

TRAINING SCHEME NEWSLETTER



the **asa** principal partner
BRITISH Swimming **British Gas**

City of Coventry
National Qualifiers 2009
 Age Group Youth

Connor Connel	Sean Asher
Benjamin Lowe	Mark Branch
Callum Quinn	James Burden
Jacob Scullion	Shane Faul
Emily Spencer	Charlotte Graham
	Rikki Morris
	Ryan Morris

JAMES MEETS MARK FOSTER

James Burden and mum Nicky travelled to Cambridge earlier this month where James met Olympic Swimmer Mark Foster.



As we reported last month, James has been recognised by the Lloyds TSB Local Hero's Scheme. James was nominated by the ASA to receive support from Sports Aid via the Scheme.

James was invited to a luncheon on 24th June at Cambridge University, hosted by Lloyds TSB. The highlight of the day for James was to get the chance to hear what Mark had to say and to talk to him afterwards.

Please see next month's newsletter for a the Swimmer Profile and questions posed by the younger swimmers.

The National Age Group Championships are being held on the 22nd to 26th July with the Youth National Championships following on the 28th July. Both competitions are being held at Ponds Forge, Sheffield.

WELL DONE TO ALL THE SWIMMERS

GOOD LUCK

SUCCESS FOR COVENTRY AGE GROUP SWIMMERS



Information provided by Alex Gray

The Midland qualifiers competed in the Midland Age Group Swimming Championships 2009. The swimmers achieved an impressive total of 17 medals of which 8 were Gold.

Top performers were Earl Radschenko (6), Benjamin Lowe (5), and Connor Connell (4) who between them won 15 of the medals with the boys 800m and 400m freestyle relay teams picking up the other 2. Earl won gold in the 100m and 200m freestyle and the 100m and 200m Backstroke. Benjamin won gold in the 200m and 400m freestyle and the 200m Individual Medley and Connor won Gold in the 200m Breaststroke. With Kelton Aldridge achieving pb's in both the 100m and 200m backstroke events. Gleb Popov swam a number of events and won a place in the final of the 200IM.

The next step for the swimmers is the National Age Group Championships held at Ponds Forge in Sheffield at the end of July, where Benjamin Lowe, Connor Connell, Jacob Scullion, Callum Quinn and Emily Spencer will compete in their respective individual events and the City of Coventry Swimming Club will be represented by 4 relay teams.

Well done to them all.

COVENTRY WIN NOVICE GALA

Saturday, the 20th June, saw City of Coventry compete at Rugby Ken Mairriott Leisure centre in a Novice swimming gala.

Having turned up with what I thought would be enough swimmers to fulfil 2 teams, of which I was under the impression was 2 in each age group I was then confronted with the fact that actually we needed 4 swimmers for each event, 2 for each age group for each team, quite a dilemma! I quickly sat down and pulled together another team from the swimmers I had, it meant that all competitors would be very busy on the night!!

I had a quick chat with them and asked if they had all had their shredded wheat as they would need all the energy they could muster. Every swimmer put their heart and soul into every race and we had some excellent swims, especially considering for most of them it was their first time competing.

We had fantastic support from all spectators who must have ended the evening with less voice than they came with.

The final result given on the night was a first place tie between us and Hinckley, with Rugby 3rd and our second team in 4th position. However we have since been told that there was a mix up in points and in fact we were awarded 1st place with 256 points, followed by Hinckley with 238, Rugby 214 and Coventry B 176.

Well done to all swimmers.

Anita Ryder—Coach



JO'S BLOG

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



We have welcomed back Ben Jelley from Loughborough this month after he has completed his finals to take on the Blue Achievers as their permanent coach. I wish Ben and the Blues all the success and look forward to working with Ben as part of the Coaching Team. The other news on the Coaching front is that the Club have decided not to extend Alex Gray's contract however, he will remain as the coach to Elite 2 through to the National Championships at the end of July therefore enabling the swimmers who have qualified for the Nationals to have continuity throughout the season.

Talking of competitions June saw the last chances to qualify for National Championships taken. I am pleased to be writing that we have more National Qualifiers this year than we have had for two years and it is good to see that we are getting back up there. Congratulations to Jacob Scullion, Callum Quinn & Emily Spencer who all achieved their times at the recent Midland Championships. Congratulations to all three Boys relays and the girls 4x100m Free Team that have all qualified for Nationals. The boys 4x200m Free Team are in the strongest position qualifying in 9th position. Overall at the Midland Bagcats we finished with 8 gold (Earl Radschenko (4), BJ Lowe (3) & Connor Connell (1)), 4 silver & 3 bronze medals from individuals again this is a good result for a few years. Other competitions this month have been a novice gala at Rugby last weekend of which, after a hectic reshuffle on the night by Anita (Thanks Anita!) we won with a lot of swimmers experiencing swimming for the club for the first time. I understand from Anita that the support was excellent from the supporters in the stands and I look forward to the swimmers moving through the ranks of the Club.

As I write this Blog the team for the International Children's Games have departed to compete in Athens and I will shortly be leaving for Glasgow to take 5 swimmers to compete in the Scottish Nationals. Details of the results from both competitions will appear in next month's blog & newsletter.

On the club front this month I have attended another Cov & District Meeting, a Regional Coaches Meeting, a club's Racing Group Meeting, an Elite Sports Club Meeting where the main clubs in Coventry come together to discuss common problems and developments, a meeting with Neil Parker who is the PDM for the North port Unlimited project that we are looking to start on the 5th October and finally we held a Club Coaches meeting on the 6th June before the Race Night so it has been a busy month!

I would just like to finish this month's blog by saying a big thanks to Leigh & Yvonne Matthews and their team of helpers who this month have raised £1034.24 for the Devon Tour this year with the successful Race Night and also a Bag Pack at the weekend. It is guys like this that secure the success of events like the Devon Tour and ensure that they can continue to run for the benefit of our members.

Good luck to all of you who are competing in the Midland Open Water Championships and also in your final preparations for the Nationals whichever ones you are involved in whether it is the Irish, Bagcats, Youth, Senior or the Short Course in August!

Regards Jo Deakins

Director of Coaching - City of Coventry Swimming Club



FACT FILE

WHAT ARE BAGCAT POINTS?

These are a UK approach to measuring and comparing the performances of swimmers across a range of age groups and events. The acronym stands for British Age Group CAtegory.

In this measurement system, points are scored for particular times in individual events based on their relative performance to top 10 historic all time performances. BAGCATs are comparative performance tables adjusted for age (younger swimmers find certain events harder).

In some competitions e.g. Midland Region Championships, 'Top Boy' or 'Top Girl' trophies are awarded based on the total BAGCAT points scored by swimmers in a selection of events. The original intent of this was to encourage younger swimmers to compete in a wide range of events and not specialise too early.

To make things more complicated events are grouped together and only the swimmers highest point score in each group of events will count. Typically these will be grouped as best sprint (50m), best 100m, best Individual Medley, best distance (200m+) and best non-Freestyle Performance (Form stroke).

You can download a copy of the calculator from the Sportsystems website <http://www.sportsys.co.uk/>



SCOTTISH NATIONALS

By Jo Deakins



The last weekend in June saw five members of Elite 1 travel to Glasgow to compete in the Scottish Nationals. Sean Asher was the star of the group with two personal best swims in the 200m IM both under 2:10 for the first time. His heat swim was good enough to make the B final where he went quicker to swim 2:09.57. Sean also made the B final in the 400m IM later in the weekend. Other swimmers to make it through to the finals were Mark Branch & Mark Strachan who made it through to both the 100m & 200m breaststroke but both only swimming in the 200m. Mark Branch had a close finish in this final but just got beaten to second spot. Our other finalist was Charlotte Graham who progressed to the 50m Freestyle final and swam just outside her personal best and Club Record. The other member of the team was Andrew Dewar who swam a personal best in the 100m Freestyle and just outside his best in the 200m.

The squad now move on to concentrate on the Youth & Senior National Championships at the end of July and the GB Short Course in August.

REMINDER

If you are going on holiday please remember to complete your gala entries.



Coventry Sprints, closing date 31st August

Coventry & District - closes during school holidays.

PLEASE CHECK BEFORE YOU DEPART

Graham Sykes Memorial Gala



The Graham Sykes Memorial Gala is being held on July 11th at Coventry Sports Centre. The gala is in memory of Graham Sykes, who died on November 26th 2008.

He was President of City of Coventry Swimming Club from 1996 to 1997 and was Club Chairman until 2007. He was a Life Member of the Club and was elected as a Life Member of the ASA Midland Region.

Graham Sykes was himself a swimmer. He was Britain's top male backstroker in the late 50s and early 60s. From 1956 to 1962 he won seven successive ASA national titles in backstroke, the first five over 110 yards and the last two over 220 yards. He was coached at Coventry by Albert Lines. He competed in two Olympic Games, 1956 and also was the team captain in 1960. He won a gold medal for the 100m backstroke in the 1962 Commonwealth Games in Perth, Western Australia. He retired from international swimming in 1964, but continued to compete at regional level.

On his retirement from competitive swimming, he became involved with swimming administration - from club level to National, becoming a member of the GB swimming committee, as well as the chairman of the ASA swimming committee. However his first love was the City of Coventry swimming club which he helped to found in 1973 from the amalgamation of the three existing swimming clubs in Coventry. He was a committee member and by the late 70s had become the Chairman.

During this time he coached and team managed the junior water polo team who became National champions and was also a squad coach for the training scheme.

Later he became involved with Masters swimming and held a number of world records - some of which still stand.

As a young man, he served an apprenticeship as an Automotive Engineer at Standard Triumph where, as a student apprentice, the company sponsored his swimming career and his time at university where he graduated in Applied Mathematics. He continued his working career for companies such as Chrysler and Peugeot. It was during his working career that he developed an interest in computers and designed a computer program, Sportsystems, to organise the running of swim meets. This is still widely in use in the UK - in particular for all national Championships. He also developed the programme to compare performances on different strokes, distances and ages 'Bagcats', the programme for time conversions and the one for GB points.

He remained heavily involved in swimming and in particular in Coventry Swimming Club until his death. He was regularly seen officiating at galas and was very interested in the progress of the Coventry children.

The Graham Sykes Memorial Trophy will be awarded to the top backstroke swimmer at the gala, based on GB points.

NUNEATON JUNIOR LEAGUE REPORT

By Ruth Jelley

The Nuneaton Junior League team set off to Halesowen for the third round having once again 'borrowed' some of the Leicester League team members. After a brisk coach journey we arrived on poolside to find we had been drawn in lane 1 but neither lane nor chilly water put off the intrepid swimmers. We had an excellent start, with James Williams winning the 10 years freestyle and Abbi Cameron taking the 9 years breaststroke, before a leaner period where some closely judged relay takeovers saw us getting three disqualifications. The team spirit won through and wins by the 10 year old boys in both their relays and a further win by James Williams in the backstroke cheered us on our way. Some interesting starts, with a dubious start box, threw a few swimmers off course but the team put in a fantastic effort and our final position of third was reflective of the tough competition we faced. So well done to all the swimmers, and thanks to all the parents who came to support. The B team of coaches and team managers survived but would welcome the A team back from Athens for the next event!

WANTED: Timekeepers for Development Galas and Sprint Nights

By Kevin Sherwood



The ASA has recently introduced a 'CLUB TIMEKEEPER' qualification intended for parents who want to help and for younger people over the age of 14, who are possibly still competing, but who would like to gain some experience as an official.

By completing the course and gaining the qualification, you will be able to act as a timekeeper or chief timekeeper at unlicensed events such as Club Championships, Development Galas and the various Trophy Meets at which the Club competes. On completion of the course, you will have an understanding of the proper use of your stopwatch, the automatic timing system, the role of timekeepers and chief timekeepers and the way in which meets are organised and managed.

You would not be qualified to officiate at Licensed Open Meets, though if you later decided that you would like to become a more involved, the qualification does count towards the Judge Level 1 qualification.

There is further information on the ASA website www.britishswimming.org - go to 'Disciplines' then 'Swimming' then at the bottom of the page is a heading 'Officials': you will now see 'Swimming Officials News' and there is a section there on training.

If you would like to help at Sprint Nights and Development Galas but feel that you do not have the experience or confidence to help, this course may just be the opportunity that you have been waiting for, to gain that experience and confidence and so allow you to make your contribution to the Club.

If you feel that this course may be for you, please get in touch with me, either by e-mail to kevin.sherwood@coventry-swimming.org.uk or by phone to 02476 504868. Alternatively, speak to John Hughes, Ruth Jelley, Julia Betteley or Mark Strachan, on poolside on Friday evenings and they will be able help.

You will have to be a member of an affiliated swimming club, preferably City of Coventry, and of the ASA. If you see John Hughes on poolside at Club Night on Friday evenings, he will give you the necessary forms.

CITY OF COVENTRY OFFERS PHYSIO SCREENING

Item by Jo Deakins

As a club we would like to offer a body screening process for our swimmers to help in their development as swimmers. Body Screening is a process whereby a swimmer is assessed for any skeletal imbalances which could then prevent any long term injuries and ultimately time out of training and competition. Screening can also highlight any imbalances which can be rectified for life.

We have had Bev Randle-Bissell (parent to Jacob & Bronte) who has kindly donated her time to provide this service. Bev is a children's physio specialising in paediatrics at the Cov & Warwick hospital and works in a musculoskeletal outpatient environment.

We have arranged for Bev to be available on Friday Sprint Nights from 6.00-8.00pm for appointments (15mins at a time) to be booked. These appointments will be held in the small area outside the Disabled Changing Area at the teaching pool end of the Olympic Pool. Appointments are to be made after referral by squad coach & completion of a consent form/proforma that is to be returned to Director of Coaching (DOC). Upon DOC receiving the form an appointment time will be confirmed to swimmer and also to Bev. Please note a parent/guardian must be present during the appointment/consultation.

After the assessment has taken place swimmer, parent & coaches to be informed of outcomes. If there are any further assessments needed then these to be booked separately through Bev.

Consent forms/proformas are available from your squad coach.



Working in the City as a Children's Physiotherapist based at the Cov & Wark Hospital treating babies to 18 year olds with physical conditions ranging from balance & coordination, sports injuries and complex neurological conditions, one of the

most common concerns I come across in adolescence is growth related problems. As children are constantly growing and developing, their bones and soft tissue structures are lengthening at varying rates. This can cause altered posture, muscle imbalances and altered biomechanics which lead to injury and the possible risk of long-term problems later in life.

As regular swimmers, you are exposed to differing stresses and strains from an early age which have many positive effects on the cardio respiratory and neuro muscular systems of a growing body. Through Physio screening and assessing joint mobility and muscle flexibility, motor control and core stability, early identification of weaknesses can be made and a home exercise programme devised specific to the person's needs to help prevent injury, strengthen areas highlighted, and decrease the risk of overloading a particular area. By addressing concerns that would not necessarily result in injury but may be limiting performance, screening can have a positive impact on swimming achievements as optimum levels are achieved and the risk of injury minimised. So if you haven't booked an appointment to see me on a Sprint Night, speak to your coach so that a 15 minute appointment can be arranged. I look forward to seeing you!

Bev Randle-Bissell

Bev has kindly agreed to write a monthly article for the Newsletter ... So watch this space. Thanks Bev.

OPEN WATER TRIAL SWIM AT BOSWORTH WATER TRUST

By Allison Stoney

The clouds were low but the spirits were high when 15 swimmers from City of Coventry Swimming Club braved the elements and arrived at Bosworth Water to try out the course for the East and West Midlands' Regional Open Water Championships.

The swimmers merged from High Achievers' 2 through to Elite 1 and Masters, and were raring to go at 7.00am. The weather was overcast but fine and warm. The session at the lake was open to all, with many triathletes on their regular training swims.

The rules of Open Water swimming do not allow wetsuits, but triathletes can use them. So there were a few admiring glances from the triathletes as our brave swimmers set out in their normal racing costumes. The more experienced swimmers in our group led the way, giving advice and encouragement to the newcomers.

All completed at least a 1000m lap, to acclimatise themselves, but the stamina award of the morning goes to Grace Williams-Brown, who did 3000m, got out briefly, but then decided she hadn't done enough, so got back in and did a further 2000m.

We now have 17 entries for the championships, which take place on Sunday 12th July covering all distances from 1500, 3000, and 5000 metres.

15 of the 17 swimmers have entered following the morning's taster session.

Bosworth Water Trust is a good venue for a day out, whether you are swimming or not.

If you are not swimming and wish to come and support our team, bring a picnic and drive on over. Directions to Bosworth can be found at www.bosworthwatertrust.co.uk.

A big thank you to everyone who attended for your effort.

Best wishes, **Allison**



TIP OF THE MONTH OPEN WATER SWIMMING

Open water swimming is the newest Olympic sport, introduced in 2006 with a 10k race. Many swimmers have never swam an open water event. Here are some tips to help you.

Vaseline – pop a tub into your kit bag. Apply it to possible friction points to avoid chafing. You can also apply it to the backs of your legs, this will deter other swimmers touching your legs during the hectic start. It would be wise to also pack a couple of pairs of disposable gloves to apply this with. This will avoid it being smeared over goggles etc.

Sun Screen – be wary of sunburn and use a high-factor waterproof sunscreen on areas such as the neck, shoulders and backs of legs.

Flat Coke-cola (not diet). This is known to neutralise any harmful bacteria that you may swallow during your swim. Flat coke also settles easier and offers protection to the immune system.

The start can be daunting, especially a mass start. If you are a faster starter try to get near the front and sprint away from the other swimmers. If you are a slow starter, than hang back, but try to get on the outside of the group. This enables you to move up the group as you settle into your pace but it avoids the mass in the middle where you may get trapped or injured. A lot of jostling for the best starting point among the swimmers will occur. Imagine having 50 other swimmers in your swimming lane!

Goggles with light coloured lenses - a lot of the swimming involves lifting your head up to see where you are and to keep in line with the buoys/floats.



"For myself, losing is not coming second. It's getting out of the water knowing I could have done better.

For myself, I have won every race I've been in " Ian Thorpe

DEVON TOUR FUNDRAISING UPDATE

RACE NIGHT – 6TH JUNE

The race night went fantastically well we raised an amazing £600.00. At first everyone was a little apprehensive as they had not been on one before – but once the first race was over, and it was seen how it was done the bets kept flowing.

The children in particular loved riding the horses and throwing the dice, everyone joined in.

We hope to hold a further one during the year to raise funds for the club. I am sure that everyone who attended had a fantastic time.

Thank you for your support.

Yvonne and Lee Matthews

BAG PACKING – JUNE 20TH

This event went really well and an amount of £434.24 was raised. The children were fantastic and supported the event really well.

It was nice to meet some of the children that will be going on tour as I had never met them before.

Thanks to Asda for supporting us, and thanks to parents for bringing their children along and to those who helped doing the bag packing also.

Thanks to everyone again, for their support.

Yvonne Matthews

ABOUT THE PATHWAYS LINK GROUP

By Liz Albrighton

The Swimmer Pathways Project is a pilot project that is concerned with bridging the gap for gifted young swimmers on Learn to Swim Schemes who are keen to progress to competitive swimming in a club environment.

This project is a joint venture between Coventry Sports Trust and the City of Coventry Swimming Club and is endorsed by the West Midlands ASA Region.

Talented children are invited along for a 10 week course on Sundays at 3pm. We spend a lot of time on teaching the skills required for competitive swimming and join in on the experiences of sprint nights, time trials and development galas. To date we have introduced 34 young swimmers into the training scheme through this Pathways project.

Earlier in the year we were also involved with talent spotting at the Coventry Schools swimming galas. There was an unexpected but tremendous response to this that resulted in 17 swimmers being invited to join the training scheme and 27 invited along to the Pathways project. Due to this huge response a new group was created within the swimming club in partnership with the Coventry Sports Trust. This is the Pathways 2 group that meets on Friday nights at 7pm and Sundays at 4:30pm and taught by Laura Titford.

If you know of a young swimmer who would benefit by these Pathways projects please feel free to contact Liz Albrighton.



Club 500

Remember you can renew or join at any time. The cost is £12 per number per year, payable in advance. Half of the money collected will be used as prize money for the monthly draws. The monthly draw will take place on the last Friday of each month and the first 3 numbers drawn will receive a cash prize. The amounts depend on how many of the numbers are purchased but if all 500 numbers were sold you could win £125, £75 or £50.

If you wish to join / renew please contact sarah.betteley@coventry-swimming.org.uk

DID YOU KNOW THAT IF ALL OF THE NUMBERS WERE SOLD THEN MEMBERS WOULD BENEFIT BY £3,000 A YEAR!



Remember to keep your used books coming in. Please hand them into the Club Desk on Friday night's.

Thank you.

CLUB 500 June Winners



JOHN CARR 234



BRIDIE McSORLEY 14



JULIA BETTELEY 4

BIRTHDAYS IN JULY



Natasha Boulton

Matthew Bruce

Kellie Donovan

Philip Godfrey

Lauren Hawthorn

Michael Hemmings

Montgomery Hodson

Joshua Jelley

Frances Lynn

Nathan Petch

Luke Wilkins

Faye Edwards

Steven Croom-Carter

Simona Carena

Earl Radtschenko

Yvonne Matthews

Abigail McSharry

Mason Osborne

Paige Newbury

Lily Phillips

HAPPY BIRTHDAY

TO ALL

LEICESTER JUNIOR LEAGUE

By Sukhbir Atwal

On Saturday 27th June, swimmers from City of Coventry travelled to Loughborough to take part in the 3rd and final round of the Leicester Junior League. I was extremely impressed with the entire team, not only for their fantastic efforts and achievements in the water but also their enthusiasm and amazing team spirit on poolside. For many swimmers this was only their second time competing in such a gala, and the entire team managed to pull together to produce a fantastic first place finish with 169 points. Coventry started in great fashion, notching up numerous wins. In fact Coventry were so strong, we managed to hold onto our lead the entire night.

A special mention and thanks needs to go to the entire team of Coventry volunteers for their assistance and time including Allison Stoney, Justine and Eve Barnes, Sue Adams, Jane Hughes and Bridie Mcorley. I would just like to congratulate the entire team for their stellar performance and for the way they conducted themselves at the event, they should all be very proud of their achievement

SEE YOU ALL AGAIN NEXT MONTH. ALL NEWS ITEMS ARE WELCOME TOGETHER WITH NEW IDEAS — HOWEVER SMALL.

IF YOU KNOW SOMEONE WITHOUT COMPUTER ACCESS, PERHAPS YOU COULD PRINT OUT A NEWSLETTER FOR THEM.