



JUNIOR LEAGUE DATES

A reminder to all Junior swimmers and their parents, please put these dates in your diaries, on your calendars and anywhere else you need to help remind you to keep these dates free so you ARE available for selection for the Junior League Team. These are very important galas for the club and it is very important we have a full team for each gala; this can only happen if all Junior Swimmers make themselves available on these dates. If you are selected please make every effort to swim for your club.

25th April 2009

9th May 2009

27th June 2009

A REMINDER

Please could all parents of children under 12 make sure you, or someone the child knows are poolside when your child is training, as stated in the membership form. If you cannot stay for any reason could you ensure an adult who is poolside is responsible for your child in the event you need to be contacted.

GENEVA INTERNATIONAL MEET – 15 – 19 JANUARY 2009

It was a good outing that was enjoyed by all the team. Anne Bourne reported that team attitude & discipline were excellent. Vicki Wassell & Cameron Woodyatt each worked hard on a good range of events. Cameron's best swims being FS 30.75 & FLY 33.35, while Vicki enjoyed the long course so much that she has entered 15 events in the County Championships! Rebekah Bullivant swam respectable 100 & 200 BK in the heats & finals and a good 100 FS with her best efforts in the 50 FLY. 30.80 & 50 BK & FS. However she must learn to leave the junk food alone when competing & should know by now that competitors do not don their race costumes till after the warm up swim.

SHREWSBURY MASTERS MEET – JANUARY 2009

We had a really good turnout for this first of this years Masters Meets, consisting of 8 women & 5 men. They all did well. Hayley Bettinson was, as usual, invincible with a brilliant 30.93 FLY and is now tackling & winning more 100m events. Karen Burton & Sarah Le Resche continue to improve. Alison Watkins shone in several events, as did Nikki Bainbridge, Kate Chase & Anne Bourne, in what was for her a 'sprint meet'. Rebecca Smith on her first outing for Camp Hill showed talent over a number of strokes & is going to be encouraged to train more regularly.

Our men were somewhat overshadowed by the women with their best effort from Steve Eggleton to win the 100 BR 1.24.20. Paul Millington, in one of his rare competitions, elected to stay in a haunted hotel, with strange goings on overnight, so he may think twice before going to Shrewsbury again!

NUNEATON & BEDWORTH RELAY GALA – 10 JANUARY 2009

Nuneaton & Bedworth A 262, Perry Beeches 172, Bilston 169, Haden Hill 157, Nuneaton & Bedworth B 144, Camp Hill 127, Leamington 126, Lichfield 120 Eleanor Kerr, Amber Coughlan, Christian Bromley and Fabian Evans gave us the perfect start winning the mixed 13U Breaststroke relay and although we were not able to hold on to that lofty position, our young team boosted by 'super mums' Karen & Nicki all gave their very best in an enjoyable competitive gala.

Daisy Cutts put in some good swims including FS 18.80, FLY 20.65 and BR 22.88 and Amber Coughlan reminded us all what potential she has FS 15.10 and FLY 16.19. Noteworthy supports from Eleanor Kerr, Jessica Davies and Alice Collier.

For the boys 'star man' was Fabian Evans, looking far stronger, swam well to record FS 14.44 and BR 17.37, only one question, why don't we see him swimming at competitive galas more often? Thanks to Heather & Peter for organising the teams who all arrived promptly and ready to swim. NOTE TO PARENTS With the Junior League starting in April would all parents try and enter their youngsters in some of the forthcoming Open Galas, to gain experience at competitive meets, please ask the Coach if you need any guidance.

MAW

CRYSTAL MEET / WOLVERHAMPTON – 11 JANUARY 2009

We took a small team of seven swimmers to this popular junior meet, with Bev looking after the team for the last time. Good swims from Sharan Arunima 50 FR 38.81, 50 BR 49.71 and 50 BK 43.93, Katie Quddus 50 BK 42.94 and 50 FS 38.81. Christian Bromley 50 BR 43.05 PB and 50 FS 34.83 PB. Also good efforts from Cameron Woodyatt, Elliott Glenn and Michael Bate but all seemed to be suffering from the long Christmas break not swimming to their usual standards.

BRAUNSTONE JUBILEE TROPHY GALA – 24 JANUARY 2009

Braunstone A 288, Melton 268, Camp Hill 220, Leicester Neptune 179, Braunstone B 132 Blythe Barracudas 129, Swadlincote 111

Firstly, and possibly most importantly, a huge thank-you to Sue Thornton* for doing a great job getting a team together – with 32 people 'unable' to swim.

A fantastic effort from those who did attend, and a well-earned achievement – with Camp Hill Edwardians finishing in **3rd PLACE** out of 7! Boosted by zero disqualifications, the team pulled out all the stops and constantly placed well. There were a total of 10 first, 5 second and 13 third place swims.

The results included belters from Kelton Aldridge (50m B/S 40.83), Eleanor Kerr (100m BR/S 89.91), Alice Collier (50m BR/S 48.92), Rebekah Bullivant



(100m B/S 68.84) and Stuart Tierney (100m B/F 65.25). A special mention to the girls' open relay team, who led the way with clean-sweep first places in both relays (not a boast – just fact!).

Heather and Pete.

* Quick flashback to the Christmas party - without constant outstanding effort from people such as this the club would simply not exist. Any parent who is able to offer a small amount of time should contact Karen Burton, club secretary, who will be thrilled to hear from you.

ISLE OF WIGHT MASTERS MEET – 27/29 JANUARY 2009



Jeff Beech & I accompanied Anne Bourne & Gerry Bishop to this relaxing event. Not that Anne relaxed as shown by her achieving British & European Records

for the 800M, short course FS.

Gerry, carrying various ailments, nevertheless collected some medals & stated his intention of preparing more seriously next year, however he always says that! A fascinating experience of the event was witnessing a 95year old gentleman breaking World Records for a number of events in his age group.

INTER-COUNTY INVITATION GALA – 1 FEBRUARY 2009

Cameron Woodyatt was selected to swim FLY in this county gala for Warwickshire, 2 PB's 1.11.61 and 31.91

ROTHERHAM MASTERS MEET – 8 FEBRUARY 2009

Anne Bourne having moved up into the 55/59yr age group announced her arrival with a 400m FS record, British & European, of 5.22.87 (2.40.48 & 2.42.49 split) long course, plenty more to come.

PERI SPRINTS, RUGBY – 15 FEBRUARY 2009

For the first time in several weeks I ventured on to the poolside to study the efforts of our 16 youngsters, I came home pleased with what I had seen and encouraged by the performances.

Cameron Woodyatt continued to be 'Man of the Match' dominating his age group, his swims included FLY 32.00 & BR 36.92. Other wins in BR came from Eleanor Kerr, 41.92 a medal swim from Samantha Evans, 44.23 and a GOLD in her first Open Meet for 9yr Daisy Cutts 47.67. Several good races too from Jessica Hendon, FS 38.65, likewise Oliver Cutts BR 42.63. Christian Bromley partially atoned for a disastrous breaststroke with a good BK 40.76. While James Bromley and James Pietrafesa did well in their first open meet. Amber Coughlan swam good 1st and 4th events but what happened in her 2nd & 3rd races?

Consistency is all-important. Jake Hendon did well in his 4 events. Sarah Thornton swam hard and was encouraged to a strong FS by the arrival & support of boyfriend Alex. Many thanks to Sue Thornton for encouraging entries & looking after the team.

BOLDMERE JUNIOR INVITATION GALA – 21 FEBRUARY 2009

Well done to everybody who swam, all who attended were awarded with a medal for their achievements and efforts throughout the day. We would like to say a particularly massive thank-you to Karen Coughlan (our judge) and Mike Evans (our time-keeper), more volunteers like this are needed and welcome.

It was a long day but all swimmers dealt with the heat and duration very well; we are proud to say behaviour was excellent and swims were very good. A few of these good swims belong to Mason Coughlan (3rd - 25m Br/S 34.60, 2nd - 25m B/S 25.86 and 2nd - 25m F/S 26.70), with William Stokes close behind (3rd - 25m B/S 31.45, 3rd - 25m F/S 27.78). Celia Richards swam an impressive 25m Br/S (20.00) and 25m F/S (22.90) coming first in her age group. Lily Watkins had a fantastic meet smashing all of her PBs, showing her hard training is paying off (50m B/S 49.73). Kelton Aldridge also had a great meet, even though he had just rushed over from swimming all morning (2nd - 50m B/S 40.82, 50m F/S 36.86). Bailey Greenwood swam very well for her first open meet, she did 50m F/S in 40.08) taking nearly 3 seconds off her PB!! One last mention is to Austin Richards, who in the middle of his 50m Br/S thought everyone else had stopped, so took a good look around, but did not get DQ'd (56.84)!!

Heather and Pete

SOLIHULL JUNIOR TROPHY GALA - 21 FEBRUARY 2009

Chase 270, Solihull A 247, Orion 180, Camp Hill 143, Solihull B 132

With quite a few of our junior swimmers already at the Boldmere J.I.M, a big thank you to those who filled in for us at the last minute and also a massive thank you to all those that helped manage, time-keep and judge the meet, especially to Alison Watkins for speeding over from Stechford to Tudor Grange to set it all up. Overall the team came 5th out of 6, with 7 DQ's on the first page of events – showing that junior swimmers MUST be attending sessions with regular starts, turns and take over practices!! The swims in general were good, with some fantastic swims by Philip May (50m B/F 40.07), Alice Collier (50m B/S 48.12), Jessica Hendon (50m Br/S 47.31), Katie Shannon (50m B/F 48.69 and 50m F/S 40.75), Daniel West (50m B/S 55.89), Hannah Jones (50m B/S 59.94), Joseph Taylor (50m Br/S 49.72) and a huge Pb from George Walsh (25m B/S 24.19).

As a reminder the Junior League Gala's are fast approaching so make sure you keep ALL dates free and keep on practising those starts, turns and take-



overs at EVERY session, so we can have a successful season!!

Heather and Pete

SUPPORT ON THE POOLSIDE (Solihull Gala 21st Feb)

“Although an enthusiastic attendee at my daughters training sessions at Camp Hill I hadn’t looked to get involved in anything specific relating to the clubs activities – until this evening. I’d been asked to help out to time keep at this junior gala, and I must say that I enjoyed every minute! The tense atmosphere awaiting the start of each event (and hoping that I’d pushed the right button on the stop watch...), and the suspense and drama of watching Camp Hill swimmers finish (and if I’d remembered in all the excitement to push the right button again!!) All in all I look forward to the next invite!”

Graham Jones

WELSH MASTERS CHAMPIONSHIPS – 1 MARCH 2009

Hayley Bettinson, Anne Bourne & Emily Paterson swam in the 50m Swansea Pool. Hayley won all her events with times close to her best. Anne did likewise and added to her record list with a BRITISH RECORD for the 800m FS. Emily, after a long lay-off from long course competition, did very well and won 3 Gold & 1 Silver medal.

BRACKNELL MASTERS – 7 MARCH 2009

In a moment of madness Karen Coughlan & Nikki Bainbridge entered the 200 FLY. 12 months ago Karen had only raced 25M FLY and Nikki hadn’t done this event since childhood. They rose to the challenge and both came home with respectable time & 4 medals (3 Gold, 1 Silver). Times Karen 1.23.52/3.14.56 FLY, Nikki 1.16.14/2.57.66 FLY.

WARWICKSHIRE CHAMPIONSHIPS - 7/14/21 MARCH 2009



It was disappointing that we had so few entrants in the 9 – 13year groups with the Clubs younger swimmers missing the opportunity to swim a number of distances in a long course pool. Rebekah Bullivant had a good championship, winning first place trophies for the 100 FLY Senior

& Junior & 50 FLY.

Cameron Woodyatt tackled several events & showed considerable promise over 50 FLY, 32.41 & 200 IM 2.37.85. Eleanor Kerr had good races over BR, 42.52 & 1.32.86 & FS 1.13.90, 3.34.41 & Samantha Evans; with an improved start did 45.47 for 50 BR.

OPEN MEETS

Please check notice board for new Open Meets, we would like to see more swimmers entering the Open Meets, if you haven’t entered an Open Meet before and are not sure what is involved ask the Coaches or any of the other swimmers who have, and they could let you know what to expect. Swimmers who need entry times please ask Coaches at any training sessions to be timed. Entry forms can be found on the website, if you don’t have access to a computer entry forms are available through the club. Please make sure payments for Open Meets are prompt, ideally when entry forms are handed in, this will alleviate the need to chase people for late payments.

MEMBERS OFFICE

“NEW MEMBERS ARE ALWAYS WELCOME”

Enthusiastic swimmers can come along and visit any weekday, bring costumes and join in!

For more information and a swimming trial, please contact:

Gerry Thain 0121 444 2289 (Principal & Coach)

Karen Coughlan 07971 558930 – thecoughlans@hotmail.com (Club Secretary & Memberships Liaison Officer)

Wendy Bullivant 0121 449 9503 (Warwickshire & Midland Meets Secretary)

Nigel Greenwood 07811 332393 – nigel.greenwood@hotmail.co.uk (Water Polo Coach)

Important Notice for all parents:

If your children are taking ANY medicines on a long-term regular basis, please get a “Medication Form” to register the details. This includes vitamins, herbal remedies, hay fever tablets etc.