

As Father Time marches on to a New Year, 1977 has proved to be another important chapter in the history of the Club. Success in various pools around the country have again ensured that the name Camp Hill is not one to be taken for granted.

Congratulations to all those swimmers who have played their part, in what is a team effort, and thanks are also due to those who help with the coaching and social needs of the club - without your unselfish help we would not be able to carry on.

Finally may I take this opportunity of wishing you all a contented Christmas and a successful New Year.

Congratulations to Angela Rabl (married on December 3rd) and Andrew Wolf (to be married on December 24th) we wish both these former club stalwarts happiness in the future.

Coffee Evening

This money raising event resulted in an excellent boost to club funds of £129-58. Our thanks are due to Joy Baker and her helpers and to all who supported the evening.

Coach Fares

During the past year we have 'pegged' coach fares at £1-00 for the longer trips, thereby losing approx. £30-00 every time. Coaches to local venues have, in the main, paid for themselves, but we lost £6-00 on our last trip to Leicester. This was mainly due to the fact that 7 of the team used their own transport (7x80p). I appreciate that it may well be cheaper, if the family is going, to do this, and it also means that people can get home earlier and directly. Consequently, I wonder if we should make all trips of say 40 miles 'own transport', or possibly have a set charge of £1-00 on all team coaches, shorter trips included.

I should be interested to have opinions on this as we have matches at Wellingborough and Northampton in January.

Christmas Break

Details of the last session prior to the Christmas break will be posted on the notice board but there will definitely be no training the last week in December (26th-31st) and the pool will re-open on Sunday January 1st.

F.G.T.

Some good representative swims
E.S.S.A. Championships - Glenn Moreton - 100m Fly 63.9
Green Shield Inter-County - Glenn Moreton F/S 59.7 Fly 64.4
Joanne Seymour BR 82.9, Wendy Leach F/S 65.6, Paul Ford BK 81.4, Robert Johnson BR 90.2, Graham Brookhouse 200

Water Polo

Congratulations to our Junior and Senior sides on their final placings in the Birmingham and District Leagues. The Mid/Senior squad finished in 3rd place winning eight and drawing three of their sixteen matches .. in the team races they went one better and finished 2nd.

The Junior squad lost only once during the season and deservedly finished top scoring 100 goals in the process. As if this wasn't enough they really showed the other teams the way home, by winning all 12 of their team races.

This winning streak is still in evidence during the Winter League - with the U16s having won both their encounters and Wednesbury having been disposed of in the League K.O. Final. Let's hope it continues !

SWIMMING TRAINING IN AUSTRALIA AND THE U.S.A.

(Ken Thorley, an Australian schoolboy who trained with us for eight weeks, was kind enough to write us this report about his other training sessions !!)

'Having been asked to describe the 2 training squads in the U.S.A. and Australia, I will start with our squad in Epping, Sydney, where we do 10 sessions a week. Our afternoon sessions are 1½ to 1¾ hours long, and the morning sessions are 1 to 1¼ hours long. Here is an example of an afternoon session:

800 F/S warm up
8 x broken 400 F/S (broken for 10 secs. at the 100's)
8 x 50's walk-backs (2 of each stroke)
Across the pool sprints (17 yds.) Most sprints are across and back, although there are usually 1 or 2 longer breath control sprints, e.g. 10 acrosses without breathing diving in at each end within 10 seconds.

In the mornings we usually do longer distances swimming, such as 4 x 800's or 1 or 2 x 1500's often followed by a set of 60's. Also pulleys and weights can be done before training starts. On Saturday mornings the District's swimming club runs handicap races ranging from 33yds. (for beginners) to 200m. On Tuesday nights the club alternates 400 F/S one week with 200 medleys the next. All races are handicapped with a seasonal point score for each event and age championship at the end of the season.

As the pool is a 50m. outdoor pool (not heated) training lasts from October to Easter. The price for coaching is about £9 per 4 weeks.

The 2nd place we have trained at is the Starlit Aquatic Club near Washington D.C. where they train 11 times a week and cover a much greater mileage. During the school terms they train for an hour in the mornings and 2½ hrs. in the evenings, while in the holidays they do 3 hrs. in the morning and 2 hrs in the afternoon. Here are two examples :

20/6/77 Morning

1500 Warm-Up 500 F/S, then 5 x 200 arms on 2.45
2400 3 x 800 F/S on 10½ mins.
1800 18 x 100's 1st one up choice, back F/S on 1.50. 2nd one F/S on 1.40 (not slower than 1.15) 3rd one on 1.15 (repeat that 6 times)

1600 KICK 6 x 100 on 2 mins. Then do 200 F/S (whole stroke)
Repeat all that twice.
100 Easy 100
2,400 4 sets of 3 x 200 arms. 1st and 3rd sets on 2.45
(HARD) 2nd and 4th sets on 3 mins. (EASY)
200 Flat-out 100 kick, then easy 100 F/S to finish off.
Total 10,000m

23/6/77 Afternoon

1600 Warm-up 800 F/S and backwards 800 medley.
3200 4 x 800 F/S all broken in the following way:
No. 1 unbroken. No. 2 at the 400's on 6.15. No. 3 at the
200's on 3 mins. No. 4 at the 100's on 1.25
500 with pull buoy and tyre, up B/Fly, back F/S
400 8 x 50 kick on 1.05. All hard except every 3rd one.
Total : 5700m

They do a dry-land exercise circuit 3 times a week consisting of 15 x 45 second stations of different exercises. They also do 5 minutes of flexibility exercises before each session - stretching arms and legs. This particular squad is in the top 16 in the U.S. As is usually the case in that country you have to pay for the opportunity to swim ; £90 family membership + about £21 per month, which enables the family to use the pool and tennis and golf facilities.

Ken Thorley

MATCH REPORTS

25/6/77 Nuneaton Diddy League Final

Camp Hill 208 - Coventry 3 Spires 195 - Coventry Godiva
150 - Leicester 127 - Coventry House 116 - Kingsbury 97

This was our first year in this competition and very successful it turned out to be. We picked up all three trophies, Boys and Girls Relays and Overall winners. It must have been rewarding for all the supporters who followed the progress of the club through the league to the final. The final, however wasn't all one way. At one stage we trailed Coventry 3 Spires by 7 points with every point being fiercely contested. A disqualification in one of the relays (Flyer) made it very close and a tense finish. We had so many good swims that to start naming individuals would take too long, so congratulations and well done to all the swimmers that took part. We hope to defend and retain all three trophies next year, so keep September 9th 1978 open.

J.D.

(Apologies for not including this in the previous newsletter, and even 'though it did take place some time ago a victory is always worth writing about - Editor)

1/10/77 West Midlands League

Derby 226½ - Granta 171½ - Bramcote Hills 169 - Luton 145
Warley 129 - Camp Hill 124

Despite our last position we were not down hearted, and there were a number of creditable performances in this Division 1 Gala. Simon Thompson (BR. 56.5) Stephen Horne

(F/S) 22.9 Paul Woodall (BK 72.6) Georgina Brown (BR 27.9)
Andrew Davis (F/S 62.6) Gavin Cameron (BR 81)

We lost some points due to a disqualification, and the 'A' team also threw away 12 points at Stoke - BOTH THE INCOMING AND OUTGOING SWIMMERS MUST CONCENTRATE IN RELAYS.

With more swimmers available, I look for a better position in Round 2, when we shall again have approximately 63 swimmers competing in Division 1.

F.G.T.

12/10/77 Ladies' League Junior Final

Medals for everyone and the retention of the Gala Trophy were the outcome of our girls' efforts at Walsall. We took first place in 9 of the 15 events, and although everyone swam well, I would particularly single out the following girls for the power and determination of their finishes :- Susan Moore (Fly 48.8) and little Julia (BK 25.4) Joanne Swift (Fly 23.3), and Joanne Seymour (BR 83.8)

F.G.T.

15/10/77 Inter-Club Team Gala - Gloucester

Competing teams came from Bristol, Junction 10, and Gloucester, who had met previously in the Motorway League Final.

In all there were 40 events and we recorded no fewer than 21 firsts and 7 seconds, being particularly strong in the boys and girls 12 Yrs./Under age group. Well done you youngsters, you seem to be making a habit of winning!

Final Score :- Camp Hill 164. Junction 10 153
Gloucester 147. Bristol 91 Gloucester 'B' 37

22/10/77 West Midland Division 1 (League) Round 2 at Leamington.

City of Coventry 'A' 225 - Camp Hill 215 - Leics. Penguins 184 - Nottingham 108 - Luton 421 - Bramcote 112

Despite the fact that it was held in rather an ancient pool the Gala provided an exciting contest between Coventry and ourselves. Indeed we led for three quarters of the evening, only losing on the last few events consisting mainly of relays. There were excellent swims over the 100 yds. by Glenn Moreton (Fly 57.9) Graham Brookhouse (BK 61.5) Judith Robson (F/S 60.1) and Wendy Leach (F/S 60.5)

Well done everyone, particularly our girls team who, although in number, showed great determination and gained many valuable points.

F.G.T.

22/10/77 West Midland League Round 2

Northampton 'A' 201, Camp Hill 'B' 198, Halesowen 153
Loughborough 148, Belgrave Leicester 141, City of Coventry 'B' 122.

The second round of the league found the 'B' team at Halesowen where we expected to meet the 'B' team from

-7-

Coventry had gone to Rugby and Coventry 'C' were with us. (We gather Coventry 'E' ended up playing polo)

Hard work by all swimmers kept us in the second place to Northampton and resulted in our raising our position overall from 24th to 20th in the first division. We must keep this position to avoid relegation on the 3rd December, when we meet Northampton once again. Let's hope we have a full turn out by all members of the club as every possible point counts.

N.E.R.

29/10/77 v Walsall, Orion, Wednesbury, Haden Hill,
Nuneaton

We can beat all these teams but cannot beat the judges. Two disqualifications in the first set of relays scoring double points, set us off after six events 24 points behind Orion. One disqualification was for a faulty free style turn, look that up in your laws. Throughout most of the individual events we were in the first two places. Notable times were recorded by Paul Woodall 100 back 70.6 ; if he swam in a straight line he would go under 70. In the 11 and under back, Paul Ford who was left at the start by an inaudible starter finished 2 yards ahead in 54.3 and Sue Denny, who floated into a finish in 55.8 - both were firsts. Ruth Taylor's 76.3 in the 11 and under free style, Garry Whitson's 47.6 in the Fly and David Beavan's 72.6 in the open Breast-stroke, all helped to maintain our position - 25 points behind Orion for the start of the relays. In all relays we came second, except for the four that we won and we gained six points on our position, ending up with 311 to Orion's 329. The other clubs scored - Walsall 202 Nuneaton 180, Wednesbury and Haden Hill 147 each.

N.E.R.

30/10/77 Midland District Biathlon Championships. R.A.F.
Cosford.

The Boys Team :- Graham Brookhouse, Andy Coaton & Philip Richards.

The Girls Team :- Sandra Richards, Karen Brookhouse, Elizabeth Richards, Katie Long and Laura Barrett.

The first event was the running, so after walking the course and having a coffee break the boys went off on their two mile circuit. Given 1,000 points to start they lose or gain 4 points per second on a standard of 10 mins. 30 secs. After the run Andy had 608 points left, Graham 576 and Philip 34. The girls on a standard of 6 mins. for 1 mile, plus or minus 5 points a second ended the run Sandra 730, Katie 720, Karen 685, Lizzie 635, Laura 570. We then all went back to the gym where the R.A.F. had given us a large space and there was a cafe where rolls and hot soup were provided at a reasonable price. In the afternoon all competitors swim 200 yds. on a standard of 2mins. 30 secs. for 1,000 points, they then earned plus or minus 3 points per $\frac{1}{2}$ second. Graham recorded the 4th best time of the day at 1-59.5. Andy went 2-20.8 and Phil 2-18.1. The team were placed 5th overall and Andrew's points qualified him as one of the best Under 15s. Both boys will therefore go on to the Nationals at Crystal Palace. The girls recorded, Sandra 2-10.3, Laura 2-12.4 Katie 2-16.7 Lizzie 2-17.3 and Karen 2-21.8. The girls team ended up fourth overall and Sandra was fifth.

So also does Katie as one of the best Under 15's and we wish them all the best of luck. Next year it would be good to see the Cossacs and Wolfrun monopoly broken.

N.E.R.

20/11/77 Relay Gala - Leeds

Leeds Central 247 - City of Manchester 236 - Nova Centurion 191 - Camp Hill 167 - Sheffield Oak St. 166 - Wigan Wasps 162 Liverpool 139 - Leicester 94

We took a team of 49 swimmers to Leeds Relay Gala on our 3rd annual visit, and put up a creditable performance against strong opposition. So strong in fact that we only won one race, the Boys' 14/U Medley - (Paul Woodall, Gavin Cameron, Richard Humphries, Derek Allen), but we had a number of 2nds and there were many good swims. Finishes were good and we had no difficulty in racing over the 50m course. It was nice to have a large contingent of supporters if you want practice in taking splits - 126 of them - this is the Gala to go to.

F.G.T.

3/12/77 W.M.L. Final Walsall

COSSACS 193 - Coventry 192 - Orion 183 - Camp Hill 172 - Derby 120 - Junction 10 106

COSSACS established an early lead and managed to hold on to it until the end of the Gala. We fought for every point and although Paul Ford, Gaynor Simper, Joanne Seymour and Glenn Moreton (2) were our only individual winners, everyone swam their hardest and the overall team effort was especially marked in the relays where we took first place in 6 out of 12 races. This was an excellent performance against very strong opposition - Now for the Swimming League and the East Midlands League which commence in January !

F.G.T.

STOP PRESS

Sat. Dec. 10th. John Sadler Trophy

1st. Camp Hill Edwardians 'A' (John Austin, Joanne Seymour, Frank Edwards, Laura Barrett).

2nd. Camp Hill Edwardians 'B' (Paul Ford, Karen Gurney, Gary Shipstone, Debbie Allen)

We have now held this trophy for 4 years-well done- a record time as well,

F.G.T.

		Ä TEAM	A.S.A	Ë TEAM	DIDDY
JAN	7	SWIMMING LEAGUE		MANSFIELD (A)	
	14	EAST MIDLAND LGE.		E.M.L.	
	21	ORION - HALESOWEN			
	28	STOURBRIDGE (W)	CARDIFF MEET 28/29		
FEB	4	EAST MIDLAND LEAGUE		EAST MIDLAND LEAGUE	
	11		M.D.SHORT COURSE		
	18	WESTON-SUPER-MARE			WARLEY 8-9-10 Y
	25	SWIMMING LEAGUE			PIRANHA TROPHY 2
MAR	4	EAST MIDLAND LEAGUE		EAST MIDLAND LEAGUE	
	11		8-11 NAT.SHORT CRS.		
	18	SWIMMING LEAGUE			
	25				
APRIL	1			MANSFIELD (H)	
	8		WARWKS. CHAMPS		
	15		WARWKS. CHAMPS		
	22		WARWKS. CHAMPS		
	29		WARWKS. CHAMPS		
MAY	6				NUNEATON LEAGUE
	13	RELAY GALA - WOLVES			
	20				NUNEATON LEAGUE
	27				
JUNE	3		M.D. CHAMPS		
	10		M.D. CHAMPS		NUNEATON LEAGUE
	17	CARDIFF (A)			
	24		TRI-COUNTY MATCH		
JULY	1				
	8		M.D. AGE GROUPS		
	15		M.D. AGE GROUPS		
	22				
	29				
AUG	5				
	12				
	19		14-19 NAT.AGE GROUPS		
	26				
	2				
SEPT	9	LUTON (A)	BOYS CLUB CHAMPS		NUNEATON LGE.FI
	16		DIV. V1 SCHOOLS	RELAY GALA (WYNDLEY)	
	23		M.D.INTER-COUNTIES		
	30	WEST MIDLAND LEAGUE		WEST MIDLAND LEAGUE	
OCT	7				
	14				WARLEY 8-9-10 Y
	21	WEST MIDLAND LEAGUE		WEST MIDLAND LEAGUE	
	28		27-28 E.S.S.A.CHAMPS		
NOV	4		COUNTY KNOCK-OUT		
	11				
	18				
	25		COUNTY K.O. FINAL		
	2	WEST MIDLAND LEAGUE		WEST MIDLAND LEAGUE	
DEC	9			TRIPLE'S' (WYNDLEY)	
	16				
	SUNDAYS				
			19th FEB JUNCTION TEN		18th June NOTTS 9