

July 1997

IT'S TIME FOR A BREAK

Training finishes on Friday 25th July, and you then have a good break, starting back on Monday 1st September. We always have a lot of competition in September and October, so plan your programme and be ready to fulfil it. Set your targets and GO FOR IT!

QUEENSLAND STATE SWIMMING CLUB

Following a successful Avon Neptune Meet, a quiet drink at home with my friends, breakfast for the last dozen, I tidied up, packed my toothbrush and Camp Hill shirt and at 1.00 p.m. set off for Brisbane.

Forty-one hours later (including 9 hours time difference) I landed at Brisbane airport, having stopped off at Singapore on the way.

It is winter in Australia so I am out of place in my shorts and sandals, it is 6.00 a.m. Tuesday and Queensland - The Sunshine State - is just like England, but without the rain and 20 degrees.

I arrive at the pool at Brisbane University at 8.15 a.m. only to find that training was from 5.30 to 8.00 a.m. and I was expected yesterday (Monday). After unpacking my toothbrush and Camp Hill shirt I'm taken round Brisbane city centre. It is just like Birmingham but now it is 30 degrees, there is no litter and everywhere is clean and tidy, there are no loud youths and the shop assistants are hospitable and talk in words of more than one syllable.

At 5.15 a.m. Wednesday, I arrive at the pool for my first coaching session, but was I ready for it ???

Ian was already on the poolside and he introduced himself as the administrator. He explained that the pool was always set up because it is only ever used for training.

As the swimmers arrived they reported to Ian, who sat behind a computer keyboard, he keyed in a few digits and the printer produced a sheet which the swimmers gave to me and said, "I'll start now, let me know if you need any help!" Help? What I needed was Mr Thain to translate.

80 long swim

3 x [5 x 8 BF + 4C@ Cont 16.2 ➡ 16.7

10 x 8C 16.0 ➡ 16.5

I felt a little easier when Ian said that he did not know what it meant because he was only the administrator and he did not set up the programme. He suggested that I ask a swimmer. Stirling (a robot disguised as a 14 year old girl) explained the obvious. I'll give a Mars Bar to our first swimmer to work it out.

What should I be doing as a coach I asked. "Just watch the print out and tell us if we are off the pace; tell what our pulse is and keep the little brats out of the lane" Stirling told me!

On the Monday morning of the second week a new guy appeared. He gave me his print out and completed 2000 m. warm up that looked quite good to me. Then he was off 1500 m. alternating 200 FLY + 100 FC five times without thinking of stopping. He checked his pulse and off he went and repeated the same 1500 m., but TWICE. He followed this with ten 200 freestyle which looked a little less awesome.

On Tuesday his print-out revealed his second piece of work as 1500 m. FLY three times otherwise the work was as for Monday. Boring? What were my lap times like yesterday? he asked !!!! He explained that the computer gave a print-out for every length. I watched 16.2, 16.4, 16.4, 16.4, 16.5, 16.4, 16.4, 16.4, 16.4, 16.5, 16.4 and so on. I was impressed. The second and third 1500 FLY were the same! Was this a man or a machine?

The job was not what I had expected, but it got better and better, even though I still felt quite hopeless. The amazing performances in training were worth going for alone.

During the daytime, I discovered that Australia is not at all like I imagined. The built up areas are clean and tidy, the houses large and well kept and the country so amazingly varied from the magnificent white sand beaches to the mountains and tropical rain forests. There were hundreds of brightly coloured parrots, rosellas, parakeets, etc. and I saw a wild koala and a wallaby.

I am not thinking of using the Australian work in training on Wednesday nights, unless anyone wants to take on my pupil Scott Millar in the Sydney Olympics in 2000.

N.S.

RESULTS

31.5.97 Avon Neptunes Meet - Stratford (33¹, m.)

Thirty-four swimmers from the Club, regained the trophy with a large points total. The occasion provided more experience for our 10 yr. boys and girls, with some good swims over the two length races: **Tim Sheasby** won his 4 events; **Andrew Vale**, BK 59.86; **Michael Bourne**, 1 length FLY 26.58; **Stuart Tierney**, F/S 52.87; **Emily Paterson**, BR 1.04.26; sister **Sarah**, BK 58.53; **Laura Heeley**, FLY 24.60 and BR 1.04.71. The older swimmers: **Hannah Massey**, F/S 1.15.98; **Lyndsey Wyse**, FLY 1.11.93; **Lucy Lloyd-Roach**, in top form, FLY 1.10.67, F/S 1.03.51, BK 1.11.45; **Sally Jones**, F/S 1.05.55; **Hannah Loftus**, F/S 1.08.62. **Ian Potter** lowered his FLY p.b. to 1.06.12; **Warren Jones**, FLY 1.10.96, F/S 1.01.05, **Jonathan Baker** produced another good BK swim, 1.04.11; **Carl Reed**, FLY 1.24.50; **Ewan Martin**, BK 1.20.36; FLY 1.21.53; **Chris Gregory** is now competing regularly, but he must go faster in finals - this applies to several people. FIRST get into the final, then AIM TO GO FASTER. **James Sumner**, now showing a more positive approach, BK 1.18.85. I understand that the following party at the T.M.'s house at Leamington was enjoyed by all.

MASTERS

We have such a talented bunch of Masters swimmers, but it is so hard to get them all out of the house at the same time. **Trevor Clark**, however, did his bit for the Club at the G.B. Masters at Cardiff winning 4 gold medals and one silver, including F/S 1.00.72. **Trevor's** BK time was fractionally slower than that of ex-member **Chris Tainty**, now resident in Bristol, who won the two BK races in the lower age group.

Entries are due in shortly for the Wolverhampton Meet, which I hope we can attend in strength. There are also Meets in October at Gloucester and Northampton. Perhaps most attractive is the Guernsey Meet, 27th/29th March which has a reputation for being a very sociable occasion.

7.6.97 Junior Trophy Gala - Walsall (36², vds)

Solihull 246, Cheadle 223, Walsall 187, C/Hill 183, Burntwood 139

We used this gala to try out several new swimmers, and also some who are not regular members of the team.

Everyone tried hard, behaved well and avoided being disqualified.

Good swims included: **Amit Patel**, F/S 23.36; **Christopher Cass** 28.59; FLY **Michael Bourne** 59.22; BK **Roman Murphy** 33.51 (in a re-swim first leg, following a false start where no one stopped); BR **Zara Sadiq** 32.25.

Jon Sheasby looked impressive, cruising through the BR and F/S events with the minimum of effort.

A.L.

14.6.97 Inter-Club, Stratford (33¹, m.)

Haden Hill 219, C/Hill 195, Avon Neptunes 153, C/Hill B 109, Neptunes B 51

This match offered lots of swims for our two teams of 26 and 27 swimmers, for example, **Ian Johnstone's** 7 efforts kept him well occupied either racing or preparing to race. Poolside behaviour was excellent, and post gala litter was negligible. OUR teams were somewhat 'stretched' in that providing 2 swimmers for every individual race meant that most relays had to include swimmers from younger age groups.

Our regulars swam well, and the following should be encouraged by their results:

F/S **Katie Brooks** 1.05.82; BK **Alex Clark** 1.14.46; BR **David Woodhall**, despite exams, 1.12.61; FLY **Michael Bourne** 24.34; **Lucy Lloyd-Roach** 1.10.95; **Mike Hoare**, timing his race to a last gasp win, 1.01.95; **Lyndsey Wyse** 1.11.65.

John Steadman, **Nicholas Greene** and **Amy Lee** made encouraging debuts in a club team, and our victory in the 16 x 1 len. F/S was a most exciting end to the gala.

21.6.97 Round III Junior League - Halesowen (36², vds)

Perry Beeches 225, Stourbridge 199, C/Hill 132, Phoenix Youth 127, Broadway 117, Brierley Hill 89

This was the last round of the current season, and we produced a solid performance to finish third. The 9 yr. girls swam well, and the 9 yr. boys continue to improve. **Roman Murphy's** BK was particularly good, 31.86. Five 10 yr. boys doubled as 11 yrs. and generally coped well.

Kerry Wyse and **Sophie Mayor** swam p.b.'s, **Jon Sheasby** had to work hard to win his F/S against a much bigger boy, 39.86. The most consistent girl was **Justine Clark** with F/S swims of 24.41, 25.56, 24.50 and 25.42 as opposed to the puzzling variations in the times of several of our other girls.

AL.

ADDITIONAL COMPETITIONS

Some good results from 'solitary' excursions: Coventry B Grade, **Stuart Tierney** 2nd 10 yr. F/S, 1st 10 yr. BK; **James Sumner**, 1st and 3rd 13 yr. Group. **Lyndsey Wyse** 1st in F/S, 2nd in FLY at the Haden Hill Meet.

28.6.97 Inter-Club Hinckley (25 m.)

Hinckley 228, C/Hill 207, Daventry 190, Leic. K.Fields 168, Hinckley B 90

Our spectators found the somewhat open and limited space on the poolside rather wet, but, despite that, they had several good performances to applaud.

Ian Potter moved up the Club ranking list with a BR p.b. of 1.16.47. Our 13 yr. boys, **Ian Johnstone** BR 41.82, FLY 34.70 and **James Sumner**, F/S 31.07, BK 36.83, are both now showing some application in their training - although there is still room improvement. **Hannah Loftus**, BK 1.17.39; **Warren Jones**, FLY 1.11.69; **Michael Bourne**, FLY

40.17 - would he have broken 40 seconds if he had not been gazing around as he finished?, and BK 44.27.

28th/29th June, 5th/6th July Midlands Age Group - Coventry (50 m.)

This was one of our best set of results in this highly competitive event - if not our best ever. We came away with 33 medals, with our girls doing better than all local competition, in fact better than the majority of clubs in the Midlands.

Georgina Lee: 4 Gold, 200 LM, 100 and 200 FLY, 2.19.44 - both 'Competition best performances', as was her 400 LM in 5.07.07 (also a 'CBP'); 4 Silver, 400 F/S, 200 BR, 200 F/S, 2.09.85, 800 F/S 9.21.56; 3 bronze, 200 BK, 100 F/S, 100 BR. It was not surprising that these results won the award for the top swimmer in her group.

Gemma Hindson: 4 Golds, 100 FLY 1.07.04, 200 FLY, 400 LM, 5.15.03, 800 F/S, 9.26.56; 3 Silver, 200 LM, 400 F/S, 200 F/S 2.11.28; 1 Bronze, 100 F/S.

Kate Hindson: 3 Gold, 400 LM 5.29.06, 800 F/S, 200 FLY, 2.37.88; 2 Silver, 200 F/S 2.17.71, 400 F/S 4.42.70.

Jon Sheasby: 4 Gold - all 'C.B.P.'s', 100 F/S 1.01.79, 200 F/S 2.17.02, 400 F/S 4.47.35, 100 FLY 1.9.42; 1 Silver, 200 LM 2.35.39 - Top Swimmer Award in age group.

Jo Potter: 1 Gold, 200 BR, 1 Bronze 200 LM.

Lucy Lloyd-Roach: 1 Bronze, 200 FLY 2.34.46

There were several other good swims including: **Sally Jones**, F/S 1.05.07 & 2.21.00, both narrowly missing National Qualifying Times. **Kate**, 100 F/S 1.04.45 - identical time in heat and final. **Nicola Sheasby**, 200 F/S 2.18.67; **David Woodhall**, BR 1.13.79; **Lucy**, 200 BK 2.32.79 (1.16.21 and 1.16.58).

ENTRIES ARE DUE

Triple S 'Age on Day' Meet and Coventry 50 m. Sprints.

CAMP HILL EDWARDIANS SWIMMING CLUB

FIXTURES 1997

DATE	A.S.A. & MEETS	MATCHES	'DIDDY'
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September

SAT 6th	Coventry Sprints		
SUN 7th			
SAT 13th		Etwall Eagles (11,13,15,OP)	
SUN 14th			
SAT 20th	Division 6 Schools	Solihull Relays (11-OP)	
SUN 21st	Triple S Meet		
SAT 27th	Wolverhampton Masters		
SUN 28th	Wolverhampton Masters		

October

SAT 4th			Cheltenham(9 - 12)
SUN 5th			
SAT 11th		W.M.L. A & B	
SUN 12th			Haden Hill Mt. (10-13)
SAT 18th	A.S.A. Inter-Counties	Wellington (10 - OP)	
SUN 19th			
SAT 25th	ESSA Championships	Haden Hill (10 - OP)	
SUN 26th			

November

SAT 1st	Midlands Short Course		Coventry Jun. Mt (10 - 14)
SUN 2nd	Midlands Short Course		
SAT 8th		W.M.L. A & B	
SUN 9th			
SAT 15th			Leamington Relays (9 - 12)
SUN 16th			
SAT 22nd			Oakengates (9 - 12)
SUN 23rd			
SAT 29th	Stockport Meet		
SUN 30th	Stockport Meet		

December

SAT 6th		W.M.L. A & B	
SUN 7th			
SAT 13th			Oldbury (9 - 12)
SUN 14th			
SAT 20th		Halesowen (10 - OP)	
SUN 21st			