

Editorial.

A successful Club has many departments to it, each performing a vital function for the smooth running and healthy growth of the 'parent.'

At the present time the financial side is of particular importance simply because we need funds and a bank balance to operate. Our main item of expenditure is the hiring of coaches for away matches and these are costed as for a full load. Obviously if we do not fill a coach we lose money and charges have to rise to meet the deficit. With this in mind it is essential that we all do our utmost to send a full contingent away, not only of swimmers but spectators as well.

In the coming months this should be our main aim. A full coach will keep the funds healthier, the Treasurer smiling and benefit the Club as a whole!

MATCH REPORTS.24 & 25/1/76. Cardiff Meet.

16 Camp Hill swimmers qualified for this event where generally qualifying times were much harder than Senior and Age-Group National requirements. The standard of competition was extremely high with teams from Holland and Spain competing. This quality of competition pulled our swimmers to some very fast times and almost every member of the team produced a personal best.

The top swimmers, without doubt, came from Chris Tainty, Andrew Coaton and Andrew Wolf. Chris dominated his age-group's BK with a second to a Dutch boy in the 100 (65.5), and followed that up with a superb 2.19.0 in the 200m to win by 2 seconds. He also surprised many top swimmers in the 200 Fly by coming in 4th. with a 2.22.3.

Andrew Coaton broke 2.55s in the Under 15 BR when he also came in 4th in 2.54.7. However in the 100m he made no mistake and stormed to an excellent 2nd. place (and a Adidas bag) in 78.5. Andrew Wolf seemed a bit tired and sluggish on the first day but then hit the second, first with a p.b. of 2.04.4 in the 200 F/S, and then in the afternoon, in what proved to be one of the best races of the meet, came home third in the 400 I.M. in 4.46.4. (He won an Arena bag !)

Not to be outdone Paul Tainty, Phil Baker, David Beavan and Glen Moroton all broke through barriers. Paul, after disappointing F/S swims, smashed 2.17.8 and 62.6 in the 200 and 100 Fly. Phil overpowered top competition to return 2.03.3 and 56.8 in the 200 and 100 F/S.

Unfortunately David and Glen were only swimming one event each but left their mark nevertheless. Dave went under 77s with a 76.9 in the Under 17 BR and Glen did well to under 2.15.0 with a 2.14.7, and though he wasn't able to repeat this in the Final finished a very creditable 5th. against very good opposition.

The girls also swam well, Sarah Cheesbrough providing our one finalist in the Under 17's 400 F/S where she finished 4th. in 4.46.4. Her best swim, however, was in the Open 800m F/S where she came 7th in 9.36.4. The standard here was so high that a senior British International and Munich Olympian could only finish 5th. Mandy Sharp did well in the Open Fly (72.9) and Jackie Sheasby showed glimpses of her old form in the Under 17 Fly with a 74.6.

In the Under 15yrs. Lyn Starling just missed the final of the 200m BR in 3.02.5 and also recorded an 85.0 in the 100 BK. Judith Robson swam a p.b. in the 100m BK (76.6). Rosalind Fox did 79.0 and 2.51.0 in the 100 and 200 Fly - she should do well next year. Caroline Brown swam a creditable 68.3 in the 100 F/S.

The organisation of the meet was excellent and accommodation and food likewise (Food being a vitally important aspect of Camp Hill life ! This became apparent when we got down to breakfast first on Sunday morning.) There was an excellent spirit amongst all our swimmers and this obviously helped all the team and lifted our swimmers competing in the Finals. In such standards of competition it was marvellous to see our swimmers on the medal rostrum.

We had one first, two seconds, one third, three fourths and one fifth. The full team was.. Andrew Wolf, Phil Baker, Paul Tainty, Adrian Griffiths, Chris Tainty, David Beavan, Glen Moroton, Andrew Coaton, Mandy Sharp, Jackie Sheasby, Sarah Cheesbrough, Judith Robson, Lyn Starling, Carol Brown and Rosalind Fox.

14/2/76, East Midland League Round 2.

Leicester 202 Camp Hill 196 Leicester Penguins 181 Santa Marina 143
Belgrave 123 Bramcote Hills 113

After finally getting away, we arrived at Leicester late, keeping the other teams waiting. With a somewhat rushed beginning both the boys and girls Under 11 F/S teams won their relays, and this spirit of eager participation lasted till the end of the Gala. The battle for 1st. and 2nd was very close throughout and we were never far behind Leicester. With a little more luck we might just have clinched those few vital points we needed to win the match. Well done to all who took part!

Some good swims came from: Katie Long 13/Under 2L BR 53.4s and 4x1 IM 1.41.9., Gaynor Simpor 2L F/S 41.7s, Amanda Jefferson 11/U 1L F/S 20.5s, Sarah Chocsbrough Open 3L Fly 67.6s, Mike Starling 16/U 3L Fly 64.5s, Ian MacDougall Open 3L BK 64.5s.

J.S.

21/2/76, Midland Short Course Championships-Tamworth.

Camp Hill had a large number swimming and also a good quota of supporters who were treated to a glut of 'super swims' from the squad. It has been noticeable that at most championships a small number of swimmers have dominated the scene. It was great, therefore, to see two of our members rank amongst this elite group for between them Sarah Chocsbrough and Andrew Wolf won three gold, three silver and three bronze.

Andrew swam in 5 events, won four medals and produced five p.b.'s. He was just beaten by 'hated enemy' Barry Prime in the 400 IM and 400 FS so when it came to the 200 IM the scene was set for a great battle. However, by this time Andrew saw red every time he looked at Barry Prime and had decided to get as far away from him as possible. He did just that and finished a good yard ahead to take the gold in 2.16.3. His full results were: 400 IM - 4.43.0 - 2nd; 200 IM - 2.16.3 - 1st; 200 Fly - 2.16.9 - 3rd; 400 F/S - 4.16.3 - 3rd; 200 F/S - 2.02.8 - 6th.

He consistently swam the times of an International medley swimmer and it was very pleasing, therefore, to see Sarah Chocsbrough join him in that class of swimming. She knocked 10s. of her 800 F/S time to take the Bronze in 9.23.8, then got a silver in the 400 F/S (4.35.8), and a Silver in the 200 F/S (2.13.8). In this race she had a great battle with Kim Wilkinson but the Coventry star proved too good for her and won by over a second.

Not to be outdone, Chris Tainty and Philip Baker also came away with metal in their pockets. Phil blasted home a 55.9 in the 100 F/S to take the Silver and what made the swim even more impressive was that shortly before it he had recorded a p.b. in the 200 F/S (2.01.8) to finish fourth. Chris just missed a medal and a Junior Record in the 100 BK (64.6), but he made no mistake in the evening and took the Bronze in the 200 BK with a new Midland Junior Record of 2.17.0.

Chris, like Sarah's 200 F/S earlier, totally committed himself to a very fast 100m. With Sarah it paid off because Kim Wilkinson just could not regain any of her lead, for Chris it meant a record. They clearly demonstrate the importance of a fast first 100m in a 200m race. Sarah now ought to be looking for National Junior records - she has nearly two years in which to break them.

Dobbie Simmons, in her first championship, broke the Club record with a 5.35.8 in the 400 IM and she should soon be around the 5.20.0 mark. Paul Tainty and Adrian Griffiths both swam well considering they were unwell. Adrian went within 0.4 of his p.b. in the 100m F/S (58.1) and Paul came fifth in both Fly races - 62.6 (100), 2.17.3 (200). Paul Rogers did two p.b.'s... 100 F/S 59.7, 200 F/S 2.08.9, Mandy Sharp a creditable 71.9 in the Fly and Jackie Sheasby likewise in the 200 Fly (2.44.9).

Our total medals and placing haul came to: one Gold, four Silver, four Bronze, two 4ths., two 5ths., and one 6th. All our swimmers had a totally positive attitude towards their events and this paid off in terms of medals and recognition. The next aim is to take medals at the Senior and Age-group Nationals.

N.G.

28/2/76. Diddy Gala-Piranna Trophy.

Our sixth successive win. Well done swimmers, you certainly gave of your best...but your starts do need improving!

We had a good start by winning the first two relay events and continued to show strength in the relays throughout the gala. S. Donny and G. Brown swam well in the U/9 and U/10 Age-Groups, Sue winning both the BK events and Georgina producing a good length in the U/10 medley relay. J. Mason replacing one of our flu' victims, swam a good 1L F/S in his first gala.

The full 'Diddy Squad' was...D. Fielding, S. Donny, G. Brown, J. Swift, T. Kemp, R. Tanner, A. Jefferson, E. Coles, K. Gurnoy, L. Barrett (Captain), N. Townsend, J. Mason, R. Downes, R. Widdeson, J. Brocco, S. Fielding, J. Swain, N. Jenkins, N. Bott, J. Earl and J. Austin (Boys' Captain).

N.B. Coventry...we promise not to bring the tow rope next year and we did swim twelve not just ten swimmers in the last cannon relay!

L.D.

29/2/76. Junction 10 Meet-Walsall.

Quite a large number had entered this meet and though the event was not taken too seriously it was very useful in providing swims over longer distances early in the season.

Our only winners were Sarah Choesbrough and Chris Tainty. Sarah won the 220yds F/S in 2.17.5 and the 440yds in 4.46.8 and she followed these up with a 72.9 in the 100 yds Fly. Chris won the U/17 yrs BK in 2.19.4 from strong opposition and he also claimed fourth place in the Open 220yds BK (2.20.0). One of the best swims came from Andrew Coaton in the U/15 220yds. BR - 2.52.7 - a personal best.

The younger swimmers were equally impressive. The best performer was Austin Swain's second place in the 110 yds BR. Our three entrants in the U/13 BK all produced personal bests - Laura Barrett (82.2), John Austin (83.8), and Frank Edwards (84.1). Incidentally all these times were within National qualifying standards. Frank also did well to clock 2.39.0 in the 220yds F/S. This would have been even faster had he not decided to change lanes every so often! Katie Long added to the p.b.'s list with a 83.2 in the 110yds. Fly and a 1.52.2 in the Medley, and finally Glen Moroton won second place in the U/15yrs. 110 yds. F/S with a 62.7s.

N.G.

6/3/76.

Reading 'A' 183, Southend 171, Camp Hill 167, Woolwich 132, Leicester 114,
Reading 'B' 104.

An attractive gala but from our point of view a somewhat disappointing result. However it served as a useful 'sharpener' for the following Saturday's League Final.

Good performances: BR-Mike Starling 80.0; Karon Gurnoy 97.2; Andrew Wolf 77.8; BK-John Austin 83.1; Jackie Evans 74.2; Graham Brookhouse 74.7; Fly-Ros. Fox 77.0; Paul Tainty 63.9; F/S-Ruth Tanner 79.0, John Austin 73.8.

Our Men's F/S team rounded off the gala with what was going to be a convincing 1st. place (worth 6 points) only for a disastrous final takeover from 'one who should have known better' to devalue it!

F.G.T.

13/3/76. The Swimming League Final.

Southampton 212, Camp Hill 195, Reading 158, Portsmouth 157, Watford 144,
Woolwich 96.

There were effectively only two teams in this final and our representatives rose to the occasion with a determined challenge to Southampton's long-established supremacy. At Event 8 we were two points down, at Events 16, 24 and 32 we were level. We had to have a lead going into the final block of relays, but this was not forthcoming, however, and Southampton ran out the winners. I am sure that our coach-load of supporters will agree that there was no disgrace to our team in this result and would give them all due credit for their hard graft.

Our winners: Andrew Wolf I.N. 1.28.2; John Austin F/S 20.8 and BK 24.9; Karon Gurnoy BR 29.4; Sarah Choesbrough F/S 65.7; Frank Edwards Fly 23.1; Andrew Coaton BR 79.5; Paul Woodall Fly 46.9 and Carol Brown F/S 43.5. Debbie Baker, brought in as a replacement, did not win her event, but her BR time of 86.6 was a outstanding improvement on her previous best.

F.G.T.

13/3/76. East Midland League.

Lincoln 216, Halesowen 206, Kettering 157, Camp Hill 'B' 146, Banbury 132,
Phoenix Derby 110.

13/3/76. East Midland League Div. 2 Round 3.

A slightly flu' depleted team travelled to Derby for this hard fought final round of the East Midlands League. The journey started well when the coach driver decided to take a route past the "Blues" ground just as the match ended. After a long slow crawl we reached the Expressway and then made very good time to arrive at the Baths on time for a 6.30 start. We were then informed that it was to be a 7.00 p.m. start and we had to wait for the Officials to arrive !

Early in the Gala it became obvious that it would be a battle between four clubs and although the team gave of its best we were unable to maintain a serious challenge in the face of such strong opposition, including an unexpected challenge from Cambridge Amateurs, and we slipped into fourth place.

The final result was: Derby (Purple) 206, Cambridge Amateur 190, Corby 179, Camp Hill 161, Derby (Yellow) 113, Muncatton 107.

R.A.L.

27/3/76. Cardiff v. Camp Hill.

Although Cardiff gained a very decisive win, there were also a lot of good swims produced by our swimmers. We trailed right from the beginning of the match, but there were some very exciting and close races. We must remind Sarah G. not to stop after 100m. of a 200m F/S swim, even if Jane Alexander of Cardiff does !

P.B. Times: Lyn Starling 100m B/S 1.22.9., Sarah Cheesbrough 100m Fly 1.01.9; Debbie Simmons 200 F/S 2.22.0; Debbie Baker 100m F/S 1.17.2, Glen Morston 100m Fly 68.5, 100m F/S 61.4, Michael Starling 100m Fly 68.5, 100m F/S 61.4.

Other good swims came from the younger swimmers, which augured well for the Warwickshire Age-Groups.

J.S.

27/3/76/ 'Diddy Gala' at Warley.

The first event of the evening - Girls Under 8 Relay - was won by Leamington with Camp Hill a good second but Jackie Jukes showed good potential for one so young. The Under 9 Boys and Girls relays brought our first wins, quickly followed by the 10 and Under Girls but we then had to wait till Event 15 for our next - the Girls 2L F/S. With the growing noise of the chanting of all Clubs concerned some very close and exciting finishes ensued and the halfway mark saw Camp Hill in the lead on points. This lead was maintained for the rest of the evening and a good all-round performance ended with Camp Hill winning with a total of 171 points, Warley being a close second with 161 points.

31-3/4/76. National Short Course - Worthing.

Our representatives gave a good account of themselves in the Championships which had a large entry and were of a very high standard.

Andrew Wolf.

Short IM 88.3 (10th), 400 F/S 4.21.1 (15th), 200 F/S 2.03.2 (17th), 200 Fly 2.17.4 (16th), 400 IM 4.44.5 (3rd.). Andrew turned in some good times in his events, reaching the Consolation Final in the Short IM and the Final in his speciality event - the 400 IM. His heat time was disappointing but he tackled the Final with determination and held second place till the last length losing it by only one-tenth of a second.

Sarah Cheesbrough.

Sarah produced a mixed bag of performances. Her 200 F/S (2.19.3) was a disappointing swim. Her 400 F/S heat was good and her time of 4.39.8 took her into the Consolation Final with the 8th. fastest time overall. Unfortunately she could not repeat her time in the Final, finishing 6th. in 4.44.5. Her 800 F/S was a very good swim (9.31.6 - 4.45.4 - 4.46.2) and gained her 6th. place overall and 4th. Junior place.

Chris Tainty.

Chris swam with determination to take the Junior 200 BK Championship in a time of 2.18.6 (17th. overall) and to gain selection for the Eight Nations Junior International. His 100BK of 65.5 gave him 3rd. place in the Junior Championships (24th. overall) and he also swam a respectable 2.23.5 in the 200 Fly.

Paul Tainty.

Paul, not fully fit, swam 2.18.1 in the 200 Fly (19th. overall) and ran considerably in this event.

Philip Baker.

Philip was unable to recapture his sparkling form from the Midland Short Course. His 200 F/S was well below his best, as was his 100 F/S although his time of 58.1 was of a fair standard. He will, I am certain, soon be back to form.

In 1977 the National Short Course will be at Cambridge - let's have more qualifiers !

F.G.T.

10/4/76.

Coventry 221, Camp Hill 209, West Wales 179, Cambridge 176, Southend 165

A good match, held at Muncaton, in which we chased Coventry throughout, being 6 points in arrears at the halfway stage and 12 points at the conclusion. Notable swims by Paul Tainty (Fly 62.3) and brother Chris (Fly 65.4), Laura Barrett (BK 80.6 and F/S 73.1), Andrew Coaton (BR 78.6), David Beavan (BR 77.0), Andrew Wolf (BK 65.4), Gary Whitson (Fly 83.0) and Glen Morston (F/S 61.6); there were many other sound performances too.

F.G.T.

26/4/76.

An enthusiastic audience saw some excellent swimming on the occasion of the Czechoslovakian National Team's visit to Camp Hill. Despite a heavy week's travelling our guests showed considerable ability and their winning time in the 200 Fly 2.06.4 was a National Short Course Record. Not to be outdone, Kim Wilkinson (Coventry) set a British Short Course Record with her 200BK swim of 2.23.5. The Czech men produced international standard performances in the 400 I.M. 4.40.7, 200mBK 2.12.9, 100 F/S 54.4, 100 BK 60.6, 100BR 68.0. Great credit to Coventry who saw to it that the visitors did not have it all their own way: Barry O'Brien BR. 2.27.6, Liz Taylor Fly 66.7, Debbie Rudd 2.43.6, David Parker F/S 1.58.3. Andrew Wolf swam another excellent I.M. 4.43.2 and Chris Tainty smashed the Club 100 and 200 BK records with 63.5 and 2.15.1. P.B.'s also from Debbie Simmonds F/S 4.51.5 and 2.20.7, Adrian Griffiths Fly 64.6, Paul Tainty 2.16.8 and David Beavan BR 2.42.4.

It isn't everyday that we see such swimming nor is it everyday that we all meet outside the Baths at 5.30 a.m. to see our visitors off - honestly I didn't know until one hour before I told you ! Thank you very much all the hosts.

F.G.T.

Karkov Meet.

The Team, Gary Abraham, Helen Andrew, Mandy James and Myself, together with F.G.T. our Team Manager, met in London on the Sunday and flew to Moscow the following morning. We were met at the airport by our interpreter, 'Nick' (no offence F.G.), who provided most of the laughs of this trip, mainly at his own expense. He set the tone for the next few days as he started bargaining for T shirts, shoes, swim suits etc as soon as our first foot hit the tarmac. This happened everywhere: Russian after Russian trying to get Western clothes.

Nick, however, was the most persistent would be trader. One night he crept into my room at half past eleven, when I was asleep, to ask what I wanted in exchange for my shoes. This must have been on his mind since we had arrived, as I only wore them on the first day. I asked what he had to trade. He dug deep into his coat and produced a military belt. Gary in the next bed dived under the bed-clothes in hefts of laughter while I tried to tell him tactfully, 'No Way.' He left in a sulk.

Between trading sessions was the swimming, with sixteen nations competing the standards were high. The warm-ups were fairly brutal affairs and I got the feeling after being hit in the face for the sixth time in five minutes that (a) I wasn't liked or (b) someone was trying to eliminate me before the heats.

Our best swimmer was Helen Andrew who took a second place in the 200 I.M. and also a special award for the best looking girl of the meet.

We returned to Moscow by train and during the journey were told horrific tales of people trying to take cameras, watches and Russian currency out of the country. At this point, Gary, our arch trader, went a little pale. His booty contained a very nice camera and watch and he spent the night on the train mutilating his camera in an attempt to make it look used. The bus ride to the airport was therefore a bit subdued with Gary a little nervous. In the event we were not stopped and returned home without incident!

A.W.

Camp Hill Roll of Honour-Warwickshire Championships 1976.

	<u>Gold.</u>	<u>Silver.</u>	<u>Bronze.</u>
S.Chousbrough	3	1	1
J.Swain	3	2	
F.Edwards	2	2	
G.Brown	2	1	2
J.Austin	2	1	1
L.Barratt	2		
C.Tainty	2		
K.Girney	1	1	1
J.Robson	1	1	
A.Swain	1	1	
A.Griffiths	1		1
J.Evans	1		
P.Woodall		4	
A.Wolf		3	1
R.Tanner		1	2
A.Sharp		1	1
M.Starling		1	
D.Baker		1	
A.Jefferson		1	
P.Baker		1	
J.Tonks		1	
P.Rogers		1	
P.Tainty			2
S.Denny			1
P.Broose			1
D.Beavan			1
D.Allen			1
L.Brown			1
L.Starling			1
TOTAL	21	25	18

Relay Teams.

Golds	Mens Medley Team	Silver	J.Boys F/S
	Mens F/S Team		
	J.Girls F/S Team		
Total	12 Golds		4 Silvers

GRAND TOTAL 80 Medals.

Six Age Groups, 5 Strokes each group:30
 Girls and Boys:60 events.
 3 Medals per event:180 individual medals.
 Our total of individual medals 64; just over a third.

CONGRATULATIONS TO YOU ALL.

F.G.S.

Water Polo.

Well the 1975-76 Under 16 polo season has come to an end after a very successful. We again made it to the Nationals and we set off to Manchester in a blaze of sunshine with everything going for us.

The boys entered the pool all kitted out in their black and white looking very smart and full of confidence. They played well but unfortunately had the same referee for the first two matches and he didn't seem to have a colour flag on his stick. It made it hard work but we won both matches. The crunch match would be against Walsall - also unbeaten.

The noise from the crowd during this last game was incredible and we did everything to encourage the team, ignoring bruised hands and feet and sore throats. The final score was 4-4 and after consulting the competition rules, Walsall were nominated as winners. The disappointment was dreadful and a very dejected party boarded the coach home.

So despite being runners-up it could still be called a highly successful season since we had won the County and Midland District League without losing a match. A lot of this success is due to the hard work done by the coach - Ray Shimell, he has really done wonders for the boys.

Our thanks to all the supporting parents and the best of luck next year.

FORTHCOMING EVENT.

Garden Party on Sunday, June 27th. in aid of 'CLUB FUNDS.'
 Donations for this are urgently required any help will be

SWIMMING IN THE U.S.A.

Having finished my freshman year at Pepperdine University, I can say I've experienced many things & changes, & I feel that these experiences have beneficially affected my attitude generally and also towards competitive swimming.

I know everybody wonders why American swimmers are always tops, and you are probably expecting me to unwind the 'secrets' of American swimming: it's simple- there is only one- hard work. But it is supported by a system: intensely competitive Athletic programmes in universities and colleges. There are other minor reasons such as swimming workouts (which have no major differences from our own), the attitude of the swimmers (higher goals), the more intense competition, the coaches' attitude which reflects so much upon a team in the States- the list could go on and on. I can unquestionably say that this past year having taken part in the college system that it is the most competitive level of swimming that I have competed in, apart from the Olympic Games and the World Championships.

This system is a way of life in the States for the majority of Universities are sport-orientated, and a tremendous amount of prestige is gained by a University which turns out a winning football, baseball, swimming, basketball, etc team. The team is supported by every student associated with the school, who wants his team to be the winners: I've found over here that winning is everything.

Many scholarships are offered to anybody who appears to have ability, coming out of high school or junior college, or from abroad. The set-up of the university system is not just to provide further education as in England, but specifically, or so it seems, to provide competitive athletics. Everything is cut throat; the recruiting is astonishing in the sense that the coach or scouts offer as much financial aid as they can afford to get the best talent into their team. They claim with such innocence that they are true amateurs and that these Russians and East Germans are sponsored.

Each team is highly competitive, which is very good & it makes the team better- and, more important- faster. The most effective attribute of any team is team spirit, and every team has plenty of it: team songs and chants are as much a part of a swim meet as the swimming.

The water polo season begins in September, closing in November. Our first year record was 17 wins, and 10 defeats: we won 3 tournaments and just failed to qualify for the N.C.A.A. I only worked out for Polo for 4 weeks, and then began swim workouts. The water polo at college level is very strong, especially in South California, and double workouts- four hours daily- are a necessity, a lot of work on basics such as passing, a tremendous amount of leg work and shooting, plus drills and drills and drills; weight training also contributed to early season preparation. We were lucky to have a Hungarian with us (He was a member of the Hungarian 'B' Team) and he greatly assisted the coaching situation, introducing European drills and exercises into workouts. The main difference in polo here is the traditional 'time out' situation, as in basketball, which can be used at any part of the game, provided one has possession, to stop play and discuss tactics. A greater technical approach is adopted in American polo, with more patterned play and technical manoeuvres than at British club level. The 45 second turnover is used to its fullest, with a possessive offence 'set up'. Game play records are kept for comparison and as guidance for future games. Such statistics include actual shots taken and mapped on paper, low % shots taken, steals, dumb fouls, scored over, stolen from, interceptions, fouls, and fouls. Field goal % and field goals per game had been

lost eye contact, fouls drawn, etc. Generally, I think the U.S.A. can only but improve, and will soon be a world power in water polo.

The swimming season began just after Christmas with twice daily workouts- totalling 5 hours per day, averaging 16,000m. daily, reaching a gruelling 21,000m. on New Years eve (New Years Day was a test day). At the beginning of the season I was doubtful if the team would meet the goals we had set, losing our first dual meet to University of S. California the winners of the N.C.A.A. Div. I in 1976. Our dual meet record, however, resulted in 10 wins & 1 loss. College dual meets are the most exciting matches that I have experienced involving a complete all-out effort by the whole team.

As the season progressed many guys achieved the standards for our conference meet. Our Conference, National Independent, is the third toughest in the nation, and it includes Miami, South Carolina, Florida State, Southern Illinois and other strong teams ; our final place being 8/15. I placed 4th, 200 yd. FLY. 1.52.28; 8th, 100 FLY. 51.81, and was unplaced in the 200yd. I.M. 2.00.10. Other times to note from our swimmers- 50 F/S 21.65; 100 F/S 47.87; 20⁰ F/S 1.43.54; 1650 16.37.5; 100 BK. 56.3; 100 BR. 1.01.2; 40⁰ I.M. 4.16.60 . 40⁰ F/S Relay 3.09.82; M.R. 3.36.00 (my split 51.70); 800 F/S Relay 7.01.0 (M.E. 1.46.0). We could do with recruiting some BK and BR. swimmers !

I was fortunate enough to qualify for the N.C.A.A.'s in the 20⁰ FLY, finishing 26th at Rhode Island, New York. This must be the fastest meet in the world, and the atmosphere is unapproachable-even by the comparison with the Olympics and the 100 F/S at the Nationals a few years back, the good old days in the time^s of Malcolm Windeatt . A capacity crowd at every session roared on the fastest 40 swimmers in the U.S. Entries were limited with really tough qualifying times. The breath-taking 50 yd. F/S has to be the ultimate in speed^x swimming : every race was as exciting & every swimmer had tapered and shaved down at this meet- it was great !

This past year competing in the States has proved to be most rewarding & I am certain that American men's swimming will stay at the top for at least the next few years.

I shall be coming home on July 6th for eight weeks, and I am looking forward to seeing all of you again. I trust you are all working out hard- even the polo players !.

Looking forward to seeing you all- Best Wishes,

Martin Edwards.

NEWSLETTER-A CHANGE IN POLICY

This issue is No. 37 , and we have been going to press since September 1970.

During all that time the Newsletter has been issued free of charge, but it has now been decided that, starting with this issue there will be a charge of 5p.

There are two reasons for this :

1. Being issued less frequently it has become quite a sizeable effort, and the 70 odd copies represent a lot of paper.

2. Related to this, it is felt that many copies are taken, glanced at and discarded, and it would appear that a small charge will enable us to duplicate less copies while continuing to provide the service for those wishing to know what has happened, and what is about to happen.