

Thankfully the gas dispute is now well and truly over and the training sessions at the School are back in full swing - let's hope they can continue without any further industrial disputes !

Despite the difficulties which were encountered during those three weeks it was encouraging to see that the sessions at the various 'centres' were well attended and it helped to underline the fact that the facilities which we enjoy at Camp Hill are excellent and should be made the most of !

The Match Reports again reflect how busy and successful the Club have been since the last Newsletter, and my thanks to all those who have so willingly contributed to these without too much persuasion. There was talk of serializing one report but the agony of waiting for the next instalment might have proved unbearable and so it has been included in its entirety !

HON. SECRETARY'S NOTES.

Club subscriptions, 25p., are now due.

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County Age Group events: entries close on the 14th. April.

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National Age Group Competition: at Coventry the last week in August. I hope we can enter teams for most of the Boys' relays and for some of the Girls.

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Age Group Awards: Price 25p. for a cloth badge. Examples of qualifying times:

10yrs. & Under: 50m. F/S 44s (Boys), 46 (Girls); 50m. BK. 50s, 53s; 50m. BR. 54s, 56s.
50m. Fly 54s, 58s; 200m. I.M. 3.55, 4.00.

Other groups: 11/12 yrs., 13/14 yrs.

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Dates for the Diary.

A reminder about the Buffet and Skittle evening on Monday, 16th. April. The cost is £1-15 per person. A coach will leave the School at 7.00 p.m. for Kempsey, Nr. Worcester. (Return 12 o'clock - with luck !) Further details ...
D. Cull - 458-1737.

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MATCH REPORTS.

17/2/73. "B" Team v. Leicester Knighton Fields.

After many "away" Galas we were very happy to play hosts to Leicester on this occasion. The number of parents who turned out to see their offsprings perform was very heartening especially to the young swimmers making their "debut."

Some very good swims were recorded, namely:-

Girls - M. Ward - 38.4 ; S. Cheeseborough - 39.9 : 16yrs./Under 2 L. Fly.
J. Tanner - 51.0; K. Long - 52.6 : 10yrs./Under 2 L. BR.
C. Browne - 39.6 : 12yrs./Under 2 L. F/S.

Boys - M. Shimell - 96.5; N. Simon - 95.0 : 14yrs./Under 100 m. BR.
N. Baker - 35.3 16yrs./Under 2 L. Fly.
N. Baker - 67.5 16yrs./Under 100m. F/S.

Unfortunately there were some disqualifications which only stresses the importance of listening to coaches at training sessions. However all ended well as Camp Hill ran out worthy winners, the scores being:

C/Hill 227 points. Leics. Knighton Fields 203 points.

A. McD.

17/2/73.v.Southampton.School Pool.

Southampton were heavily committed elsewhere, but they still managed to include 4 international swimmers in their Team, and won a closely contested match 81-77 points.

Most of our swimmers seized the opportunity to show their form in their own Bath, and we got off to a great start in the F/S events when Helen Rowson broke the F/S record (66.6), followed by P.B.'s from Paul Rogers (67.2); Jackie Sheasby (70.4); Debbie Clarke (75.1); Nicky Green (61.3); Kate Welch (69.6) and Philip Baker (62.2).

Breaststroke performances were also encouraging: Dave Brook (79.3), got under that elusive 80 secs. barrier; Lynne Deeley (85.1) and Heather Rose (85.4) keep threatening to produce an 84 s; Nigel Baker is now a steady '84' man; Mark Varney, (83.5), with smooth turns could reduce by 2 secs; Helen Rowson (86.1) showed that she is still a force at Breaststroke; Lynn Starling (99.0) is now in the nineties, and Susanne Paul swam a creditable 96.6.

Martin Edwards (61.6) and Nicky Green (67.3) underlined our strength on Fly, and the latter surprised us with a good I.M. swim (2m.33.3)

Andrew Wolf swam a sound Backstroke (67.1) and Ian MacDugall (79.5) has, we hope, seen the last of the 80 s.

We were delighted to see our Men win both Medley and F/S Teams, anchored in each case with great spirit by Mike Fearon.

Two thoughts: a) We must start keeping Bath Records- Ray Terrell, with his 200 F/S (2.01.3) and 100 F/S (57.6) has given us two good starters.

b) Where have all the sub -60s. Freestylers gone? We have 6 boys who could do it - come on now, Martin Edwards is getting lonely - what about crowding him a bit - two training sessions off to the first one to do it!

F.G.T.

24/2/73.Gloucester City S.C.

Camp Hill "B" Team together with a sprinkling of "A" Team swimmers swimming out of main stroke and age group, travelled West to meet a challenge from :- Redditch, Hereford, Tewkesbury, Gloucester 1 and Gloucester 2.

The Gala sported 48 events with Camp Hill winning no less than 30 to amass a total of 251 points, 69 points more than Gloucester 2 who came second. Many good swims were seen and to list a few:

<u>Girls.</u> S. Paul u/17 BR. 1.39.2	<u>Boys.</u> G. Tonks u/11 Fly. 27.2
L. Starling u/13 BR. 64.3 (2L)	T. Welch u/15 Fly 1.27.6
H. Field u/15 F/S 1.16.2	n. Baker u/17 Fly 1.18.8. P.B.

Once again club depth came to the fore; in the Relays out of 16 events Camp Hill won 12.

This no doubt reflects the effort put in by the various Trainers at Moseley Rd., and several new club stars look likely to emerge in the near future.

K.B.

3/3/73. Nottingham.

A convincing victory for Camp Hill who comfortably beat, Spondon, Melton Mowbray and Lincoln Pentaqua at Nottingham High School pool, I felt that this Gala lacked the necessary atmosphere and competitive spirit required to bring the best out of a swimmer. The team appeared tired and perhaps were a little complacent. However, several swimmers managed to produce some good performances:

u/13 110yds. BK. Jane Harrison 93.5
u/15 110yds. F/S. Alan Deeley. 70.5
u/11 55yds. BK and Fly. Gary Tonks 45.2 and 45.5
u/13 110yds. Fly. Sara Cheeseborough 90.1
u/18 110yds. F/S. Richard Sheasby 61.6

A.P.

10/3/73. Final Gala Div. 1. The Swimming League-Ladywell Baths, London.

The trip down to London was enlivened by a scintillating discussion between a rotund, bearded type who insisted that we would be third and a tall, silent type who said we would be fifth or sixth. The merits and demerits of optimism v. pessimism (spiced with realism) provided us all with a chuckle, bets were offered (but not accepted) as to the probable result and we arrived at Ladywell Baths in a combative mood ready for a tussle with the Southerners.

Events proved the tall, silent bloke to be right and we finished in 5th. position recording 135 points. Southampton were first with 213, Havering 193, Woolwich 156, Reading 142 and last was Sutton and Cheam with 122. It was gratifying to see the swimmers fight back from 6th. position after 24 events (we were 11 points down on Reading and 15 points on Sutton and Cheam) to our final total and placing - this says much for the spirit of the team.

Generally speaking I thought many of our swimmers looked slightly jaded from the coach journey (for once accompanied by brilliant sunshine) and few personal bests were recorded. However times were fairly close to those predicted by Gerry Thain and there is certainly no reason for dissatisfaction. Our outstanding competitors were, without doubt, Mrs. Gatland, who won a shampoo spray, and Mrs. Franklin who stormed through in an outside lane to take an even better prize (in the writer's opinion) of a bottle of sherry, this brought us the team trophy in the raffle!

Jackie Sheasby won the u/14 Fly in a personal best of 50.4 secs. (73 $\frac{1}{2}$ yds.), 3 events later she took the u/14 F/S in 45.0 secs., 3 events later she anchored the u/14 Relay team with a 45.0 sec. leg to secure us 1st. position in a thrilling finish with Reading and 1 event later did a 45.5 sec. leg in the Ladies Open Relay. I think Gordon's feeding her on raw meat!

Other notable performances were Karen Brookhouse 56.1 secs. (73 $\frac{1}{2}$ yds. BK - Personal Best), Gary Tonks 26.1 (36 $\frac{1}{2}$ yds. Fly - personal best in one of the closest races of the night.) Interesting here to see the propulsion achieved by Tonks off both kicks of his legs. Martin Edwards believes that the secret of good 'fly is in good "legs" - worth thinking about isn't it? Roger Green 29.9 secs. (36 $\frac{1}{2}$ yds. BR), Lynn Deeley 83.0 secs (110 yds. Fly - personal best), 84.6 secs. (110 yds BR.), Richard Sheasby, (where have I heard that name before!) did two fine relay swims, and this particular wet-trousered coach was gratified to see that he no longer believes it necessary to own everybody within 10 yds. of the side in order to turn quickly. Other good relay swims were executed by Helen Rowson, Heather Rose and Tim Welch. Jane Butlin did a great public relations job for the team by hobbling round the bath with an injured leg. When they helped her on to the starting block there wasn't a dry eye in the house - great stuff! More of this and we won't have to bother swimming, they'll give us the trophy out of sympathy - I might add that Jane did a very creditable 27.3 secs. in the u/12 Fly.

Turns, starts and finishes were in many cases very poor. Mentioning no names (Simon Cull, Anne Priestley, Nicky Green, Mark Varney, Heather Rose), there was enough evidence available for a plea to be made to all swimmers to go to a baths on their own and conscientiously do 100-200 turns and starts every week. We can't cover everything in club training sessions and it's your responsibility to strengthen areas of your swimming where you are weak. Finishing can be practised in every repetition by sprinting the last 15-20 yds. of every rep. (not the last 2 or 3 yds.) - we know it's not easy but it must be done, remember Marshall Zhukov's dictum to the Red Army - TRAIN HARD, FLIGHT EASY!

The return trip was marred by the vandalising of Frank Starling's and Jean Cull's cars. My personal thanks must go to Helen Rowson, Anne Priestley, the Starling fledglings and the Deeley's who pushed Jean Cull's car around the car park at 1 am on Sunday morning in an effort to start the engine. However I was a bit put out when, after only 10 mins. of sweating, straining and swearing, they asked me to get out and do a bit of pushing!

J.B.

10/3/73. Motorway League at Luton.

Thanks to a good street guide and navigation by the Team Manager for the night we arrived in time to warm up for what to some was their first experience of Motorway League swimming and to all of us a disappointing evening. Owing to a clash of fixtures we were a depleted 'B' Team swimming against strong 'A' Teams.

However, all our swimmers are to be congratulated on their very stout-hearted efforts. Creditable swims included Robin Cull Open BR. 87.5; Jane Harrison u/14 F/S 51.5; Mark Shimmell u/14 BR 42.0; Alan Cooper u/14 F/S 50.0 P.B.; Carlo Gambadella u/12 F/S 24.7; Wendy Leach u/12 BK 30.8 and Jane Ganner u/12 BR. 31.9 (PB) - this was in spite of a false start when she swam $\frac{1}{2}$ of the length of the bath before tangling with the false start rope which was at the wrong end!

It was very nice to see Messrs. Nutt and Lilley - "old boys" of the club. Thanks for your assistance and moral support at the other end of the scale. It was a pity there were only 5 supporters to cheer the team on.

Final Points were: Three Spires 202, Coalville 184, Norwich 179, Belgrave 168, Nottingham 148, Camp Hill 68.

J.A.C.

16/3/73. B'ham. Schools Inter-District Gala. Stechford.

Though not directly swimming for the Club on this occasion, the presence and success of the Camp Hill swimmers was obvious to all. Numerous wins were recorded and the majority of these in new record times for the event. Individual winners included: Debbie Clarke u/14 2L F/S. 46.8; Alan Deeley u/14 2L F/S. 43.6(NR); Lynn Deeley u/16 BR. 41.26.6(NR); Andrew Wolf u/19 BK. 41.7(NR); Jackie Sheasby u/14 2L Fly. 48.5(NR); Anne Priestley u/19 I.M. 46.7 (NR); Andrew Wolf u/19 I.M. 43.2.6 (NR); Nicky Green u/16 F/S. 64.0; Susan Paul u/14 BR. 1.00.8; Nicky Green u/16 I.M. 1.43.7; Ian MacDougall u/14 BK 53.0; Anne Priestley u/19 Fly 47.7 (NR).

Other creditable swims were registered by Mark Varney u/16 BR. 1.23.6(2nd.); Neil Simon u/14 Fly 1.01.7 (2nd.-P.B.), Karen Brookhouse u/14 BK. 57.7.(2nd) and Mark Shimmell u/14 BR. 1.00.9.

Unable to swim at this Gala was Martin Edwards who was in the process of representing the English Schools' S.A. against the other Home Countries at the Afan Lido, Port Talbot. He was a close 2nd. in the 100m. Fly (61.5) but helped both the F/S and Medley Relay Teams to comfortable wins. For the second year running the English Schools' emerged as overall winners of the competition.

R.J.

24/3/73. Wellingborough.

This Gala was slow moving but it was to the advantage of the Team Managers who were fielding three teams. Our teams were very well behaved on the bath side, and their willingness and enthusiasm to swim strokes and distances they would not normally attempt made my job all the pleasanter. This was reflected by the many good swims recorded by our younger swimmers who were often swimming one or two age groups above their own.

Outstanding swims:

Boys: G. Brookhouse 100m. F/S 1.17.6; 100m. BK. 1.33.0; D. Payne 50m. F/S 36.6.; F. Smith 100m. BR. 1.17.9 (It was good to see Frank back from boarding school.) A. Reeve 50m. F/S 36.0; I. MacDougall 100m. BK 1.19.5; D. Steele 50m. BR. 52.8; G. Tonks 50m. BR 51.3; 50m. Fly 43.0; D. Wright 25m. Fly 22.3; R. Green 50m. BR 45.1; A. Smith 100m. BK 1.26.3; M. Coles 100m. BK 1.32.5; R. Cull 100m. F/S 1.07.1; M. Starling 100m. F/S 1.12.2.; T. Lawrence 50m Fly 42.5.

Girls: D. Clarke 100m. F/S 1.15.1; 100m. Fly 1.28.7; C. Browne 50m. F/S 40.2. S. Cheeseborough 100m. Fly 1.29.4; 100m. F/S 1.17.6. K. Brookhouse 100m. BK 1.29.6 and 1.28.6; K. Welch 100m. BR 1.23.7; S. Welch 50m. BR 54.2; J. Tanner 50m. BR. 50.7; K. Long 50m. BR 50.8. M. Smith 50m. F/S 37.9; J. Butlin 50m. F/S 39.5; 50m. Fly 45.5. H. Rowson 100m. BR 1.26.4; H. Field 100m. F/S 1.14.9; H. Franklin 50m. Fly 47.6; S. Paul 100m. BR 1.36.1; L. Starling 100m. BR. 1.38.1.

Final points positions:

C/Hill 204; W. 190; C/Hill 166; W. 151.

H.R.

29-31/3/73.A.S.A. Short Course Championships,Cheltenham.

THEY DID WELL !

Martin Edwards:100m.Fly.A.S.A. Champion in a British and English Short Course Record of 58.9.

200m.Fly:2nd.in 2m.14.2

His 100m.swim earned Martin selection for the Four Nations contest at Dortmund on 14/15 April,when he will swim in the 100m.Fly and the Medley Relay.So he now has a G.B. badge to add to his Olympic one !

Andrew Wolf:200m.EK. 2m.21.6 - 13th.4x33¹/₃m.I.M. 1m30.4 - 8th.(1st.in Heat).
400 I.M. 5m01.7 - 5th.in Final - a good swim in a tough event.

Nicky Green:200m.Fly - 2m28.7.3rd.in Heat,7th.in the Juniors.A good swim in his first National Championships.

Lets have some more qualifiers next year !

F.G.T.

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WATER POLO NEWS.

Fixtures till the end of May are as follows:

APRIL.

13th.Friday.	C/Hill v.Bilston	K.O.Champ.Sen.
20th.Friday.	C/Hill v.Heath Town	Mid.League.Sen.
26th.Thursday.	Aston v.C/Hill	Mid.League.Sen.

MAY.

3rd.Thursday.	Leamingtonv.C/Hill Jnr.	Jnr.League.Jnr.
4th.Friday.	C/Hill v.Solihull	Mid.League.Sen.
8th.Tuesday.	Warley v.C/Hill	Mid.League.Sen.
9th.Wednesday.	Nechells Jv1C/Hill Jnr.	Jnr.League.Jnr.
17th.Thursday.	Warley J. v.C/Hill Jnr.	Jnr.League.Jnr.
18th.Friday.	C/Hill v.Nechells	Mid.League.Sen.
25th.Friday.	HGSOB J. v.C/Hill Jnr.	Jnr.League.Jnr.
31st.Thursday.	Stourbrige v.C/Hall	Mid.League.Sen.

G.S.