

Editorial.

As another important year in the history of the Club draws to a close may I take this opportunity of thanking all those who have contributed to the News Letter. Their reports have been much appreciated and I hope they will continue in 1981 !

A Merry Christmas and a Happy New Year to you all.

THANK YOU....

For the past eight years Ray and Thea Shimell have run the Club's session at Moseley Rd. on Thursday evenings. They have now decided to have a break, although Ray will still be 'around' on the Water Polo scene. We are most grateful to them for the hard work they have put in on the Club's behalf for so long a time, and are glad to learn that they will be maintaining their links with the Club. Ray was one of the founders of the Five Clubs League which has provided invaluable match practice for our young swimmers, and he also coached and managed several of our Polo teams.

THE SWIM BENCH.

Thanks to Mr. Hayward's initiative, we now possess a piece of equipment which can be of great value to our older swimmers, who should use it before or during swim sessions.

THE SHOP.

Equipment can now be purchased on Tuesdays 7.00 - 8.00 p.m.

SELECTIONS.

Jo Seymour - National Youth Squad; Jo Swift - Welsh Youth Squad; Heidi Perry - Welsh Senior Squad. What about it boys ?

NICK GREEN... writes from Toronto where he is following a year's post-graduate course. He offers to arrange a visit for us, but I think the air-fare rules it out.

MARTIN EDWARDS... now coaching at YMCA at La Crescenta, California makes a similar offer but the same problem would arise !

FIXTURES.

Keep your fixture list carefully and don't forget to add extra events which will be posted on the noticeboard from time to time. There are several occasions on which we will be turning out 2 teams.

WATER POLO.

Well done our Senior team, winners of the Midland League for the first time and winners also of the Squad Trophy.

GRAHAM BROCKHOUSE.

Congratulations to Graham on his selection for the GB U/18 Water Polo Team v. Sweden.

MATCH REPORTS.27/7/80 2nd Annual Rochdale Sports Festival Meet.

The Lancashire town of Rochdale, famous for cotton mills, Gracie Fields and that character of a Liberal M.P., Cyril Smith, were treated to entertainment of a different order when Camp Hill took on a quality selection of Northern teams at the Central Baths.

Our opponents, whose squads included many a well known swimmer, stretched us to the limit, but with the combination of some competitive swimming, plus the late realisation that Lido Badawy was just eligible to swim in the 13 year age group (well timed Mrs. Badawy !) we managed to carry the day.

Well swam the team - your supporters enjoyed this one.

<u>Kirklees.</u>	<u>Aqua Bears</u>	<u>Warrington</u>	<u>Fleetwood</u>	<u>Camp Hill</u>	<u>Aqua Bears</u>
	<u>'A'</u>				<u>'B'</u>
162	248	187	237	252	89

J.C.H.

11/18th August - National Age Group Coventry.

As in previous years, we did our 3 week squad build-up period prior to this event. Morning sessions were attended by 13 swimmers who had qualified for individual events, with the relay competitors joining them in the evenings. The results from our small team were good.

Individual Events...Finalists.

Heidi Porry	200 BK	2.27.48	3rd
	100 BK	68.91	4th
Joanne Seymour	100 BR	77.17	3rd
	200 BR	2.51.0	7th

Placings in the first 20.

Linda Beasley 200BK 2.32.61 - 14/49; BK 70.58 - 12/62; Jo Seymour 200 IM 16/51; BK 71.9 17/45; Debbie Hadley F/S 69.96 - 9/43; 200 IM 2.51.39 - 14/30; Lido Badawy BK 66.15 - 12/53; Fly 64.13 - 18/51; Simon Mason BR 82.10 - 19/29.

Team Events.

Finalists..... 14/15 Girls Medley. Laura Barrett, Joanne Seymour, Melanie Hayward, Jo Swift 2.07.26 2nd.

14/15 Girls F/S. Karen Gurney, Jo Seymour, Jo Swift, Laura Barrett. 1.56.69 4th

12/13 Girls Medley. Debbie Fielding, Sue Denny, Georgina Brown, Anna Lisa Perry. 2.19.15 6th

11/U Boys F/S. Ian Saunders, Andrew Round, Jonathon Robinson, Darren Billington 2.11.78 6th.

Three more teams finished 9th, i.e. first reserve, boys 11/U Medley, 14/15 Medley, girls 12/13 F/S and two more were 11th.

1981 BLACKPOOL 17-22 August. Standards are out - I estimate we already have 6 girl qualifiers and 3 boys and at least 10 possibles - let's see if we can get 20 swimmers there!

F.G.T.

17/8/80 Coventry 50m Sprint Meet Seniors: 16/17yrs.

This event was not very attractive after a week's slog at the National Age Group but our small contingent did produce some good performances:

Jonathon Cox F/S 26.43 3rd; David Beavan BR 33.79 3rd; Craig Norrey BK 30.22 3rd; F/S 26.57 3rd; Fly 28.19 2nd; Andrew Small BK 29.78 1st.

6/9/80 Coventry 50m Sprint Meet - Age Group.

This event offered a good return to competition after lay-off and we had quite a large entry. Twelve of our swimmers reached a total of 23 finals and we ended by winning the Junior Boys Team Trophy and the overall Boys/Girls Champion Club Trophy.

I hope that Stephen Dunn's 2nd and 3rd places will have given him the incentive to train more regularly so as to realise his potential over the longer distance.

6/9/80 Nuneaton League Trophy Finals - Pingles Pool.

<u>COVENTRY</u>	<u>REDWORTH OTTERS</u>	<u>J/O</u>	<u>LEICESTER PENGUINS</u>	<u>CAMP HILL</u>	<u>LEICESTER</u>
184	162	147	144	131	106

The failure of our young swimmers to do themselves justice in what could be considered to be our most important Diddy Gala of the year, still remains a mystery. After successful outings in the league throughout the season, we were firm favourites to take this one in our stride.

Plenty of discussion has taken place as to why we failed so miserably on so important an occasion, and no doubt there is an element of truth in much that was said. However, I believe the following points could be as near the truth as we will ever get.

- a) The majority of the team were not as water-fit as their opponents. This is born out by the fact that what few good swims there were came from those swimmers who had attended national training or who had swam through most of the ten days post national training.
- b) The team were not as mentally prepared as they should have been in order to tackle a gala including teams from Coventry, Leicester, J/O etc., or could it be they were over-confident?
- c) Whilst so many of our swimmers were taking their annual break, other clubs were specifically training for this gala and in the final analysis, swam better than in previous rounds of the league.

To conclude, if you accept the above then you are accepting the fact that to achieve success in the present climate of Diddy swimming, we must make sure we are prepared mentally, physically and on quality of strokes. There are no half measures, such is the level of competition. I am not advocating driving young swimmers to the bottom of the pool but merely asking that the Diddy Team understand what they are trying to achieve and apply themselves to that end.

Individual Medalists.

GOLD	A. HATTON	FLY
SILVER	J. WALKER	FREE
	I. SAUNDERS	BR
	C. RUSHTON	FREE
	J. ROBINSON	FREE
	H. SHERRINGTON	BACK
	D. HADLEY	BACK
BRONZE	M. BAKER	FREE
	K. WALKER	FREE
	D. HADLEY	FLY
	R. CHALLINOR	BR
	R. GRANT	BR
	S. BUTLER	BR

Team Medalists.

8/U 4xl Boys Relay
11/U 4xl Boys Medley Relay
9/U 4xl Boys Medley Relay
11/U 4xl Girls Medley Relay

REMEMBER - A GOOD PERFORMANCE AT LUTON WHEN WE, ALONG WITH COVENTRY, REPRESENT THE MUNEATON DIDDY LEAGUE, WILL MAKE THIS FINAL NO MORE THAN A BAD DREAM.

J.C.H.

14/9/80 Cheadle - Swizzals Matthew Trophy.

Liverpool 200, Stockport Metro 191, Camp Hill 189, Warrington Warriors 140, Fleetwood 140, Kirklees 90.

As forecast after the March Gala this was another first class meet. Camp Hill, although not enjoying the best of starts and only lying 4th after 10 events, recovered gradually until with the relays left were in 2nd place.

With the competition strongest from Liverpool and Stockport Metro, it was Stockport who, after a very exciting Open Men's relay, edged us into third place.

B.S.

20/9/80 Leics. Knighton Fields 1st Open Invitation Diddy Meet.

Useful experience gained by our small team of nine and ten year old swimmers throughout a long, hard day.

TV personality, Maggie Philbin of Swap Shop fame, added a touch of glamour to a first-class Gala in which Kippax (Leeds) proved to be the team of the day. Well done Andrew Hatton who took the Gold in the 9yrs Butterfly, with 26.1.

21/9/80 National League Final - Leeds.

Our 6th successive final with placings ranging from 4th to an average of 6th - how would we do this time against some really strong clubs? Our supporters had confidence in us, and that good team effort which we have come to expect on such occasions saw us finishing a good 5th.

1. Leeds Central	300
2. City of Coventry	271
3. Beckenham	227
4. Millfield	225
5. Camp Hill Eds,	187
6. Stockport	180
7. Hatfield	158
8. Newcastle	108

All due credit to Coventry on swimming so well, and our thanks to the East Midland League for their donation of 75-00 which enabled us to reduce the coach fare for our swimmers.

Many thanks too to Gil Ison and Andrew Davies for their 'Good Luck' telegrams and to Jill Swift for her handling of coach and ticket arrangements.

F.G.T.

4/10/80 WML Round One.

Here we were, a fortnight after the National Final, lining up for the new league season. We know the team would be stronger, and the extent of our win substantiated this.

C/Hill 249, Coventry 'B' 157, Junction 10 156, Bilston 137, Halesowen 133, Belgrave 126.

At Bramcote, Coventry 'A' were dealing out similar treatment to their opponents:

Coventry 239, Stockport 203, Bramcote 140, Leics. Peng. 131, Oxford 129, C/Hill 'B' 122.

This was a disappointing result from our point of view as our 'B' team is undoubtedly strong enough to be well ahead of its present 22/24th place in the league. As it was, late withdrawals, the unavailability of some swimmers and DISQUALIFICATIONS saw us 6th in a gala where we could so easily have been 3rd with a 12th place in the league table.

F.G.T.

11/10/80 Diddy Relay Gala - Stechford.

This event was sponsored by J.W.D. Pratt, the Brick Merchants of Oldbury. Mr Nicholas Pratt had intended to be present at the venue, but being a keen Rugby Union player, his services were required in Manchester and was therefore unable to be present. We do wish to express our sincere thanks to Nicholas for his support and we trust that he will be able to join us at the next meet.

It was well supported and all credit to Mr. John Dolman who worked so hard to get this gala 'on the road.' Likewise it is worthy of note to mention all those who contributed to the success of the meet, from the ladies who sold the raffle tickets to those who provided refreshments for the officials, to the donors of the raffle prizes and Mr. Docker for his prizes for the teams. (FGT was in raptures over Mrs. Badawy's Merangues!)

The result was an overwhelming win for our 'diddies', which reflects on the depth in our club, from which we should take heart as to what the future holds for us.

Finally Gerry made a hurried appearance, having just travelled back from an executive meeting in Leeds, just in time to present the trophy and prizes for the minor placings.

Well done you Diddies. Keep it up!

C.J.H.

11/10/80 North Devon Open Age Group Gala
Barnstaple, N.D. Leisure Centre.

John Hatton	1st	1967	100m Breast	1.22.1
	1st	1967	100m Freestyle	1.04.3

18/10/80 Coventry Open Diddy Meet.

This gala was for 9's, 10's and 11's and had 2 heats in each event with declared winners. Swimmers who finished in the first 5 in their event scored points for an overall trophy. 'Robbo' was the outstanding swimmer amongst our boys with a 1st place in the BK 78.8 and 2nd in the F/S 69.0

Debbie Hadley, Karen Fenton (BK 85.8, BR 95.2), Katherine Burgess and Alison Rickworth (F/S 80.0) were placed in 10 events resulting in our winning the overall Girls' Trophy - well done!

F.G.T.

19/10/80.

C/Hill 208, Dudley Metro 153, Wythenshaw 125, Sandwell 123, West Wales 106.

A comfortable win with our 1st place in 15 of the 16 relays boosting our points considerably. Good swims by: Craig Norrey F/S 56.63 and Paul Ford 59.81 with Julie Moore approaching her old form with a 76.71 BK.

24/25.10/80 Midlands ESSA Championships Stechford.

We had 9 swimmers in the Div. 6 team, one quarter of the total. Good swims by Lisa Cipwell Fly 75.73 and Catherine Courtney F/S 66.34. Joanne Seymour took 2nd place in the BR 77.24 and in company with Jo Swift was a member of the 2nd placed Int. Medley Team.

Congratulations to Anne on her excellent organisation of the event and it was most satisfying to see so many Camp Hill people helping in so many different ways.

26/10/80 Walsall Meet.

Rather a quiet - if long (9½ hrs) - day for those of us who had been in the lively atmosphere of the 'Schools' at Stechford the previous evening, but it was well worthwhile from the club point of view.

1st Places. Paul Ford BK 67.2, Jonathon Robinson BK 82.0, Jo Seymour BR 78.7, Debbie Hadley F/S 70.6, Lido Badawy Fly 64.4, Paul Ford BR 76.2, Jo Swift F/S 63.3.

2nd Places. Lido Badawy BK 67.3, Hoidi Perry BK 71.0, Austin Swain BR 74.5, Paul Ford F/S 59.0.

3rd Places. Simon Mason BR 81.5, Jo Seymour F/S 64.5.

Eleven other finalists underlined the strength of our entry and enabled us to win the overall trophy by a large margin at an event which attracted entries from 69 clubs.

31st. Oct - 3rd. Nov. Visit by S.S.K. Horde.

They arrived at Elmdon at 1.45 on Friday and left on Monday morning. In between, we had a discotheque, 2 swimming matches, a visit to Warwick Castle and Stratford and 2 well-attended parties and hosts drove many miles from one activity to another.

Many thanks to those who hosted our visitors, and to everyone who helped in so many ways... food for the disco; transport; Herbie Paul for organising the visit to Henley for the adults; the Camerons and Moores for their parties and to John and Jill Swift for doing so much.

1/11/80 Esso Inter County.

Warks. just managed to beat old rivals Staffordshire in this 1st round gala at Nuneaton, thereby qualifying for the final in 4 weeks time. We had 9 members of the team and they took advantage of the 25m. course to record some good times: F/S Debbie Hadley 70.08, John Hatton 64.12, Jo Swift 63.4, Paul Ford 57.97; BR Ian Saunders 90.58, Simon Mason 79.87, Joanne Seymour 77.97, Fly Lido Badawy 64.4; BK Jonathon Robinson 81.32.

9/11/80. Cadbury's Dairy Milk Club Competition.

Only 3 clubs in this demanding event and our points suffered in that with only 5 girls we had no representative in 2 events. Good to have Andrew Davies Steve Eggleton and Chris Tainty in the team again. Respectable performances by Steve 200 F/S 2.01.9; Chris 400 IM 4.51.0; Dave Beavon BR 70.3; Glenn Moreton Fly 60.5; Jo Swift F/S 62.5.

15/11/80 WML League Round 2.

C/Hill 'A' 224, Stockport 196, Luton 183, Lincoln 154, Halesowen 114, Leics. 91.

A comfortable win with little or no pressure & apparently not a great deal of excitement after event 2 Men's Short IM. Good swims by Andrew Small BK 63.7 and Sue Denny BR 84.5.

Soundwell 200, C/Hill 'B' 187, Orion 168, Bolgrave 167, Oldbury 145, M'Field 111

AT LAST the 'B' Team had done itself justice, and should now have a POSITIVE outlook towards the final round. Well done Team Managers for waking them up. Good performances: Trevor Clark Fly 63.6; Julie Moore BK 75.9; Peter Smith Fly 72.5; Karen Gurney F/S 65.8; Robert Johnson BR 78.2; Annalisa Perry F/S 68.3; Georgina Brown F/S 30.0. We are placed 20th out of 24 clubs - a big improvement on our disastrous 1 point start, but we must hold or improve next round, as 4 teams are demoted, and the other clubs also want to stay up.

Well done Sarah Symonds - 3rd in the Girls' National Life Saving Championships

22/11/80.

No match, as such, on this Saturday, but still quite a busy one for the Club. 1. Sixteen swimmers went to Coventry for a District 50m. event built around the Arena Sprint. The only opposition came from a big Coventry contingent, but we performed well and the Club benefited to the extent of £75 sponsor money. Joanne Seymour took 2nd place in the District Arena Sprint, 29.09 & Simon Garside was 3rd in the Men's event.

2. Marl Rutter Relay Gala. 11/U Mixed Team - Jonathan Robinson, Ruth Challiner, Andrew Round and Debbie Hadley brought away a very fine 1st place trophy. 14/U Team - Stephen Dunn, Sue Denny, Simon Mason and Helen Burgess took 2nd place medals in their event.

3. Kingsley Walker at the Lincoln Meet had a 1st in the 10/U Fly 83.96 & a 2nd in the F/S 75.43.

23/11/80. C/Hill 'B' 118, Wycharon 110, Warley 109, Haden Hill 53.

Good swims at Droitwich by Lisa Capwell F/S 67.2; Christopher Plant BK 80. Jonathon King F/S 69.5; Ian Saunders BR 89.5, and several others.

NEW GROUND.

Over the years we have had many swimmers in various age group competitions, and it is to be hoped that Trevor Clark started off a new tradition with his 2 fine wins in the Otter Masters Competition (25 yrs +).

29/11/80 Esso Inter County Final.

Warks. were 3rd in this event and we supplied nearly half of the team: Jonathan Robinson, Ian Saunders, John Hatton, Simon Mason, Paul Ford, Lido Badawy, Debbie Hadley, Sue Denny, Jo Seymour. All Performed creditably, especially 'Robbo' Bk 76.26; Simon Br 78.85, Fly 74.03; Debbie IM 2.45.50. Debbie was one of the 2 Warks. winners, with Joanne being the other one.

29/11/80.

Walsall 158, Derby 129, Halesowen 127, C/Hill 'B' 115, Bristol Central 77.

The opposition proved stronger than expected, and this combined with 2 disqualifications and a number of our team not feeling too good resulted in a 4th place where we might have normally managed 2nd place. A worthwhile event, however, for it enabled Stevan Dunn to record 64.2 F/S and Andrew Toat 88.4 BR plus a number of other pleasing swims.

USE OF THE SWIMBENCH.

It is of vital importance that you all know and appreciate the usage of the swimbench and what you hope to achieve by using it, because if it is not used correctly the result will be somewhat negative in respect of expected improvements in your performance. This improvement potential is not immediate however, but should be noticeable after a period of 2 months if it is used daily.

The following guide lines are for your benefit and guidance and should be adhered to if any improvements are to be achieved:

1. Use only for a maximum period of 20 minutes in any one day.
2. Use only with the clutch setting at their LOWEST position. (The least resistance when pulled gently.)
3. Use at maximum speed during the whole exercise, this is to simulate your movements when in the water.
4. When in use simulate your particular stroke with the time factor for the distance you swim. For example: a breastroker swimming 100 metres goes through in 80 seconds using 100 pulls. The target when on the bench is that 100 pulls is achieved in less than 80 seconds. This theory applies to all strokes and, therefore, the swimmer should not only know his/her times for distances but all the number of pulls.

Speed of action is the keynote of success in using the bench, not how hard it is to pull or how high you get the pointer to read when doing the exercises. It is the fast twitch muscles that must be developed to increase your speed of operation, not the bulky heavy muscle fibres that give an increase in strength and the ability to move heavy weights slowly. So please remember speed is important.

Swimmers develop muscles in normal training sessions but they should be long and streamlined and loaded with high twitch fibre. This coupled with the stamina that is cultivated with some distance and interval training will give the best possible results.

One final word is do not overdo this type of exercise, use at least 2 minute intervals between each set of repetitions to allow yourself to recover, and do please remember this comment. It is not how hard you pull but how fast that matters.

For our younger members it is suggested that their repetitions of pulls are contained in blocks of 10, 20 or a maximum of 30 until they themselves feel that they can maintain the longer duration of pulls.

To all of you, do not attempt any more than 5 repetitions during any one session, always with 2 minute rest periods.

The machines will give you resistance automatically when you pull them fast so don't have a high clutch setting. Good luck!

F.G.T.
