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NB: Any list of children's names are not created in any particular order. E.g. they may appear in the order that the events were swam or as they appear on results sheets

Midland Age Group Qualifiers

Well done to the following swimmers who have qualified for entry into the Midland Bagcat Age Group Championships to be held on the 6th, 7th, 13th and 14th June at Coventry Sports Centre. We all wish them the very best:-

Mohammed Ahmed	Kelton Aldridge
Paris Allen	Matthew Bruce
Leanne Burden	Natalie Clarke
Connor Connell	Shannon Donovan
Benjamin Lowe	Gleb Popov
Callum Quinn	Earl Radtschenko
Sian Rainsley	Samuel Richards
Jacob Scullion	Michelle Todd
William Wheeler	James Williams



PLEASE NOTE THAT THE CLUB NOTICE BOARD HAS BEEN MOVED. IT CAN NOW BE FOUND OPPOSITE THE TROPHY CABINET THROUGH THE DOUBLE DOORS LEADING TO THE POOL AND CHANGING AREA. PLEASE MAKE SURE THAT YOU CHECK THE BOARD REGULARLY FOR INFORMATION AND TEAM SELECTIONS.

The Midland Youth Championships 2009

The 2009 Midland Youth Championships were held at Coventry Pool on the 2nd and 3rd May. Coventry was well represented by the youth swimmers who had achieved the qualifying times in competition. Coventry finished the weekend 4th in the medal table behind Nova Centurion, City of Birmingham and Lincoln Vulcans, winning 7 Gold, 6 Silver and 3 bronze medals. Gold medals were won by Rikki Morris in the 200m butterfly 2:08.77, 200m backstroke 2:06.70 and 100m backstroke 59.80; Mark Branch in the 200m breaststroke 2:20.15, 100 breaststroke 1:05.92; Sean Asher for the 200IM 2:10.97. Silver medals were awarded to Shane Faul 400m freestyle 4:10.36, 200m freestyle 1:57.90; James Burden 100m freestyle 54.11; Lauren Hawthorn 50m breast 35.53; Matt Wolstenholme 1500m freestyle 17:57.21 and bronze to Shane Faul 200IM 2:16.65. Just missing out on bronze medals were Abbie Brown for the 50m freestyle by .02 and .36 for the 50m backstroke, Zachary Jelley by .16 for the 50m fly and Lucy Hall by .14 for her 400m freestyle.

The weekend began with the Women's 400m relay team, the City of Coventry team finished 8th in a time of 4:16.47. The women's 200m freestyle heats saw Jennifer Todd achieve a personal best of 2:14.50. In the 50m freestyle heats, Emma Sansby and Kathryn Bilic (who had qualified with identical times), fought a tough race to finish again on identical times of 30.39! The rest of the morning saw several swimmers qualifying for the finals being held in Session 2.

Session 2, began with the Women's 800m freestyle team, who finished in 5th place, and the Men's 400m medley team who finished in 3rd place with a time of 4:11.59. The final of the Men's 200m breaststroke saw Mark Branch win his first Gold of the Championships finishing in 2:20.15, with a clear winning margin of 10 seconds.

Session 3 on day 2, started off with the Men's 400m freestyle team finishing in 3rd place 3:42.77. Followed by the heats of the Women's 400m freestyle, again Jennifer Todd achieved a personal best of 4:42.27, making her a reserve for the final. The reserve place was offered to Jennifer who finished the final in 7th place, a good swim for Jennifer who had also finished 6th in the final event of the morning; the 800m freestyle. The 800m freestyle also saw Lucy Hall gain a silver medal in a time of 9:23.04.

JO'S MAY BLOG



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

At the end of this month we will see the end of Dan Rossiter working within the Coaching Team. Dan (known to some of us as Kardiff!) has been with us for the past three years whilst he studied for his degree here in Coventry however, with his finals over, he is returning to his home City of Cardiff on 6th June. I would like to say thanks to Dan for all his efforts he has given over the past three years, sometimes at very short notice, and wish him all the best in the next chapter of his life.

On the competition front May has been another busy month for all levels of the club with swimmers trying to gain last minute Midland & National Times. The first competition of the month was the Midland Youth Championships where as a club we finished in fourth place in the medal table with 7 gold, 6 silver and 3 bronze medals. Special mention should go to Mark Branch who was the only member to win 2 gold medals and also to Rikki Morris who won the 200m Backstroke for the 5th consecutive year. Following on from this meet we had our own Club Meet and firstly I would like to personally thank all of the volunteers who helped out over the weekend to make the meet a success. I spoke to a number of coaches at the end of the Sunday and all had enjoyed the weekend and were looking forward to coming back next year. Without your commitment the meet would not have been possible. The number of personal bests and goals achieved over the course of the weekend are too many to mention however well done to all who did. The same weekend also saw the second round of the Junior Leagues and after another tough draw we are currently in 8th position in the Nuneaton league with another tough draw in the next round. Again, well done to all swimmers who turned out for the team I had good reports back from the Team Staff. The following weekend after that saw the Cov & District Secondaries taking place in Nuneaton. Again, from looking at the results there have been many good swims and improvements in times and goals. We finished second overall in the medal table and again well done to all swimmers involved.

On the club front this month I have attended an eventful Cov & District Meeting and this month sees the start of the third course of Pathways group on Sundays lead by Liz Albrighton. Another development this month is the volunteer services of Bev Randle-Bissell who is offering to help screen our swimmers on a Friday Night during Sprint Nights. Please see further details either on the website, or from your coach if you are interested in being physio screened.

Good luck to all of you who are competing in the Midland Bagcat Championships and also look out for details from your coach for the Midland Open Water Championships for those of you that are interested.

Regards

Jo Deakins

Director of Coaching

City of Coventry Swimming Club

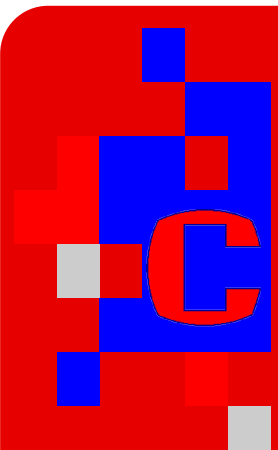
The final session began again with relays; the Women's 400m Medley Team came in 7th whilst the Men's 800m freestyle team came in 5th. The session saw Mark Branch win his second Gold for the 100m breaststroke final in a time of 1:05.92, followed by Gold for Sean Asher in the 200IM final and a further Gold to add to his other two for Rikki Morris in the 200m backstroke final.

Overall a very good weekend, with some very good swims, many personal bests not to mention National Qualifying times for the Coventry Youth swimmers. Well done.



You are now able to use Paypal or Debit/Credit card online to pay for your entry fee for the July gala. Please check when entering. For information on how to get a Paypal account, please go to www.paypal.co.uk.

"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it". Michael Phelps



FACT FILE

LICENSED MEETS

Licensed Meets are galas designed for the individual swimmer, although they will still swim under their club's name. There is a fee payable (by the swimmer) for each event entered - around £3.50 to £5.00 per event.

Open meets have four tiers of structured competition and are licensed according to the purpose of their competition as Level 1,2,3 and 4.

Level 1 is aimed at **National** qualifiers, or swimmers close to the National qualification, looking for opportunities to achieve National qualifying times.

Level 2 is aimed at **Midland** Region qualifiers. (Midland Youth, Age Group Championships and Midland Short Course Championships).

Level 3 is for Club swimmers who are looking for **County** qualifying times. (e.g. Warwickshires)

Level 4 is for Club swimmers who are just beginning competition. This is an ideal opportunity to qualify for entry into the upper levels if you have not been swimming competitively or have not completed for some time.

Each level has 'qualifying times' - which may include an upper limit (a swimmer cannot have produced a time faster than this) and/or a lower limit (a swimmer cannot have achieved a time slower than this)

Swimmers are 'seeded' according to their entry times - which means they will swim against others of the same ability regardless of age.

Results are determined either by finals (in age groups) or by the fastest swims in the heats (called heat declared).

NB: New ASA rules which come into force in September mean that open meets held in a 50m pool can only be Level 1 or 3. City of Coventry will no longer be able to host Level 2 meets at Coventry Pool.

INTERNATIONAL CHILDREN'S GAMES

The **43rd International Children's Games** selection has taken place for the team completing at the 43rd International Children's Games being held in Athens, Greece on the 23rd-28th June. For the first time in the history of the International Children's Games, the Athens Games will not just include events held for children with disabilities, but mixed events, in which children with and without disabilities will compete together. In this way, the Organizational Committee of the 43rd International Children's Games is promoting the idea of equality of all children, regardless of their differences and, at the same time, it contributes to the smooth integration of children with special needs in society as a whole.

The single purpose of the Children's Games has been to promote peace and understanding between peoples. Children and teenagers from all over the world, in the context of a sports event dedicated to them, are called to meet each other and become friends, representing their countries and cultivating feelings of friendship and solidarity



For more information on this year's games visit <http://www.athens2009icg.gr/>



Goudi open-air pool, where the team will be swimming

There was an ICG meeting on 22/05/09 at the Council House where the new Lord Mayor, Jack Harrison spoke to all the swimmers and athletes to wish them every success. He also stressed that they should enjoy the experience and savour the moment.

The swimmers going to this year's ICG, held in Athens in June are: Kathryn Bilic, Meredith Lynn, Jessica McDermott, Shannon Donovan, Christopher Young, Alexander Hammond, Matthew Bruce & Jacob Scullion (pictured left at the Lord Mayor's Chamber).

We wish them all the best of luck in June. Photographs and information kindly provided by Sue Lynn



Leicester Junior League

By Daren Timbrell

The Leicester Team travelled to Braunstone for the 2nd round of the Junior League. Again the team showed fantastic spirit though to the end and although we came 5th overall with 130 points, they never gave up cheering. Special thanks go the Team Coach and the 2 Team Managers who did a fantastic job in managing the team with so many new swimmers competing in their first ever Diddy league. Special mentions have to go to; Shane Collins, Elizabeth Chester, Rhiannon Halfpenny who swam in their first ever competition, coming straight from the learn to swim scheme; Richard Albrighton for his fantastic effort even though he had competed all day at the May Open Meet; Harry Barnes for his fantastic swim in the 10 yrs backstroke, Faye Edwards for the 12 yrs 50m freestyle and Richard Albrighton, Harry Barnes, Luis Reynolds & Alex Carrol who as a team won both the medley relay and the freestyle relays. On a lighter note we now all know the songs from The Sound of Music thanks to the choir at the back of the coach on the way home. I think we all had a fantastic night.

James Burden has been hand-picked as a London Olympics hopeful by Lloyds TSB under their



Local Hero's initiative. He is set to receive a cash injection from the Scheme to help pay for his training and to fund trips across the globe to take on the world's best. Well done James.

Nuneaton Junior League

By Ruth Jelley

The second round of the Nuneaton Diddy league took us to Wyndley and another 33m pool. Many of the swimmers had rushed straight from the May Open Meet but all were in competitive mood when the swimming began. Once again we were pipped to first place, this time by Northampton but there were some excellent swimmers. Special thanks to Leigh Rainsley who, despite team managing all day at Coventry, was alert enough to ensure all male swimmers were where they ought to be, and Claire Hinett who stepped in at the last minute to manage the girls team. An interesting diversion from the coach driver took us a scenic way back to the Sports Centre where the exhausted swimmers disembarked to get some sleep before Day 2 of the Open Meet.

Team Manager Training by Ruth Jelley

We are running a Team Manager Training Session for all volunteers who think they may like to have a go at Team Managing. The course will run during the Development Gala on July 4th at Warwick University. If you are interested in attending the course, please contact me on ruth.jelley@coventry-swimming.org.uk





Coventry & District photographs are still available. Email gayle.page@coventry-swimming.org.uk

Baby Mason was born on 11th May, weighing in at 9lb 14 oz. A grandchild for Hayley Asher and nephew for Sean Asher. Congratulations to all the family.



TIP OF THE MONTH STAY HYDRATED!

Dehydration will impair performance and reduce your ability to train hard. Without proper hydration you could feel lethargic and not perform well.

It is essential to drink regularly during training and competition to replace the fluid that you are losing. By the time you are feeling thirsty, you are already dehydrated. If you drink only until you no longer feel thirsty you will have only replaced half the fluids that you have lost.

Dehydration can cause a 10% drop in performance. If you put in hours of training each week, but don't look after your hydration, then you are potentially starting a competition with a 10% handicap to your competitors.

Q: How much should you drink during training?

A: Swimmers should drink ONE LITRE for every hour of training, (2 litres for 2 hour sessions).

It is also important to continue to drink fluids after training as the benefits are enormous. Without sufficient fluids the body will struggle to get nutrients around the body whilst at rest, which is when the muscles and tissues replenish, and build.

Contribute to Newsletter

Do you have any news or information that you would like to share with the Club? Would you like to write an article? Do you have any ideas? Remember this is your newsletter.

gayle.page@coventry-swimming.org.uk

City of Coventry May Open Meet

On May 9th and 10th City of Coventry held their May Open Meet at Coventry Pool. The weather was lovely with glorious sunshine for the weekend. Coventry Swimming Club was very pleased to welcome youngsters from Leinster in Ireland, near Dublin. Leinster Swimming Club arranged the Age Group trip to Coventry and funding was partly met by Leinster Swimming Club. This was a great opportunity for all competitors to meet and compete against swimmers they would not normally see in competition. Leinster sent a strong team who had many excellent swims, winning the Top Club Trophy. This was the first time that many of the Leinster swimmers had been to Coventry and we hope that they had a wonderful weekend. The Open Meet was also attended by teams from Ledbury, Camdon Swiss, Swim Trafford, Hemel Hempstead, Greenwich, Solihull, Didcot, Chase, Wolverhampton, Everton, Phoenix Youth, City of Birmingham, Birkhamsted, Coalville, Stafford Apex, Edmonton, Halesowen, Slough Eton, Leicester Penguins, Walsall, Mid Beds, Aylesbury, Northgate, Redditch, Cheltenham, Bognor Regis, Bramcote, Nuneaton, Stourbridge, Maxwell, Sandbach, Oakengates, Stratford Sharks, Ludlow, Leamington, Rugby, Enderby, Northgate, Hereford, Bolton Metro, Carlton Forum, and Wantage.

City of Coventry swimmers all performed well, obtaining 30 Gold, 26 Silver and 18 Bronze trophies.

Gold

- Connor Connell
- Rikki Morris
- Ryan Morris
- Earl Radtschenko
- Abbie Brown
- Sean Asher
- Bronte Randle-Bissell
- Shane Faul
- Gleb Popov
- James Burden
- Samuel Wallen
- Richard Albrighton
- Mark Branch
- John Adye
- Charlotte Graham
- Zachary Jelley
- Kelton Aldridge
- Leanne Goodlad

Silver

- Emma Sansby
- Benjamin Lowe
- Charlotte Graham
- Charles Fulwell
- Rikki Morris
- Callum Quinn
- Sean Asher
- Earl Radtschenko
- Bronte Randle-Bissell
- Emily Spencer
- Leanne Goodlad
- Jennifer Todd
- Bethany Hammond
- Brandon Hamilton
- Abbie Brown
- Samuel Wallen
- Ben Ryder

Bronze

- Paris Allen
- Bronte Randle-Bissell
- Brandon Hamilton
- Gleb Popov
- Abbie Brown
- Sian Rainsley
- Taylor Connell
- Natalie Clarke
- Samuel Richards
- Connor Connell
- Kelton Aldridge
- Matthew Bruce
- John Noble
- Emily Spencer
- Leanne Goodlad
- Joshua Jelley

Club 500

This Club was set up to raise funds for City of Coventry Swimming Club and started in March 2004. It is a chance to win something for yourself and is cheaper and the odds better than the National Lottery whilst at the same time helping the club to develop young swimmers to their full potential. 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 are 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!

Books

The Club are still collecting used book for sale at forthcoming open meets. Please bring along any unwanted books in good condition to the Club Night desk. Children's, adult, fiction and non-fiction would all be gratefully received. The book sale was very popular at the recent May Open Meet.

VACANCY

Can you spare a couple of hours a month to catalogue the books that are being collected for sale. If so please contact julia.betteley@coventry-swimming.org.uk

VACANCY

Are you attending the Midland Age Group Championships. Would you be willing to write a report for the June Newsletter.? If so please contact gayle.page@coventry-swimming.org.uk

Fundraising Saves Training Fees




Fun Run

The Annual Fun Run is on Sunday 28th June in the Coventry War Memorial Park. The event is between 9.30 and 2.30 with the run starting at 10.30. Caroline has registered for a stall in the Charity Village and tells us that last year £50 was raised through running a chocolate tombola. At present Caroline is waiting for confirmation that there is a stall available for this year.

Should a stall be available then we would be grateful for **chocolate donations**. Further information on the Fun Run and any updates will be available on the Coventry web site.

Please contact caroline.linney@coventry-swimming.co.uk for further information. Please also visit www.coventryfunrun.co.uk

May Club 500 Winners

- 1st  Jane Wilkinson
- 2nd  John Hughes
- 3rd  Simon Sinclair

The Devon Tour is a yearly event that has been running for many decades. Swimmers aged between 9 and 12 years' of age are selected by the Director of Coaching with the main criteria being that they have not attended before.

This year the Tour is taking place from the 2nd to the 7th August with the team staying at the Youth Hostel in Exeter. The Youth Hostel backs onto a huge park with an obstacle course and multi-sensory play area. This year the Devon Tour is being ran by Yvonne and Lee Matthews together with Leigh and Kay Rainsley.

The Tour leaves Coventry on Sunday 2nd August with the first gala being at Exeter Leisure Centre that evening, followed by a further 3 galas to be held at Torrridge, Barnstaple and Dawlish. All galas take place in the evenings.

During the Tour the team will be visiting; Roadford Lakes for windsurfing, sailing and kayaking; Quaywest Water Park, to have a fun day on water slides etc; Woodlands Leisure Park and visits to the beach and shopping.

To be able to run the Devon Tour it is essential that funds are raised. The Organisers have already ran Candy Floss sales, Bonus Ball guesses, Blackout cards, with the latest fundraiser being the Race Night as detailed below. Please support this fundraising to ensure that the youngest swimmers at the Club have a fantastic week.

Race Night

Tickets are now available from the Club Night Desk. The event will be held at the Highway Club, Fletchamstead Highway on Saturday 6th June from 7.30-11pm. Tickets are £1 per person and everyone is welcome to this family fundraising event. For further details, please contact Yvonne Matthews.

PARENT REP CONTACT

There are now email contact addresses for the parent representatives for each group:

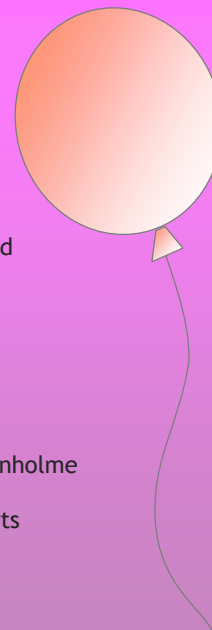
Elite 1	elite1.parentrep@
Elite 2	elite2.parentrep@
Green Achievers	ga.parentrep@
Blue Achievers	ba.parentrep@
High Achievers 1	ha1.parentrep@
High Achievers 2	ha2.parentrep@
Junior Performance 1	jp1.parentrep@
Junior Performance 2	jp2.parentrep@
Reception Achievers	reca.parentrep@
Red Achievers	ra.parentrep@
Senior Performance 1	sp1.parentrep@
Senior Performance 2	sp2.parentrep@

All are @Coventry-swimming.org.uk

Happy June Birthday's

To:

Abbie Brown	Hope Bullock
Aidan Wilson	Jake Dygas
Alice Rainsley	Jonathan Howard
Charlotte Downing	Joseph Jelley
Elisabeth Green	Kelly Dougan
Emma Sansby	Lauren Stewart
Helen Jones	Matthew Wolstenholme
Petro Pirozek	Samantha Roberts
Sandeep Kaur	Shane Faul
Vanisha Patel	Zachary Jelley



BRONZE

Ben Seaman
Luke Wilkins
Kathryn Bilic
Jacob Scullion
Katerina Jackson
Lee Marrs
Joshua Lee
Richard Albrighton
Bethan Hinett

GOLD

Luke Wilkins
Shannon Donovan
Leanne Goodlad
Jacob Scullion
Lee Marrs
Kathryn Bilic
Aiden Page
Bethan Hinett
Sophie Edge
Ben Seaman

SILVER

Shannon Donovan
Jacob Scullion
Leanne Goodlad
Polly Darby
Mary Hughes
Luke Wilkins
Helen Jones
Lee Marrs

Coventry & District Secondaries 2009

City of Coventry swimmers entered the Coventry & District Secondaries held at the Pingles Leisure Centre on the 16th & 17th May 2009. Although it was a wet weekend weather-wise, the Coventry youngsters had a great weekend winning medals and achieving lots of personal bests. City of Coventry won an amazing 97 medals, not only Gold, Silver and Bronze medals, but with medals also being awarded for 4th, 5th and 6th places, the Coventry children certainly took home a vast collection. Awards were made by the President of the Coventry & District Association, John Hughes, who is also the Treasurer of City of Coventry Swimming Club. Thanks to the Coaches and Team Managers for making this such a fun weekend. Well done to all swimmers.

Pictured below: John Hughes with medal winners



Coventry & District Secondaries 2009