

Editorial.

The Water Polo players are already in serious training for their sponsored attempt on the World Water Polo Marathon which is due to take place on the 24th. of March.

Their task is certainly a hard one but we can make it just that bit easier by giving them all the help and encouragement they need.

GOOD LUCK TO ALL INVOLVED !

Congratulations....

To Hayley Bettinson on her selection for the English Schools Team for the International Match in Scotland on the 18th.March.

To Philip Baker on his two wins in the British Colleges Championships ...55.3 100m F/S and 25.1 50m F/S.

To David Beavan for his swims in the Welsh Short Course Championships... 200BR 2.32.98(2nd) 100BR 1.11.4(Heat 1.10.4) (2nd).

Fixtures.....

Please note that several additions have been made to the fixture list and the 'new meets' have been added to the noticeboard list.

Warwickshire Entries...

Mr.Sharp will be dealing with these - don't leave them too late. National qualifying times are out but I have not yet received the Midlands ones.Don't be afraid to enter an Open event as well as your own Age Group if you are close to a qualifying time,as this will give you an extra chance to do that time.Which brings me to the next point.....

A.M. Training.....

I do not want people turning up for this half-way through March thinking it will assist them in the County Age Group.If that is your reason, you should be doing it NOW.

Two Common Fallacies....1.The age group syndrome.

"I'm in the bottom half of my age-group;this is not my year therefore I do not need to work too hard,but will do my stuff next year."

WRONG ! Work hard this year,aim at entry standards etc and you will have a better chance of doing well in competition with others who will have done the same.

2."I'm too good for this lane ! "

It is not always possible to have swimmers grouped entirely on ability in the 4 lanes.Work may already be in progress when a swimmer arrives and that swimmer may be directed to a lane where there are less swimmers but who are not so fast.This gives rise to the feeling 'I can beat everyone in this lane why am I not in the next lane ?' Taken to its logical conclusion it would need a 30 lane pool for 30 swimmers,or all except one swimmer would be in lane 1 with 2 lanes empty.The length of the pool is the same in all lanes,as is the water.

Having said that I appreciate that a swimmer would find himself/herself swimming into people a lot.Answer - lead the lane and if you are still obstructed tell the Coach.Some parents worry as they want their child to be in a group of approximately the same speed so that he/she maintains a good work rate.Answer - swim alongside someone in the next lane who is of similar or better ability.KEEP WITH THEM - in races your opponents are next to you not directly in front and behind,

Finally if you have this problem at any time,think constructively about it,and it will resolve itself.Oh ! and spare a thought for the person who is trying to help you.

F.G.T.

WORLD RECORD ATTEMPT.

On Friday 24th March members of Camp Hill Water Polo teams will be starting the attempt to break the existing World Water Polo Marathon record of 53 hours held by an American team. It is hoped that 30 players will make up 4 teams that will play each other, 2 teams playing up to 3 hours while the other 2 teams rest. Play must be continuous at all times with only 2 minutes rest between each period.

It is hoped that the attempt will start at 7.00 p.m. on the Friday and the record broken by 12 p.m. on the Sunday. (We shall make every effort to carry on for a few hours longer!). We sincerely hope that the teams will get enthusiastic support from everyone interested in swimming and water polo by sponsorship and support at the School Pool throughout the record attempt.

B.W.

MATCH REPORTS.

14/1/78. Swimming League - Wellingborough.

C/Hill 233 Radford 165 Santa-Marina 142 J10 179 W Wellin'boro 118
Norhtampton 127

Camp Hill, never appearing to be in any danger of losing this encounter, turned in a proficient performance to run out convincing winners.

Amongst many fine swims, including a number of personal bests, were two performances which I believe deserve special mention. In taking the Open 100m F/S in 55.5 secs., Philip Baker proved he can still turn in top class performances, despite his lack of regular training. To add the icing to the cake, Susan Moore's 'never say die' fighting qualities enabled her to produce the swim of the night in winning the Open 'Fly' in 74.8 secs. After tenaciously hanging on to her older and somewhat larger rivals for three lengths, to the delight of all Camp Hill supporters she somehow found the strength and character to outswim the opposition on the homeward lap.

Whilst this fighting spirit prevails within the club, Crystal Palace this year should not be considered beyond our capabilities.

J.C.H.

14/1/78. East Midlands League Round 1.

C/Hill 'B' 212 Stourbridge 204 Harcourt H 171 Kingsbury 166
St. Ives 105 Orion 'C' 97

A very well filled coach of supporters and swimmers (standing room only) arrived to officiate at Norhtampton Baths. (Thank you helpers).

After a slight delay the Gala got underway and from the outset became a closely fought battle between C/Hill 'B' and Stourbridge with a tussle between Kingsbury and Harcourt H for 3rd and 4th places. 0-8 pts were all that separated the two Clubs throughout and after Event 40, with only the Relays to come, the difference was just 4 points. We made sure of take-overs (no flyers) and went on to win by 8 points. Team effort and good performances from all swimmers - together with the vocal support of the Head Waiter - gained us this well won victory. Now for Round 2.

The highlight of the evening for swimmers and supporters alike was Ann Priestley in the Open Back Stroke: as she put it herself 'her annual dip. Well done Ann !!

J.M.

21/1/78 Orion Meet.

Gloucester 241 Orion A 213 C/Hill 208 Santa Marina 142
Shrewsbury 125 Orion B 72

This was a well run Gala and it resulted in a keen contest which eventually saw us finish in 3rd place. It was nice to see one of our Senior girls, Alyson, in action again after the operation on her foot and unfortunate that anxiety about it caused her to be disqualified on her turn. Our other disqualification, that of Graham Brockhouse after a spirited swim to win the I.M. was, I thought, rather a harsh decision of the turning judge.

Julia Moore showed that she has moved up well from 1 length races to 110 yds with a fine 82.6(BK) and Karl Harris swam a creditable 87.1(BR). Gary Whitson 75.9(Fly) kept his stroke much better and produced a strong finish, while Joanne Swift looks as if she should soon be bringing her Fly time down by 3 or 4 secs. Paul Woodall continues to deprive himself of a regular sub 70 BK with his turns, nevertheless he did swim well (70.8) after a week out of the water. Joanne Seymour's 82.7(BR) was a first class swim and will be faster when she sorts out the middle of her races. Glenn swam two powerful Fly swims 64.8 and 64.4 and must now sharpen up and must also learn to control his approach to the turn. Katie Long approached her best form on Fly(74.9) and must now think carefully about her training.

Well done everybody !

F.G.T.

27/1/78. Jubilee Diddy Gala...Stechford.

Competing Clubs: Aston, Camp Hill, Norton, North Birmingham, Boldmere, Westminster Handsworth, Triple S, Northfield, Kingsbury Aquarius, Stechford, Worlds End.

A packed house at Stechford Baths, including the Right Worshipful Mrs. Freda Cocks, the Mayor of Birmingham, had the pleasure of watching swimmers of abilities ranging from prospective Warwickshire medal winners to unpredictable beginners "thrown in at the deep end." I'm sure for many children, this was their first big occasion.

Camp Hill girls once again enhanced their reputations and proved more than a match for the other clubs, but the boys found swimming without regular eight year olds just a little too much for them. Although winning the boys section, they had to be content with a third overall placing.

It was a fitting conclusion to the night to see the girls team captain Georgina Brown proudly holding aloft the 'Achievements Trophy' in a final poolside victory parade.

Results: Girls: Camp Hill 97; Kingsbury 87.5; Boldmere 79; Aston 71; West. Handsworth 65; Triple S 60.5; Northfield 55.5; Norton 42; Stechford 29; North Birmingham 28; Worlds End 26.5.

Boys: Camp Hill 81; Kingsbury 78; Northfield 78; Triple S 72.5; Boldmere 71.5; Aston 57; West. Handsworth 56; Stechford 43; North Birmingham 42.5; Norton 35.5; Worlds End 27.

J.C.H.

28/1/78. Kendrick Trophy Diddy Gala-Walsall.

Competing Teams: Camp Hill Junction 10 Coventry Orion Leicester Wigan W

For spectators and competitors alike, this proved to be a really tremendous Gala in which the final result hung in the balance until the final two events. Two victories for the 11yr. old boys and girls of Coventry clinched them the trophy. Camp Hill swimmers only managed 3 victories in the 48 events with young Johnathon Robinson winning both the 8yrs. 1 L F/S in 23.3 and BK in 27.0. Georgina Brown won the 16yr 2L BR in 1m07.

Despite not having many victories to cheer at, Camp Hill swimmers managed a total of 13 seconds and 11 thirds to give us a final total of 172 points and 4th place. "We were never in the swim" against Coventry (216 Junction 16 (212) and Wigan Wasps (206) but we completely outswam Orion (108) who only managed one win and 1 second in the whole gala. Leicester placed in 6th place with (92).

This was a really fine gala with all teams giving their best but Camp Hill will need to work harder if competing against that opposition again.

<u>Brief Analysis.</u>	Coventry (216)	Points	18 wins	7 seconds	9 thirds
J.10	(212)	..	14	.. 11	.. 10
Wigan	(206)	..	11	.. 18	.. 7
C/Hill	(172)	..	3	.. 13	.. 11
Orion	(108)	..	1	.. 1	.. 4
Leics	(92)	..	1	.. 0	.. 3

NB. Susan Denny 11/U BR 94.6 our first 11yr. in 1978 to reach a National qualifying time - well done Susan !

J.F.S.

28. 1. 78 Inter Club Gala - Stourbridge

Stourbridge 'A' - 206 Camp Hill - 165 Redditch - 152, Tamworth - 130
Stourbridge 'B' - 56

Rather a disappointing result perhaps, but also an unlucky one as we seemed to be under the eagle eye of a judge who didn't appear to cast the same wisdom over other teams.

Winning times for Camp Hill were Debbie Allen - Med. (1.14.6.), David Swift F/S (1.00.1), Adrian Griffiths Fly (1.00.7), Karen Gurney B/K (35.8) and Breast (1.19.1), Jonathan Earl F/S (28.8), Wendy Leach Med. (1.11.1.), Sally Whateley B/K (1.16.4) and Carl Hames Breast (35.8)
The 13 year Boys and Girls teams both won their 4 x 1 Medley Relays. (This was a 25 yd. pool)

Better luck to the 'B' team who again meet Stourbridge early next month in the East Midlands League.

S.H.

28/29/1/78 Speedo Meet - Cardiff

We had nine swimmers taking part in this tough competition where there are 2 sessions each day, separated by an hour's warm-up with approximately 25 swimmers per lane in the 25 metre pool! Medals were not easy to come by, and we are delighted to see Chris Tainty returning to form with a 3rd place in the 200m B/K (2.15.64) David Beavan produced excellent heat and final swims to take 4th place in the 100m BR. (70.49) behind 3 Internationals. This beat his own Club record, as did his 200m in 2.34.33. Andrew Davies swam close to his best in the 100m F/S and gained valuable experience. Graham Brookhouse swam consistently well in the B/K event with a 200m 'P.B.' of 2.24.56. Glenn Moreton threw away a place in the F/s final, easing up in his heat following an excellent first 50m, but he atoned for this lapse with a fighting 2nd place in the Junior Fly Final (63.68) Too big a breakfast combined with nerves resulted in a poor swim in the 200 Fly Heat, losing what seemed a certain place in the final. His 200 F/S (2.07.3) saw a much more determined approach - I'm sure he will have learned a lot.

Our young girls competing in the 16/U group had a busy week-end. Liz Richards swam with great determination to set a Club Record of 2.54.60 in the 200 BR. and a P.B. of 82.30 in the 100m BR. Katie Long was still feeling the effects of a week out of the water but managed a good swim of 82.96 - 100m BR. Laura Barrett produced an excellent 400 metre I.M. swim of 5.25.5. opening with a Fly leg of 73.8 and finishing with a F/S split of 73+. In the final she contrived to tie herself in knots on 2 turns, but still swam a sound 5.28.48, for her second 16 length race of the evening. Joanne Seymour swam 81.8, 82.06 and 2.57.34, 2.59.5 in her four races and must have benefitted greatly. It is essential in this type of competition to be able to 'switch Off' and to relax between races and our girls will, I am sure, be aware of the importance of this next time. Well done everybody, it was a pleasure to be with you - Can we have a bigger group next year?

4.2.78. East Midlands League Round 2 Euneaton

Camp Hill 'A' 241, Nott. Northern 170, Santa Marina 147, Halosowen 146
Bramcote 136, Coventry 'B' 125

I didn't attend this gala but a study of the results shows that it was a comfortable win, however, I was pleased to note that we did not let up, but kept on piling up the points.

I was also pleased to note the following times :

Fly Georgina Brown 23.8, Jonathan Mason 24.0 Susan Moore 75.9

B/K Julia Moore 52.5

BR. Karl Harris 54.8

F/S Jonathan Earl 43.5

I.M. Carol Brown 1 44.8 Laura Barrett 1. 44. 0

F.G.T.

4.2.78 East Midlands League - Round 2

After doing so well in the first round we had hoped to repeat our success in the second, but this wasn't to be. Due to the strong level of competition and having a slightly depleted team, the best we could do was to finish in 5th place.

Mind it was not all gloom and despondency ! We did have some swimmers who gave us plenty to shout about. Amongst the girls Elizabeth Richards had two very good swims. 100m BR. 83.5. 100m F/s 70.4. Joanne Swift 75m F/s 51.3 Debbie Allen 100m I.M. 84.9

The Boys, not to be out done produced some very good swims. Gavin Cameron 'P.B.' 100m BR. 78.0 ; Robert Johnson 75m BR. 65.1 Stuart Gatland 100m I.M. 73.0 ; David Word 50m F/S 38.0

Richard Humphries 100m Fly 73.2

Final points and places were

Stourbridge	1st	198½ Pts.
South/Lines.	2nd	190½ Pts
Norwich Central	3rd	171 Pts
Kings Lynn	4th	160 Pts
Camp Hill	5th	147 Pts
Matlock	6th	93 Pts.

In conclusion of this match report, I would like to thank the parents who braved the elements to give us their support. It did seem rather a long way to travel for this gala but it was most enjoyable.

T. Allen

11.2.78 Midland Short Course Championships-Tanworth

The small Camp Hill contingent gave a good account of itself at these keenly contested championships. Pride of place must go to Chris Tainty for the determined, full blooded swimming that earned him first place in the 100 & 200m B/K (63.7 & 2.15.9) Philip Baker was our other medal winner when he took 2nd place in the F/S (55.5 Ht. 55.9) after a 'gutsy' swim in which he led into the final length, but tied up in the last 5 metres

The statisticians would note that in the men's event the medals were shared between 10 clubs and our total of three was equal 3rd highest. Not bad when one considers the regular influx of outside talent into the District. Graham Brookhouse continues to mature as a backstroker with 66.2 (8th) and 2.23.8 (8th), while Glenn made amends for a disastrous F/S sprint with sound Fly swims of 63.9 (9th) and 2.21.9 (6th)

Joanne Scynour is not yet back to her form of last month but her times

of 83.0 and 2.57.2 were respectable, while Laura Barrett, after a below par 400m I.M. (5.32.3) woke up in the afternoon to produce good 200m I.M. 2.37.0 (6th) followed by a sound 200m Fly 2.41.2 in the evening. Let's have more qualification for this 2nd most important event in the District Calendar, next year.

F.G.T.