

Training Scheme Newsletter

Jo's Monthly Blog Welcome to my monthly blog for February with a review of the Club's news, achievements and updates on projects & developments that I have been working on.

February is a shorter calendar month but swimming wise it has been another busy one. On the competition front we have had the annual Coventry & District Relays. We had a slight improvement this year with the club winning 13 of the races and finishing at the top of the medal table. The same weekend we also had the West Midlands Regional 800m & 1500m Time Trials, despite them eventually being swum in two halves due to someone being ill in the pool and the 800m's being done on another day! BJ Lowe achieved his National Time in the 800m Free. Some the University students swam at the BUCS Student Nationals with Abbie Brown, Sean Asher, Fiona Cunningham & Tom Rooke all making finals to help Coventry University finish in 12th place overall. We have also had 18 swimmers pass their Competitive Start Award.

This month has also seen 12 members of the Elite 1 squad travel to Malta for a week's long training camp in preparation for the GB Championships at the end of March and National Championships later in the summer. The swimmers weekly meterage ranged from 55,400-66,705m for BJ Lowe who did the most over 10 pool sessions with land work every day.

On the club front this month has seen the first stage of the Beacon Programme commence with sessions now available on Saturday mornings for swimmers from around the West Midlands who are competing in the GB Championships as reported in last month's newsletter.

Next month sees the County Championships start and also the first stage of swimmers making their respective home Commonwealth Games teams at the GB Championships that start on the 29th March through to the 3rd April.

Regards

Jo Deakins Director of Coaching City of Coventry Swimming Club

Mercian League 2010

City of Coventry will be entering a team for the Mercian League this year. The dates for your diary are:

24th April 2010

12th June 2010

10th July 2010

Further information can be obtained at <http://www.mercianleague.co.uk/>

 Remember to keep collecting the Sainsbury's Active Kids Vouchers.

Thanks

City of Coventry Swimmers help at the ESSA School Games by Bridie McSorley

A big thank you goes out to Olivia Thompson, Faye Price, Megan Price, Katie Axford, Adam Timbrell, Luke Timbrell, Samuel Fairchild, Liam McSorley, Conor McSorley, Mia Adams and Chloe Smith, for all their hard work at the recent ESSA, England Schools Swimming Association Games held at the Coventry Pool on the 6th February.

It was a long day as the children had to be there for the rehearsal at 12:30pm with the last presentation not taking place until after 5pm. Well done to all of them, they were a credit to their Club and did a fantastic job.



Latest gala information

City of Birmingham Open – this is a cardless meet please check their website <http://www.swimbirmingham.org.uk/open.php> for information updates

Rugby Open – check their website <http://www.rugbysc.com/> for information updates

Midland Youth – following the Warwickshires, information will be provided to those with qualifying times

May Open – our Level 1 Open Meet entry closes on 8th April

Coventry & District Secondaries – to be held at the Pingles, Nuneaton on the 22nd & 23rd May. Entry information available soon. Please note times for this meet must be achieved by 31st March. Do not use times achieved at Birmingham or Rugby

CLUB 500 WINNERS—FEBRUARY

1ST PAULA DONOVAN 34

2ND DAREN TIMBRELL 239

3RD JANE WILKINSON 1



A Development Gala with a difference!

On Saturday, April 24th 2010 we are holding a Development Gala at Warwick University. However, this one will be slightly different! As soon as the event is over we have teamed up with British Modern Pentathlon to offer you the chance to take part in a Fun Biathlon. If you are under 13 you will swim 50m freestyle and run 500m (over 13's the distances are 100m swim and 1,000m run). The run will also be held at Warwick University, on their superb athletic track (used by Coventry Godiva).

We urge you to take part. It is our view that you will gain a lot from trying out this sport and you will also be helping out both your Club and a National Charity. We have agreed with Encephalitis to raise funds for them (50% will go to the Charity and 50% to the Club). Encephalitis is a nasty disease that affects the brain and it is supported by Rebecca Adlington (whose sister suffered from the illness). We have some great incentives for you to enter, as follows:

- 5 Coventry Swimming Caps signed by Rebecca Adlington
- 5 Modern Pentathlon Caps signed by Rebecca Adlington
- Free 1-year membership of Modern Pentathlon for all those that enter

The person who collects the most money will automatically receive a signed Coventry Cap. Two more Coventry Caps will be available in a free prize draw for all of you that enter. The final two will be raffled off. The Pentathlon hats will be offered as prizes for the respective winners of the Biathlon.

NB: The Biathlon is AFTER the Development Gala not instead of.

Look out for online entry

Georgia needs our help

8 year old Coventry Swimmer Georgia Ementon is swimming the Swimathon. Georgia, who trains in Abbie Brown's squad, swam the 1.5km last year but is setting herself a bigger challenge this year and going for the 2.5km!!

Due to the pool closure the Swimathon date has been brought forward to the 27th March, which is almost a whole month early, leaving Georgia and her parents (Avril and Richard) very little time to attract sponsors in time for the event.

Georgia is swimming for Marie Curie Cancer Care, which is indeed a very good cause. If you can help Georgia and her very proud parents, please sponsor her via her online link at www.swimathon.org by putting in her name at the sponsor a swimmer link.



What is an IM?

An individual medley is made up of the 4 competitive swimming strokes; butterfly, backstroke, breaststroke and freestyle. These are swam in the same race, either over a 100m, 200m or 400m distance. The strokes must be performed in the correct order and the rules of each stroke and turn must be followed to avoid disqualification. Each stroke is swam for one-fourth of the race. The individual medley is one of the most challenging of all swimming events. However, it can also be one of the most fun for the swimmer.

In a medley relay the order of the strokes is different – back, breast, fly and free, mainly to avoid a takeover on backstroke, which starts in the water.



March Birthdays

Alysha McDermott

Alisha Collins

Robert Hale

Yuann Lu

Jessica Bergin

Natalie Clarke

Luke Fortune

Ellie Tranter

Michael Cough

Edward Nutt

Astan Thayanithy

Georgia Linney

Helen Sinclair

Rebecca Williscroft

Christopher Young

Ryan Morris

Geoffrey Barber

Abbi Cameron

Catherine Pabla

Megan Wright

"Please sponsor me for Swimathon 2010 and help Marie Curie Cancer Care to make a difference to the lives of thousands of terminally ill people by providing free care from Marie Curie Nurses. My Grandma lost her fight against cancer in May last year so I am setting myself a bigger challenge than last year by swimming 2.5km! Knowing I am raising lots of money to help people who desperately need it will help me to keep going so please give generously. Thank you very much. x"

Georgia's message from the Swimathon Link:

See you next month. If you have any ideas for inclusion in the newsletter or would like to make a contribution, please contact: Julia.betteley@coventry-swimming.org.uk

Happy Birthday