



Remember to keep saving the Sainsbury's Vouchers.

Jo's Blog

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

April saw a busy month of swimmers competing at the GB Championships, the first rounds of the Nuneaton & Leicester Junior Leagues plus the Mercian League, the Birmingham & Rugby Open Meets, and also a new meet that the Elite 2 swimmers attended in Stockport. At the GB Championships we had the misfortune of having some swimmers disqualified which meant we missed out on Semi finals and final places. However, BJ Lowe swam in his first Senior Championships and gained some valuable experience which should help him in the future. At the Stockport meet congratulations to Emily Spencer & Mohamed Ahmed on achieving their first National Times for 2010. We also have seen an increase in the number of swimmers who have achieved Regional Qualifying times for 2010 and congratulations to all these swimmers and I know they are listed elsewhere in this newsletter. Also congratulations to the numerous personal best times that have been set throughout the month and the respective competitions we have seen. It is always good to see swimmers improving on their times and April was no exception. The Junior League Teams set off well in the first rounds with the Nuneaton team being in the hardest draw of the round and the Leicester team doing exceptionally well to put themselves higher in the table than we have been in previous years. The Mercian League, a new league we have joined, again saw the team swam on the night to a good club performance to set themselves up for a top end of the table finish.

On the club front this month the big news has been the announcement of Adam Ruckwood joining the Club as the new Beacon Head Coach. I for one am extremely happy that Adam is joining our team and I think he will be an excellent addition to help move the club to a new level. I have personally known Adam for almost 20 years and we were both on International teams together notably the same Olympic Teams back in 1992 & 1996, both swimming 200m Backstroke! Adam managed to go to one more Olympic Games in 2000 but I had retired by then but his knowledge of the sport and the experiences he has gained from him working in Birmingham will be invaluable for when he starts. I will be working with him over the next few months before I go onto Maternity in August to hopefully make his transition to Coventry as smooth as possible.

April saw the closure of the Coventry Sports Centre and although the Sports Trust had originally scheduled the work to take four weeks the contractors managed to complete the works in just less than three weeks. The re-scheduling of the training scheme sessions was not an easy task but I would just like to say thanks to all the members & coaching Team for cooperating with the sessions allocated and allowing the changes to go ahead trouble free.

Good luck to all swimmers competing in May, especially those swimmers after those last Regional and National Times!



Regards

Jo Deakins
 Director of Coaching
 City of Coventry Swimming Club

City of Coventry Biathlon winners

U15 Boys Running Winner	George Phillips
U11 Winner Boys	Thomas Grainger
U11 Runner-Up Boys	Joseph Barron
U12 Winner Boys	Kelton Aldridge (Medal and Cap)
U12 Runner-Up Boys	Kieran Smith
U12 Boys Swimming Winner	Kelton Aldridge
U12 Boys Running Winner	Kelton Aldridge
U15 Winner Boys	Samuel Fairchild (Medal and Cap)
U15 Runner-Up Boys	Conor McSorley
U15 Boys Swimming Winner	Samuel Fairchild
U10 Winner Girls	Ella Slater
U10 Girls Swimming Winner	Ella Slater
U10 Girls Running Winner	Ella Slater
U11 Winner Girls	Eva Vicary
U11 Runner-Up Girls	Lucy Mangan
U11 Girls Swimming Winner	Eva Vicary
U11 Girls Running Winner	Eva Vicary
U13 Girls Swimming Winner	Ellie Tranter
U12 Runner-Up Girls	Katerina Jackson
U12 Girls Running Winner	Katerina Jackson
U15 Winner Girls	Chloe Smith (Medal and Cap)
U15 Runner-Up Girls	Jemma Hancox
U15 Girls Swimming Winner	Jemma Hancox
U15 Girls Running Winner	Chloe Smith

WELL DONE TO ALL WHO TOOK PART

Devon Tour Places available

Applications are still being invited from the boys 2000 age group for the 2010 Devon Tour. This is a really good opportunity for the swimmers. If you would be interested please contact Leigh Rainsley or Bridie McSorley.

Beacon Coach Appointment

By Frank Stoney



As I hope you have all seen from the announcement on our web site we are pleased to announce that Adam Ruckwood has accepted the position of Head Coach of the City of Coventry Swimming Club Beacon Programme. Adam, an ex Olympic Swimmer himself, is at present Head Coach and Swimming Development Officer with City of Birmingham will be joining the Club at the end of the season.

Adam, a West Midlander originally from Halesowen, has been involved in swimming for the majority of his life. As a former Great Britain senior international swimmer from 1993 to 2002, he was a triple Olympian and swam in 5 World Championship, 3 Commonwealth Games and 7 European Championships. He is the proud owner of 1 gold, 1 silver and 1 bronze Commonwealth Games Medals and 1 silver and 1 bronze European Championship Medals.

As a coach holds an ASA Level 4 Coach Certificate and has been a member of the ASA World Class Start Programme. At City of Birmingham has coached swimmers to medals at National Youth and National Age Group Championships and in 2004 coached the team to a third place position overall at the National Age Group Championships. He has also taken several individual swimmers to European Junior Championships with Lauren Collins gaining a silver medal at the World Junior Championships in 2008.

Adam's work at the club will involve work from grass roots through to elite and we all look forward to him becoming part of our team to take Coventry to the forefront of British Club Swimming.

Well done to the following swimmers who have achieved Midland Qualifying Times for this season:-

Y
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Shane Faul
Rikki Morris
Lucy hall
Edward Nutt
Mohammed Ahmed
Sean Asher
Mark Branch
Adam Brear

James Burden
Alexander Hammond
Zachary Jelley
Benjamin Lowe
Ryan Morris
John Noble
Alexander Riordan
Konstantinos Stamataki

Meredith Lynn
Emma Sansby
Emily Spencer
Jennifer Todd
Grace Williams-Brown
Charlotte Cheshire
Lauren Hawthorn
Shannon Donovan

Luke Wilkins
Christopher Young
Tom Rooke
Matthew Bruce
Eve Barnes
Kathryn Bilic
Abbie Brown
Lauren Carr

AGE GROUP

Bailey Connell
Connor Connell
Gleb Popov
Earl Radtschenko
Liam McSorley
Kelton Aldridge
Samuel Richards
Luke Sapiano
Jacob Scullion
Callum Quinn
Luke Timbrell

Bethan Hinett
Bronte Randle-Bissell
Daisy Bowater
Sian Rainsley
Michelle Todd
Eva Vicary
Leanne Burden
Natalie Clarke
Paris Allen
Yasmin-Faith Boff
Katherine MacKenzie

Graham Sykes Meet 10th July 2010

The Graham Sykes Meet is again proving an extremely popular meet with other clubs and the entries to date are higher than normal. Many City of Coventry swimmers missed out on this end of season meet last year due to not entering early enough.

The meet is first come first served and is likely to close to entries well before the published closing date. Please enter and pay online asap to avoid disappointment.



CONGRATULATIONS



Jo Deakins, Director of Coaching is expecting her first baby with husband Paul. The baby is due on August 19th. Congratulations and Best Wishes to them both.

THE NEXT NEWSLETTER WILL BE ISSUED IN THE FIRST WEEK OF JULY. IF YOU HAVE ANY SUBMISSIONS PLEASE ENSURE THAT THEY ARE EMAILED BY THE LAST WEEK IN JULY.

Stockport Metro April Longcourse Open Meet 2010 by John Carr



Congratulations to all the swimmers who took part in the Stockport Meet over the weekend?

Every one was on their best behaviour and were a credit to the City of Coventry Swimming Club. We may have been one of the smallest groups there but we out sang, out cheered and in some cases out swam the rest of the competitors.

To finish fifth overall was a tremendous achievement considering we had a relatively small squad at the meet so a very **BIG** well done to **ALL** the swimmers.

To Earl and Jacob a big cheer for making the final of the skins, well done.

A special mention has to go to those swimmers who achieved National Qualifying times:

- Callum Quinn 800m free in 9:13:63.
- Mohammed Ahmed 50m free in 25.81.
- Emily Spencer 50m free in 28.59.

Commiserations to Jacob Scullion for missing out on a qualifying time for the Nationals by a 0.07 of a second in the 200 fly, *maybe it was the 'extra' sausage.*

This was the first time some of the swimmers have been to a big meet like this, so to **ALL** the swimmers a very **BIG** well done the highlights were: -

800m Free

1. Callum Quinn 13 Co Coventry 9:13.63

200m Back

1. Earl Radtschenko 13 Co Coventry 2:24.05

200mIM

1. Earl Radtschenko 13 Co Coventry 2:25.02

200m Fly

1. Earl Radtschenko 13 Co Coventry 2:19.33

400m IM

1. Earl Radtschenko 13 Co Coventry 5:02.18

200m Fly

1. Jacob Scullion 14 Co Coventry 2:21.53

50m Back

1. Katherine Mackenzie 12 Co Coventry 34.03

50m Free

1. Emily Spencer 14 Co Coventry 28.59

1. Mohammed Ahmed 15 Co Coventry 25.81

50m Breast

1. Ben Ryder 16 Co Coventry 35.37

1. Lauren Carr 13 Co Coventry 39.00

1. Polly Darby 17 Co Coventry 39.61

200m Free

1. Katherine Mackenzie 12 Co Coventry 2:17.84

1. Alex Hammond 15 Co Coventry 2:03.42

100m Free

1. Alex Hammond 15 Co Coventry 56.63

400m Free

1. Alex Hammond 15 Co Coventry 4:28.75

1500m Free

1. Jennifer Todd 15 Co Coventry 18:46.94

City of Coventry Masters re-emerge triumphantly at the Midlands Masters Swimming Championships.

By Allison Stoney

Friday-Sunday 23rd, 24th and 25th April saw the Midlands Masters Swimming Championship held at Leamington's Newbold Comyn Leisure Centre and a Masters squad from City of Coventry were there after many years of absence.

The competition drew hundreds of Master Swimmers (competing in age groups of 5 year bands from 25 upwards) from East and West Midlands to Leamington Spa to take part in the events.

This was City of Coventry Masters' first targeted meet, led by Allison Stoney, Masters' squad coach.

The City of Coventry Swimming Club squad, was, this weekend, made up of:

Chairman, Frank Stoney, Coach and Membership Secretary, Allison Stoney, Water Polo Players, Brian Walmsley (Past

President), Ian Adshead and John Hyslop, Tri Athlete members, Martyn Brunt, Keith Burdett and Jacqueline Hobson, and swimmers Sukhbir Atwal and Matt Thomas, with individual entries also from John Smith and Steve Goult

Congratulations to everyone who took part. The Coach's award for '*Trier of the Meet*' goes to Keith Burdett, who, on his first ever Masters' meet, entered the 400 FS in the 45-49 age group and finished a credible 5th in a time of 5.56.19. Well done, Keith.

The squad came away with a total of 23 medals, which is a pleasing scoop for our first big return to the competition.

I'm very proud to be your coach.

Allison

Results

50-54 years

Allison Stoney

Bronze 400 Freestyle

60-64 years

Frank Stoney

Gold 50m Breaststroke,

Gold 100m medley,

Silver 50m 'fly.

25-29 years

Matt Thomas

Gold 100 IM (1.03.14),

Silver 100 FS (53.81),

Silver 200 IM (2.22.97)

Silver 50 FS (24.66)

30-34 years

John Smith

Silver 50 FS (29.77)

35-39 years

Steve Goult

Silver 50 FS (26.60)

Silver 200 Breast (2.35.50)

RELAYS

Silver 72+ years Mens Freestyle Relay

Frank Stoney, John Hyslop, Keith Burdett, Martyn Brunt

Silver 72+ years Mens Medley Relay

Brian Walmsley, Sukh Atwal, Matt Thomas, Ian Adshead

Bronze 200 years Mens Medley Relay

Keith Burdett, Frank Stoney, John Hyslop, Martyn Brunt.

We were 4th in the Mixed Freestyle and Mixed Medley teams comprising of Jacqueline Hobson, John Hyslop, Frank Stoney and Allison Stoney.



BIRTHDAYS

APRIL

Sean Asher
Emily Chomitzki
Shannon Donovan
Sophie Edge
Charles Fulwell
Sian Rainsley
Ben Ryder
Luke Sapiano
Joanna Sherwood
Paul Wilson
Samuel Richards

Mia Adams
Isabella Downing
Bronte Randle-Bissell
Jacob Randle-Bissell
Ingrid Laubscher
Nicola Burns
Jake Monroe
Joseph Massey
Adam Breat
Lee Marrs
Alice Foster
Shannon Austin
Sebastian Harding

MAY

Katherine Boulton
James Burden
Lauren Carr
James Garland
Alexander Hammond
Fay Price
Chloe Way
James Williscroft
Paul Williams
Megan Price
Casey McKernan

Chloe Smith
Rory Winters
Joseph Powell
Graham Reynolds
Jonathan Porter
Thomas Grainger
Brandon Hamilton
Luke Wyman
Hannah Powner
Ryan Lall