pm (Advanced Group)
6.30pm - 8.00pm (Juniors)
8.00pm - 10.00pm (Water Polo Club)

Tuesday

5.00pm - 6.30pm (Advanced Group)
6.30pm - 8.00pm (Juniors)

Wednesday

6.00pm - 7.30pm (Heather & Pete's Juniors)
7.30pm - 9.00pm (Advanced Group & Masters)

Thursday

5.30pm - 7.00pm (Junior Team)
7.00pm - 9.00pm (Advanced Group & Masters)

Friday

5.00pm - 6.30pm (Advanced Group)
6.30pm - 8.00pm (Juniors)

Saturday

9.00am - 11.00am (Any)

SATURDAY SESSIONS

Jane Dates :

New Dates to be issued after the Summer break

Kevin Dates :

New Dates to be issued after the Summer break

"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:

Karen Coughlan 07971 558930 –
kblccoughlan@googlemail.com

(Club Secretary & Memberships Liaison Officer)

Nigel Greenwood 07811 332393 –
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.

ANNUAL SUBSCRIPTIONS & CLUB FEES 2013

Every Club Member will be required to pay the following...

- 1) Club Annual Subscription
- 2) ASA Membership
- 3) Training Session Fees (payable at each attendance, towards Pool Hire)

There will be no change in the Club subscriptions again for this year

First or only swimmer: £20.00

Second family member: £15.00

Third and subsequent family members: £10.00

ASA Membership (age as at 31 December 2013)...

Category 1: Swimmers age 8yrs & below on 31/12/2013: **£13.40**

Category 2: Swimmers age 9yrs & above during 2013: **£30.20***

Category 3: All other Members acting in ANY capacity for the Club **£10.20****

* To enable you to participate in swimming competition for the Club

** including but not limited to Officials, Coaches, Helpers and Temporary Members and those helping with children in any capacity - please ask the Club Secretary.

Training Session Fees for All swimmers (based on a minimum of two swims per week) £3.00

Camp Hill and ASA fees may be paid in the following way...

Obtain an application form from the Club Secretary or by clicking here, then complete and return along with your remittance...

a) By one cheque, made payable to Camp Hill Edwardians Swimming Club, or ...

b) By cash, (placed in an envelope with the Application Form) and handed to Karen Coughlan

Note: Renewal payments received after the 31st January each year will be subject to a £5 additional administration charge per member (the Club Membership submission to the ASA will have been completed and additional costs will be incurred)

JUNIOR LEAGUE DATES (Ages 9-12)

Junior League FRIENDLY – 7th Sept 2013 (Pingles)

Junior League FINAL – 14th Sept 2013 (WV1 4EG)

Check Noticeboard for TICKET INFO

IMPORTANT DIARY DATES

Arena League Gala Round 1 - 12th Oct 2013

Arena League Gala Round 2 - 9th Nov 2013

Arena League Gala Round 3 - 14th Dec 2013