

Competition is finished for 1970, and next year's fixture list is almost completed. You will soon be enjoying your Christmas holidays, and will be having a well-earned break from training, and, sometime before the end of the month, I want you to devote some thought to your swimming. First of all, look back on your performances in 1970 - have you continued to improve, and are you reasonably satisfied with your progress? If you are - good! If you have not improved, look for the reasons. Have you been training conscientiously? Have you been doing the right kind of training? Have you been training enough, or have you been training too much (not very likely - on the other hand not impossible)? Coaches take their swimmers through a general seasonal plan, but this will not necessarily suit everyone, perhaps the emphasis has not been quite right in your case - if in doubt, think about it, and discuss it with the coach.

Now to 1971 - set yourself some targets. Firstly think of your times - aim at an A.S.A. Standard (Bronze, Silver or Gold according to your ability). If these are too easy set out to get your 110 time down - aim for an improvement of at least three seconds - give some thought to the 220 yds. & 440 yds also. Secondly make up your mind about your main swimming objective in 1971: it might be to do well in the County Age-Group events, to be selected for the County Water Polo Team, to qualify for the National Age-Group Championships, to win a District Championship or to become a junior international, or simply to be a first string for your club team. Perhaps you can do several of these, but you should have one main aim, even if you do have other successes incidentally. After all, you are doing the swimming, so you should be able to think about what you are doing, how you are doing it, and why you are doing it.

End of lecture - a Happy Christmas and a successful New Year, and ENJOY your swimming.

F.G.T.

CHRIS CARDS.

If you have not already had some, I hope you will do so. We must thank Mr. Hubbard for designing the card for us, and Mrs. Hobbs for arranging the printing and sales. We hope to have a card again next year, and plan to have it available earlier.

CONGRATULATIONS

To Paul Rogers on winning the 10 yrs.F/S in the Edmonton Age-Group Gala, and it is pleasing to note that Stephen (68.4) is getting back to his old form.

WATER POLO.

All our teams have done well in the past few weeks. The Seniors drew a very good match with London University (2-2) and also with Warley, who are a Division above us in the BIRMINGHAM & DISTRICT League. The Juniors lost to Cheltenham the National Junior Champions by the odd goal, and our U/16 and U/14 teams have had good wins. I am sure that by the end of 1971 we shall be a force to be reckoned with in the Water Polo world.

SWIMMING TIMES.

It is now time to order for next year - 12 issues for 17/-. Orders to me by December 20th.

RESULTS.

7/11/70. Relay Gala v. Leamington.

The male events resulted in a draw, but due to the efforts of the girls the combined total gave us an easy win.

5/12/70.

Time Trials. Congratulations to all who took part - there were many personal bests, and the results revealed a good depth of performance.

28/11/70 v. Southampton, (343). Harrogate (267). Soundwell (247) & Cardiff Otters (200).

Our total of 307 gained us a clear second place, and I am not mentioning any individual performances, although there were several good ones, as this was such a fine 'team' effort. Comparison with last year's gala reveals that our performances were better in 18 of the 28 events. It was particularly pleasing to see our F/S Teams winning 3 of the 4 races and finishing 2nd in the remaining one.

FIXTURES.

Friday.	Dec 18th.	Senior W.P. Match.	8.30 (h).
Sunday.	" 20th.	U/16 W.P. (Cheltenham).	
Friday.	Jan 1st.	Sen. W.P.	8.00 (h).
Sat.	" 2nd.	Relay Gala v. Three Spires - C.O.S.A.C.S.S.	5.15 for 5.30 (Moseley Rd).
Sat.	" 9th.	Motorway League	(Spence St. Leicester)
Sat.	" 16th.	Relay Gala -v- Hull Olympic, Leicester Belgrave,	etc. 5.30. Stechford.
Friday.	" 22nd.	Junior W.P.	(h).
Sat.	" 23rd.	Swimming League	(Hornsey Rd).

FIXTURES (Cont'd).

Wednesday. Jan. 27th. W.P. (Coventry).
Friday. " 29th. U/16 W.P. (h).
Saturday. " 30th. 'B' Team Swimming (h).

January sees us with three attractive galas - we meet Leeds Central in the 1st round of the Motorway League, and Sutton & Cheam (last year's runners-up to Southampton) in the 1st round of the Swimming League. We shall also be staging a Relay Gala at Stechford against a line-up of strong clubs,