

BELATED CONGRATULATIONS

To our Water Polo Team on winning the Midland District Senior Championship in 1989.

'FAIRLY' EARLY MORNING TRAINING

This continues to be of value with a number of 'regulars' and with room for more. I note that the mother of Joanne Deakin, who has just broken the English Backstroke Record in Auckland gets up at home at Evesham 4 days a week at 4.50 a.m. to drive her daughter to Gloucester for training, then again after school. We don't start till 7.00!

LAWS OF THE SPORT - BACKSTROKE

THE START You enter the water on the long blast of the referee's whistle and take up your position facing the end of the pool (you must not watch the starter), toes under the water surface and not on the edge of any gutter.

THE SWIM You must be on your back, with the shoulders not rolling more than 90° from the horizontal throughout the race - except during the turns.

FINISHING THE LENGTH The touch at turns or finish may be made by the head, shoulder, leading hand or arm. The turn then starts and you may come off your back.

THE TURN This begins when the swimmer touches the end of the pool correctly, and it ends when his feet lose contact with the wall at the push-off. So, you can leave the back AFTER touching with the foremost part of the body, but you must be on your back again when your feet leave the wall.

UNDERWATER SWIMMING As a result of the practice developed in 1988 of swimming a considerable distance underwater after the start and turn, a law was introduced to restrict this. 'Immediately after the start and turn the swimmer may be totally submerged for a distance of up to 10 metres from the wall'. The 'part of the body' could be your toes, so a tall swimmer could be well past 10 metres when the toes surfaced and still be O.K.

COMPETITION - FEBRUARY

Sat 3rd DIDDY MATCH - HADEN HILL
Sun 4th BILSTON MEET - ENTRIES MADE
Sat 10th E.M.L 'A' & 'B'
Sun 11th HADEN HILL MEET - ENTRIES MADE
Sat 17th NUNEATON DIDDY MEET - ENTRIES MADE
Sun 18th HIGH WYCOMBE MEET - ENTRIES MADE
Sun 18th BILSTON MEET 2ND DAY - ENTRIES MADE

RESULTS

Stourbridge Diddy Meet 7/1/90

By all accounts this was a 'standing room only' event and harder work for

the spectators than for the competitors - let's hope that the following Meets are more enjoyable. Nevertheless, the standard of competition was extremely high and our relatively small group did well. Finalists medals were collected by:- Michelle Jennings (2), Flora Lee, Jonathan Baker (2) Jo Potter our 10 year relay (Kate Green, Jennifer Randall, Andrew Green, Ben Hobbs). Placing trophies to Jonathan, FLY 2nd 36.72 and our 11 year relay (Jonathan, Toby Casstles, Michelle and Jo).

E.M.L. at Peterborough 13/1/90

Northampton 217, Peterborough 207, C/Hill 189, Wisbech 178, Lincoln Vulcan 158, Bramcote 97.

This was a sound 1st round performance considering that for a variety of reasons - 3 unavailable due to illness, a car breakdown, and clash of events, Andrew Brown having fallen downstairs and a disqualification, THROWING AWAY POINTS which I was grateful not to have witnessed - we were about 20 points short of our potential. However, it's what the team does on the day and it did well. Many good standard swims especially:- Sharon Morris BR 1.25.44; Michelle Jennings F/S 35.71; Jonathan Baker FLY 36.79; and good relay splits from Flora Lee 36.71, Jonathan 32.87, Jo Potter 35.70; Paul Wear FLY 27.63. We are at Eckington for the next round with strong opposition from the host club, Northampton, Peterborough and Perry Beeches so an all-out effort is required.

E.M.L. at Bedworth

Lincoln Pentaqua 'B' 224, Grantham 206, C/Hill 'B' 205, Stourport 149, Coventry 'C' 146, Banbury 111. A good result with a high points total - note again the significance of that 1 point placing us 3rd rather than 2nd. Pleased to see that our 14/15 group was able to make a respectable contribution to our score in contrast with our W.M.L. results. Noteworthy swims:- Simon Delves F/S 1.11.26 and BK 1.27.41; Sally Jennings FLY 1.28.39; John Morris F/S 36.56; Liz Green BR 1.27.47; Jason Neale F/S 59.56 (his first sub 60, but he has stepped up his training and can expect further improvement). Next round is at Peterborough.

Orion 15 Club Gala - 10/13 years - Coventry 20.1.90

1st ten places:- Walsall 453, Stourbridge 448, Leicester Penguins 420, C/Hill 392, Orion 354, Stafford Apex 348, Coventry 346, Broadway 340, Perry Beeches 329, Haden Hill 306. An excellent team performance to finish 4th/15 in this demanding event. We had a good crop of medals with our 10 year girls being outstanding:- Laura Flynn FLY 3rd, 44.90; Michelle Wilson F/S 2nd, 38.95; Kate Green BR 2nd, 49.77; Sharon Morris F/S 3rd, 1.08.77 and BR 2nd, 1.26.81; Flora Lee BR 2nd, 44.49; Michelle Jennings F/S 3rd, 34.13; Jonathan Baker FLY 3rd, 37.18; Adrian Lee FLY 3rd, 1.19.5; Ben Hobbs BK 2nd, 45.59. Many other good efforts including Sally Millard BR 1.33.09 in her first swim for the club; Adrian F/S 1.07.98; Mark Wickson F/S 37.56.

Dudley Meet - Halesowen - 21.1.90

Not quite so exciting after the previous days euphoria but our smallish group had its moments. Lydia Lee made 3 finals F/S 1.06.51, BR 1.25.87, FLY 1.18.83 but she needs to produce that 'bit more' in the final. Mike Hoare swam his best time over the distance, 1.11.78 (2nd) and Martin Atkins swam a very well controlled FLY to win in 1.00.93 although his subsequent F/S (3rd) was a tired looking 59.90. P.B's by Liz Green BR 1.26.61; Jo Potter F/S 1.16.71; Michelle Jennings F/S 1.18.92; Jonathan Baker F/S 1.15.61.

The teams did well:- 11/12 boys 3rd (Dean Cross, Jonathan, Paul Groom, David Tubbs); Junior girls 2nd (Lucy Tubbs, Lydia, Amy Waterhouse, Sharon Morris) after a NEEDLESS DISQUALIFICATION in the 13/14 year race; Men 1st (Martin, Michael, Jason Atkin, Peter Groom); Women 1st (Jo Swift, Lydia, Judy Logan, Deborah Bees).

Coventry Meet 27.1.90

Eight hours at Coventry - a real test of endurance - but the same for everyone. A high standard Meet with entries from as far afield as Darlington, Yeovil, Cheadle and Warrington. Useful experience for our younger swimmers:- Jonathan Baker a finalist in the FLY 1.30.82; Michelle Wilson and Kate Green F/S and BR finals respectively. Mike Hoare continued his winning way - just - with an equal 1st and P.B. of 1.11.92; our other medal went to Jo Swift 2nd in 50 F/S after managing to reach the starting block in time for her heat.

Other finalists:- Jo Potter, a very sound 1.M 3.07.05 with a 39s split on the last 50m; Carla Flynn 100 F/S, Peter Groom 50 F/S; Lydia Lee, 3 finals but once again better heat swims; Rhoda Flynn FLY who also swam a F/S P.B. of 1.09.75; while Sharon Morris and Liz Green were unlucky narrowly to miss qualifying for the BR final.

CAMP HILL EDWARDIANS 1970-71

Our first Camp Hill News was issued in September 1970. It congratulated Andrew Wolf on his 3rd place in the National Age Group 15 years 200 I.M., 2.31.90 and our junior team on continuing to win the Warwickshire Junior F/S relay. That team included Richard Sheasby and Mike Feavon, who now play and organise our Polo Team - they must be in their twentieth season. Mention is also made of Martin Edwards at 15 years setting a club record of 1.08.2 for the 100m FLY.

I will now digress to dwell on Martin as, apart from the fact that he did much to publicize the name of the club, his progress illustrates how a swimmer can develop to the top without having had very much success as a young age-grouper. Prior to the 70's, the National Age Group was not open, but was swam at Blackpool between teams from the 5 Districts of the A.S.A. Each District had a team of 50-60 swimmers who had qualified for selection by going from their County Age Group to finish in the first 2 or 3 in the District Age Group. Martin never got beyond the District event. In 1970 the National event was made an open event with qualifying times so Martin was able to enter and swam 1.09.1 but was not a finalist. In February 1971, in a London swimming league gala he dropped to 1.06.30 and in April in a Motorway League Gala (now E.M.L.) he swam 1.05.80. He and Andrew Wolf swam in the junior event in the National Short Course at Worthing in April. Andrew was 3rd in the 200 FLY and the 100 IM and 5th in the 100 FLY, 1.05.4. Martin was 4th in both FLY events, 1.05.2, 2.25.8. In May he further reduced to 1.04.9 and June to 1.03.90 in the Midlands Championships. In July he was 9th the Senior Nationals.

A month later he was National Age Group Champion at 100 and 200 FLY, 1.02.0 and 2.19.20, with Andrew 3rd in the 200 FLY and 200 IM. Consequently, both boys swam 200 FLY in a junior match against West Germany at Coventry. I quote from the Newsletter "Martin provided the best race of the match when he forced himself past a tiring German in the last few metres to win in a British Junior Record of 2.18.20, Andrew was 4th in 2.21.5. Mr Edwards had his cine-camera at the ready, but somehow it never got started!" Martin rounded off his 16th year by being National Schools Intermediate Champion with a 1.02.00. He was a very small boy, but he had perfect technique and great determination and competitive spirit. He was now ready to make his mark as a senior swimmer. In September 1971 we took a major step forward by becoming a mixed club for competition.