

COMPETITION SEPT/DEC

Your previous Newsletter included a list of fixtures for the above period, others having already been added, possibly with more to follow. I hope they will cater for all groups from Diddy to Masters and that we can look for some good results.

Masters This is often combined with the 19/24 Age Group and there is an increasing number of Meets being advertised. We have a strong team and Deborah Bees will be co-ordinating the entries for a number of events with the highlights being the Nationals at Bournemouth and the G.B. Masters at Coventry.

Championships The Midland District Senior & Junior (U/17) Short Course Championships are at Oxford 21/22nd October and the National Winter Championships at Leeds 16th/19th November.

Matches West Midlands League is on the second Saturdays in October, November and December. It is essential that we are at full strength for these dates. MARK THEM IN YOUR DIARY NOW. We also have important matches at Bristol on 7th October and the Leeds Relay Gala on 29th October. There are a number of B matches and some A/B matches.

Diddy You will see that this group is well catered for and there are several Meets.

B Grade Meets These are advertised regularly. If you are not getting many swims then they provide a good opportunity to put yourself to the test.

SO THERE IS A LOT GOING ON. Keep up to date by that regular study of the notice board and let us have many good results.

DATES - 1990

I expect you are already planning next year's holidays. Remember that the Warwickshire Championships will be in April. I am not sure which Saturdays, but should have details soon. If this is your year for going to the National Age Group, I can tell you that it is scheduled for 30th July to 4th August at Leeds so holidays should follow.

SOME GOOD HABITS

1. Read the notices on entering the building.
2. Be punctual in reporting on the poolside.
3. Maintain lane discipline, correct turning, leaving the middle clear for overtaking, etc.
4. Always START and FINISH the length properly.
5. Make sure you understand what you are doing - if not do not hesitate to ask the coach.
6. Use the clock properly. Note what times you can hold for the various distances with different "going times" or rests.

7. Count your strokes for the length.
8. Don't rely on others to count the 10 x 50 etc. "How many have we done?" - you can count up to ten!
9. Keep a note at home of your daily and weekly yardage.
10. Be positive and give that swimmer inside you the chance to perform.
11. Enjoy your swimming.

WHAT ABOUT THOSE TURNS!

Although we train in a 25m pool, our supporters at galas often comment on the poor quality of our starting and turning. Obviously we must devote more time in training to these skills - certainly we have rather neglected starting practice, but there really is no excuse for poor turning.

In the course of an average training session you will turn at least 50 times (the better swimmers over 100 times). It is no good working hard in a 15 minute turning practice if you fail to take advantage of the 50 to 100 opportunities of making a smooth and efficient turn which present themselves in the normal training session.

Push-offs, too, are so important when starting a training swim and when coming out of a turn. Remember also that if you are doing work on backstroke you should START ON YOUR BACK.

Turns in training

1. Control your approach to the wall.
2. Collect yourself on the wall.
3. A strong push-off - stretch - kick into the stroke.

(Breaststroke - push - stretch - pull - kick - surface).

REMEMBER fast efficient turns will enable you to swim the 100m in a short course pool one or two seconds faster, but only if you work on them whenever possible.

MATCH REPORT

8/7/89 Redditch 233, C/H 221, Rugby 187, Kettering 175, Kingsbury 138.
A crop of good times to round off the swimming season.

F/S Amy Waterhouse 1.09.71, Laura Mandelberg 49.67, Simon Delves 47.62.

FLY Carla Flynn 1.11.87, Rhoda Flynn 1.17.57, Adrian Lee 50.90 BR Sharon Morris 56.31, Tom Green 57.75, BK Jo Seymour 1.13.10

But undoubtedly the race that aroused the most interest was the 35/0 Mixed F/S Relay. With only 3 swimmers we were ready to withdraw, but Mrs Flynn volunteered and our team was urged on every inch of the way by their young teams mates who also volunteered detailed advice on technique and relay take-overs after the race.

LET'S GO!

2nd September. Twenty swimmers at the Coventry 50m Sprints in 65 events.

9th September. DIDDY LEAGUE FINAL, NUNEATON - A big day for our younger swimmers, but so that the others do not feel neglected we have a 13/Open match at Leicester also.

16th September. I have accepted a 2 string match at Stratford so this will involve a large team.

23rd September. Diddy Match (10/13) at Walsall and Triple S.Meet (Sat/Sun).