

COMPETITION IN JANUARY

7th Stourbridge. Diddy Meet - entries submitted.

13th E.M.L. "A" Team at Peterborough with the "B" Team at Bedworth. I hope we can improve on our W.M.L. final placings now that the age groups have moved up. Our problem with our very thin 14/15 group - in our "B" team at Coalville that group was only able to score 17 points in 12 races towards our total of 158 - should not be such a handicap in 1990. BUT IT ALL DEPENDS ON EVERYONE BEING AVAILABLE. Team selection has been difficult on certain events but both galas are over 25m so this will give a chance to compare performances prior to the 2 round.

20th Orion 16 Team Gala 10/13 years at Coventry.

21st Dudley Meet - entries made.

27th Coventry Meet - entries made.

LAWS OF SWIMMING

For the next few months a section of the Newsletter will be devoted to the laws of swimming. I'll kick off with the most complicated one - Breaststroke.

Background

At one time swimmers could remain under water as long as their lungs permitted. Everyone took advantage of this as the stroke is faster when the swimmer is submerged and the Japanese developed this into a fine art. This practice, apart from giving an advantage to a certain type of swimmer, tended to make races a rather boring spectacle. Furthermore there was a danger of hyper ventilation - especially with the younger competitor. For these reasons the administrators ruled that only one stroke (at start and turns) could be taken under water.

Later, with the adoption of the technique of "late breathing" there were moments when the competitors' head would rise and then fall under the water. Officials considered this to be swimming under water and disqualifications, often controversial, resulted.

Arguments developed concerning the position of the head in relation to the normal water surface and to the bow wave. For a number of years one part of the head had to be above the water throughout the stroke; some swimmers found this easier than others and stroke judges were kept busy.

In recent years, the law has become much more realistic.

The Present Situation

Body position

The body must be kept on the breast with shoulders parallel with the water surface.

Hands & Feet

All movements must be simultaneous and in the same horizontal plane. Hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water. Except at start and turn, the hands shall not be brought back beyond the hip line.

Leg Kick

Feet shall be turned outward in the backward movement. Dolphin kick is not allowed (Adrian Moorhouse, having won the 100m BR in the World Championships in 1986, was disqualified for a dolphin kick out of the turn).

Turns & Finishes

Hands must touch at the same time but no longer do they have to be on the same level. The shoulders must be level however, so care has to be taken not to drop one shoulder as you touch, thereby anticipating the turn.

Head

During each stroke cycle (one pull, one kick) some part of the head must break the water surface (this does not mean throughout the cycle but at some stage of it).

The competitor is now able to commence the second stroke underwater following the start or turn, but the head must break the surface before the hands turn inwards at the widest part of the second arm stroke. (It is risky to deliberately try to take advantage of this and safer to take the one stroke only then, if you do misjudge it, you will probably still be within the rules).

Arm Recovery

Hands may now be brought forward over the surface. This gives a faster recovery but is difficult to do and only a few of the top internationals swimmers do this.

Head At Turn & Finish

The head can be submerged when reaching into turn or finish provided that it was raised at some point during the previous stroke cycle.

As I said it's all very complicated!!

RESULTS

W.M.L. 9.12.89

Peterborough 200, C/Hill 199, Eckington 191, Derby 180, Shrewsbury 154, Haden Hill 124.

A hard fought gala with everything depending on the last event, where Peterborough pipped us in a most exciting Mens F/S Relay. We had beaten Peterborough by 1 point in the 2nd round so now it is one-all. We meet again in the 1st round of the E.M.L. so that should be interesting. Good swims:- Bertie Ganado (BR) 29.51; Rhoda Flynn (FLY) 50.28; 3 sound individual swims from sister Carla; Mike Hoare, not in the best of health, had a convincing win in the BR - 1.12.27 and really "gutsy" swim in F/S Team; Jonathan Baker (FLY) 23.20; Craig Norrey (F/S) 56.40.

Our final position in the league was 17th/24 due to a poor 1st round. Peterborough were 8th, Derby 9th and Eckington 10th and our 3 round result shows that we should have been alongside them.

Coalville 223, Leighton Buzzard 175, Kingsbury Aq 174, Bicester 159.5, C/Hill "B" 158.5, Burntwood 156. Our final placing was 22nd/30. Good swims:- Tracy Collier (FLY) 36.69; Ian Waterhouse (F/S) 1.08.95; Martin Page (BR) 1.25.01; Susan Humber (F/S) 32.57; Deborah Bees (F/S) 1.06.39; Paul Wear (FLY) 1.03.32, (BK) 1.06.71; Raymond Watson (FLY) 1.24.68; Adrienne Fall (F/S) 37.03; Kate Howarth (BK) 1.15.29.

10/12/89 Milton Keynes 19/24 Age Group & Masters Meet

A good social/swimming day, although a rather fraught start when we were informed that our cards for the early events had been handed in too late. The computer was in charge and we could not take part in those events. Fortunately, after lengthy discussion, the referee saw the logic of our complaint and all was well; we were able to make our mark in the disputed events and the computer was placed on one side. A glut of medals; Craig Norrey 3, Simon Garside 3, Graham Short 4 - or was it 5 - every time I saw Graham Short he seemed to be collecting a medal and he can't wait to do another 200 F/S; Andy Simpson 1; Martin Atkins 3; Judy Logan 3, Deborah Bees 1; Kate Howarth 4; Anne Bourne 3 - regular Wednesday training brought results; a re-conditioned svelte Paul Seymour showed the value of his twice weekly sessions with a string of PB's - and I thought he was joking when he visited me some months ago. Our Masters Medley Team were 1st and our 19/24 Womans F/S Team 2nd.

Camp Hill were placed 2nd with 28 points to Maxwell's 30 points in the 19/24 points table.

A good pre-~~X~~mas romp and I think we should do it again in 1990 with a bigger team.

Oxford Meet

Two good swims by Sharon Morris at the Oxford Meet; BR 1.25.41, F/S 1.08.04. Well done!

Camp Hill Edwardians 1959-1969

The club evolved from the swimming club at King Edward VI School for Boys. The school club affiliated to the Warwickshire A.S.A in 1959 and to the Midland District A.S.A in 1960. Our first success came in 1959 when we entered a team for the county U/16 F/S Relay. This was at Livingstone Road Baths, Coventry and it caused quite a stir when we beat Coventry SC who had held the title for several years. We set off home in high spirits but were somewhat chastened on being stopped for speeding on the outskirts of Coventry, particularly as our driver (provided with the vehicle by a parent) was unable to produce his licence.

We had many matches travelling to Southampton, Cardiff, Sheffield etc swimming against clubs and universities. Our mens team won the Midlands 4 x 200 F/S Relay twice and we had many successes in Country events and several in District Championships.

We trained at Moseley Road and at Kings Heath Baths and gradually their swimmers and a number of girls and then junior school children attached themselves to our group and we became an open club. For competition purposes we were a male club only and the link with the school was maintained by taking the title Camp Hill Edwardians.

In 1965 the school was invited to swim in the Public Schools Relay in London, winning it in 1966 and 1968 (Barry Cope now in the 40 + years Masters was in the 1968 team).

In 1967 Andrew Wolf had our first success at national level when placed 2nd in the 12 years 200 I.M. (2.56.9) and the 100 FLY (1.17.80) at the National Age Group Competitions at Blackpool.

In 1968 David Wakeling (later famous - notorious? as lead singer with the Beat group) was 3rd in the 12 years 100 F/S with a time of 1.09.8.

Also in 1968 we competed in the original (and at that time the only one) Swimming League, composed almost entirely of London area clubs. Our ladies team was provided by Westminster Handsworth, several of whose girls trained with us. We were 3rd in Division II, gaining promotion to Division I and being placed 9th/24 in our 1st year. As now, the competition involved 3 galas generally in North London with our coach getting back to Birmingham between 1.00 and 2.00 a.m.