



OCTOBER 2009

CITY OF COVENTRY SWIMMING CLUB



TRAINING SCHEME NEWSLETTER

CLOSING DATES FOR ENTRIES: COCSC January Level 3 Meet—17th December (but please see later in newsletter)
Club Championships—November 27th - details to follow

ALSO WATCH OUT FOR ENTRY DETAILS FOR THE CHRISTMAS GALA



Director of Coaching Monthly Blog – Oct 2009



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

This month has seen the first real month of getting back into the competitive nature of the sport. The results we had at the recent Coventry & Districts were better than in previous years with us appearing at the top of the medal table but with more gold & silver medals than won than last year (increase of 24 more gold medals than 2008). The encouraging thing also was that these gold medals came from all areas and ages of the club. We have also this month started the League Season off in the newly named Arena League. The A Team had a tough draw against Boldmere and we have drawn them again in the second round so we need all swimmers to be available for the round on the 14th November. The B & C Teams did a particularly good job with some team changes happening right up to the warm up! The Teams for the next round are now posted on the notice board and all coaches have a copy. Please can you let us know ASAP your availability so we can let reserves know if needed. Externally from the club we have had four members compete at the ESSA Schools Championships in Crystal Palace (James Burden, BJ Lowe, Polly Darby & Paris Allen) with Steff Phillips part of the Division 6 coaching Team and six members compete for Warwickshire in the Inter County Championships in Sheffield. The Masters section has also competed in the ASA Masters Championships for the first time as Coventry and details of their results are elsewhere in the newsletter.

On the International front we have currently James Burden & Lucy Hall in Cyprus on an England ACCE Training Camp. This is for one week during the half term.

On the club front I have had the assistance of Mark Branch in the office for three afternoons helping with general & club admin. This is allowing me to achieve more projects and try and work on better communication with the membership. We are currently working on a project to coordinate the land work programmes & structure within the club squads to enhance this area of training. This will hopefully be ready for the beginning of the New Year, if not sooner. Other areas that are being developed and moved forwards are the After Schools Clubs that we are setting up to start after Christmas. We have funding to create three new after school clubs at Cardinal Wiseman, Foxford & Lyng Hall schools for both primary & secondary schools. Another area of development is establishing a link with King Henrys Prep School swim programme. Liz Albrighton & I have attended a meeting with the head of Girls PE and swimming programme to see if we can forge links with them and the pathways project. This was an encouraging meeting and one with exciting prospects for the future. We have made a series of movements and a total of 41 swimmers have moved squads within the Training Scheme. Externally, I have also been involved in the running of a training day for the Luke Jeffery Memorial Charity that raises money for swimmers to attend a training day from four counties. I am also trying to establish formal links with local clubs around us; in particular Leamington Spa & Rugby Swimming Clubs so that we can create strong links for the benefit of all three clubs. On a regional front I have also attended a coaches workshop & given a presentation to the coaches who are involved on the Regional Talent Programme Level 1 prior to us all attending the Regional Duel in the Pool in Gloucester where the unexpected result of the West Midlands narrowly beating the South West was achieved!

As you can see October has been a busy month and I can see November being just as busy. The AGM is on the 18th November so please try and attend and learn a bit more about how the club works and what we are trying to achieve.

Regards

Jo Deakins

Director of Coaching City of Coventry Swimming Club

November Open Meet—volunteers needed

Volunteers are needed to the November level 1 Open Meet being held on the 28th November. If you are available and willing to help then please contact ruth.jelley@coventry-swimming.org.uk



Raffle Prizes required

Raffle prizes are also needed for the November Open Meet. Please hand these in at the Club Night desk. Thank you.

Standing Order for Training Fees

If you would like to pay training fees by Standing Order please contact John Hughes either at the club night desk or by email john.hughes@coventry-swimming.org.uk. All squads may now use this facility which is easy to set up.

Please note that any arrears of training fees will have to be cleared first.



Club 500 Winners October

1	17	STUART DUNKLEY
2	448	LIZ BURNS
3	239	DAREN TIMBRELL

What is a Licensed Meet?

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.

What do the different levels mean?

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 came 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.

Why has my entry been rejected?

As well as checking the entry times before entering Open Meets, it is wise to note if the gala is being run on a "**first come, first served basis**". This means that gala entry may close well before the actual closing date. A gala can only have so many swimmers. When a gala is being run on this basis, once all of the places have been taken, the entry will be closed and no other entry will be allowed, whatever the entry time.

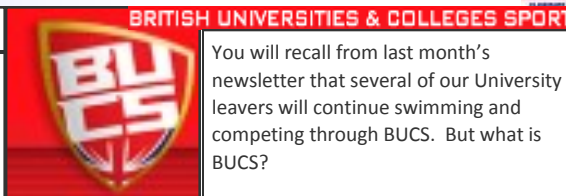
The other way clubs can control the size of the entry is to reject the swimmers with the slowest entry times in any oversubscribed event ie; if you are entering a level 1 meet, just inside the cut off times, there is a chance that your entry may be rejected.

Jo's Tip of the Month

Below are some general guidelines for entering competitions.

When deciding what events to enter at meets:

- 1) The first person to discuss this with would be your coach.
- 2) Decide which events are important in relation to goals and aims for that competition, e.g. is the aim to try and move up squads? Then firstly pencil in the events you need to achieve this. Is the aim a Midland or National Time? Then we suggest that is the only event you do in that session.
- 3) Does the Meet have heats and finals for some/all events? If there are finals then this could double the amount of swims you would have to do in a session/day.
- 4) Once the main events have been scheduled in based on the above see if there are any gaps that could be filled but as a guide aim for no more than two swims per session of a meet.
- 5) Be aware that the Coaching team may well expect you to swim all the events that you have entered and therefore communication with them is paramount on the day.
- 6) If you wish to pull out of an event on the day or once the meet has started please ensure you speak to a coach and also let the organisers of the meet know before you go home.
- 7) Enjoy & look forward to the meets that you have entered by being sensible with what your expectations are, if you do too many events you will get tired and this will affect the later events that might be the more important events in terms of goals.



You will recall from last month's newsletter that several of our University leavers will continue swimming and competing through BUCS. But what is BUCS?

British Universities & Colleges Sport (BUCS) is the governing body for university sport in the United Kingdom. BUCS was formed in June 2008 following a merger of the **British Universities Sports Association (BUSA)** and **University College Sport (UCS)** organisations. BUCS is responsible for organising 50 inter-university sports within the UK and representative teams for the World University Championships and the World University Games.

BUCS is a membership organisation for 157 universities and colleges in the UK. It coordinates competitions and leagues for the 2.3 million students attending university. In the 2009/10 season over 4000 teams will compete in 16 league sports. University sports clubs can affiliate to BUCS through their Athletic Union or students' union when no separate AU exists. BUCS has the biggest sporting programme in Europe.

BUCS organises a national championships event called the BUCS Championships. This is hosted by Sheffield until March 2010. In 2009 over 5,500 student athletes competed in 24 sports over five days across 14 venues.

More at <http://www.thebucschampionships.co.uk>

Intercounty Championships 2009



City of Coventry had several swimmers competing in the County Championships earlier this month.

Ryan Morris finished 7th in the 16/17 yrs 100m backstroke in 1.00.56, he joined James Burden in the 16/17 200m Medley Relay with the team finished 3rd. James swam the 200m fly in a time of 1.00.86 coming in 10th.

In the 12/13 age group, Earl Ratchenko swam in the 100m backstroke in a time of 1.05.06 and finishing 4th. Earl also swam in the Medley Relay team which also finished in 4th place.

Lauren Hawthorn represented Warwickshire in the 200m Medley Relay team which finished 4th.

PLEASE NOTE THAT THE CITY OF COVENTRY JANUARY LEVEL 3 GALA IS BEING RAN ON A FIRST COME FIRST SERVED BASIS AND IS PROVING VERY POPULAR. SO GET YOUR ENTRIES IN NOW TO AVOID DISSAPPOINTMENT

ANNUAL GENERAL MEETING 2009

City of Coventry Swimming Club invite you to the City of Coventry Swimming Club AGM which takes place:

The City of Coventry Swimming Club is a “not for profit voluntary organisation”. Its activities are totally funded through its membership.

It is organised to high quality standards and although it employs some professional staff many of the tasks are undertaken voluntarily for the benefit of the club members.

The Officers of the Club and most of the crucial administration roles are volunteers and are elected formally at the AGM.

The Club is always on the look out for more volunteers, formal and informal, to take on a range of jobs, and support the club.

Thursday 19th November

2009

at 7.30 pm

in the Spires Suite at

Coventry Sports Centre,

Why not come along to the AGM and find out more about the running of the Swimming Club

The purpose of the Annual General Meeting is to transact the following business:

- to receive the Chairman’s report of the activities of the Club during the previous year;
- to receive and consider the accounts of the Club for the previous year and the report on the accounts of the independent examiner and the Treasurer’s report as to the financial position of the Club;
- to remove and elect the independent examiner (who must not be a member of the Committee or a member of the family of a member of the Committee) or confirm that she/he remain in office;
- to elect the Officers and other members of the Committee;
- to decide on any resolution which may be duly submitted in accordance with Rule 9.3.

“Nominations for election of members to any office or for membership of the Committee shall be made in writing by the **proposer** and **seconder** to the Secretary not later than 21 days before the date of the A.G.M. i.e. 29th October 2009. The nominee shall be required to indicate in writing on the nomination form his/her willingness to stand for election. Notice of any resolution proposed to be moved at the Annual General Meeting shall be given in writing to the Secretary not less than 21 days before the A.G.M.”

Positions within the Executive Committee that you are able to nominate viable candidates for are as follows:

Chairman

Executive Secretary

Club Officers

Treasurer

Administration Group Secretary

Education and Development Administrator

Racing Group Secretary

Water Polo Administrator

Club Promotions Administrator

Welfare Officer

+ 5 elected members.

If you are a member and would like to nominate someone for any of the above positions, please send the proposed name and the position with a **proposer** and a **seconder** in writing to the Club Executive Secretary, Liz Sykes by 29th October 2009.

CLICK UNDER THE AGM COUNTDOWN INDICATOR ON THE CLUB WEB SITE FOR MORE INFORMATION AND CONSTITUTION EXTRACT

We hope to see you all there.

The Gala Report

by Jackie Fairchild

Wycombe District Swimming Club - Annual B/C Long Course Meet (Level 3 Licence)

On the 17th October the City of Coventry Swimming Club was represented by 14 swimmers at the Annual Wycombe B/C grade meet.

We had swimmers from age 9 to 14 and they were from various squads from Reception Achievers to Senior Performance 2.

The warm up was at 8.15 am and the final session of the day did not finish until 7.45 that evening but all the

children and parents put in a great performance and in total we managed to come home with 37 medals and 10 speeding tickets.

This meet was a great opportunity for swimmers who are not quite A grade to compete and win awards, several children won their first ever medals and the look on their faces was priceless.

Well done kids you were great!.

Speeding Tickets

Jemma Hancox

50M Back
50M Free

Gemma Jones

50M Back

Chloe Smith

50M Fly

Luke Timbrell

50M Fly
100M Breast
100M Free
50M Breast

Eva Vicary

50M Back
200M IM

'B' Grade medals

Leah Gowing

50M Fly - Gold

Joshua Fairchild

100M Breast - Bronze

Samuel Fairchild

50M Free - Gold
50M Breast - Gold
200M IM - Silver
50M Back - Silver
100M Back - Silver

Jemma Hancox

50M Fly - Bronze
200M IM - Bronze
100M Free - Silver

Chloe Smith

50M Back - Silver
200M IM - Gold
100M Free - Gold

Olivia Thompson

50M Fly - Silver
50M Free - Bronze

Adam Timbrell

50M Fly - Gold

'C' Grade medals

Mia Adams

100M Breast - Bronze
200M IM - Gold
100M Free - Silver
50M Breast - Gold

Steven Croom-Carter

100M Free - Gold
50M Free - Silver
50M Back - Bronze

Joshua Fairchild

50M Free - Gold
50 Back - Silver

Samuel Fairchild

50M Fly - Gold

Leah Gowing

100M Fly - Gold
100M Back - Gold

Katerina Jackson

50M Breast - Silver
100M Breast - Bronze

Chloe Smith

100M Breast - Silver

Adam Timbrell

100M Breast - Gold
50M Breast - Gold
100M Back - Gold
100 Fly - Gold

Olivia Thompson

100M Free - Gold
50M Breast - Bronze

A few special mentions go to **Thomas Grainger** who swam several great races but just missed out on a medal, and **Jamie Wall** who unfortunately was poorly and did not make the meet.

Also a big thank you from all the swimmers and their parents to Allison and Frank Stoney who did great jobs as Coach and Team Manager.



Name: Benjamin (a.k.a. BJ) Lowe
Age: 14
Squad: Elite 1
Coach: Jo Deakins



Current PB's (Long Course):
 100m Freestyle 0.55.08
 200m Freestyle 1.57.84
 400m Freestyle 4.09.95
 200m Backstroke 2.17.51
 200m I.M. 2.19.99

Records Held
 200m Freestyle Warwickshire Junior (U16) County Record – 1.57.84
 400m Freestyle Warwickshire Junior (U16) County Record – 4.09.95

Achievements to Date

District – Coventry and District Bagcat Champion in 2008 and 2009. Mens Open 400m IM Champion 2009 and numerous age group medals.
County – Warwickshire Bagcat Champion 2009, winning 7 Gold and 3 Silver medals.
Midlands – Won a solitary Bronze Medal in 2008 but went on to win 3 Gold, 1 Silver and 2 Bronze individual medals in 2009 and finished 3rd in the overall Bagcat competition.
National – Qualified for the 200m Backstroke in 2008 and finished 23rd (and 83rd overall). Achieved National qualifying times in 2009 for: 100m, 200m and 400m Freestyle in addition to 200m Backstroke and 200IM. Disappointed not to win a medal after breaking the (U16) County Record in the 200m Freestyle and 400m Freestyle but still only finished in 5th in both events. Placed 8th overall in the Bagcat competition.
Other – Selected for level 1 England Talent Programme 2008/9 and for Level 2 Programme 2009/10.

My Short Term Goals

To qualify for the British Gas Swimming Championships and Commonwealth Games Trials in 2010 and to again qualify in my main events in the National 2010 Youth Championships (and to win a medal this time!). The Short Course County Records for 200m and 400m Freestyle are within reach whilst the 50m and 100m Freestyle records may take a little more effort - thanks to James (Burden).

What's On My iPod?

A diverse selection of artists but especially Green Day and Paramore, and Chris Moyles podcasts too!

Favourite Film and TV Programme?

Pearl Harbor or Superbad.....! On TV, the Gadget Show and FlashForward.

Any Advice for Younger Coventry Swimmers?

Don't worry if you've not been selected for an A Team yet. Having been regularly selected for the Diddy League B team and the Speedo (now Arena) C Team, you can see that anything is possible if you are patient and you try hard enough. Just don't give up trying!

Masters Swimming Championships

City of Coventry Masters swimmers competed at the British Gas ASA Masters and Senior Age Group Championships in October; Paul Beacham, Jeremie Clement, Steve Goult, Helen Sinclair, John Andrew Smith and our own Chairman and Membership Secretary/Coach, Frank and Allison Stoney.
 Paul won Gold in the 200 IM (35-39 year age group) with a time of 2:21.36; while Steve picked up a Bronze in the 200 Breast (also 35-39 year age group) with 2:35.32.

New Masters Record

Following the above meet at Sheffield, Jeremie Clement is now the holder of a new West Midlands Masters record in the 1,500m (25-29 year age group) with a time of 18:19.31. Well done Jeremie.

But what is Masters Swimming?

Masters swimming is swimming for adults. It encompasses the whole range of ability from casual fitness swimming to highly organised competitive swimming. To qualify as a 'Masters' swimmer one needs only to be over 25 years of age, but there are also a number of Masters competitions are held under the same rules as apply in mainstream swimming, and races are as keenly contested. But there is always an informal air. Only very large international events such as the World Championships at present need to impose (modest) qualifying standards. Otherwise, everyone who wants to take part is welcome.

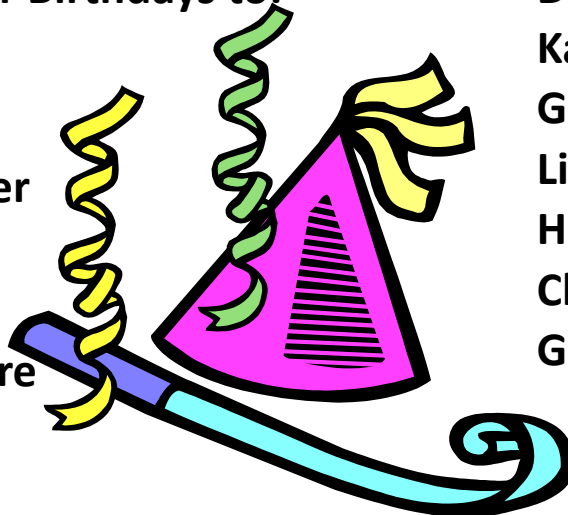
Masters competitions are organised in 5-year age bands, from 25-29 and upwards as required. The oldest age group result so far is in the 100-104 group! Many competitions also include an 18-24 age group.

There are two national championships each year. The British Masters championships are held in June over a long course (50-metre pool), and include the whole range of 18 recognised long course events (50, 100, and 200 metres of each stroke, 400, 800, and 1500 freestyle, and 200 and 400 individual medley for both men and women. Additionally there are male, female, and mixed relays swum over 4 x 50 metres). The ASA (English) Masters championships, normally held in October over a 25-metre course, include all of these events plus the 100 metres individual medley.

So as you can see, swimming is a skill that you can use for life.

Happy November Birthdays to:

**Katie Acford
Yatin Darbar
Madeleine Harper
Ellery Hodson
Timothy Smith
Charlotte Cheshire
Rihon Scullion
Ivanah Page**



**Daniel Higerson
Katie Silke
Gemma Jones
Libby Bird
Harriet Storey-Brown
Christian Hofstetter
Grace Wardle**

Please note that if your child has only recently entered the Training Scheme, their names may not appear on the database used for this list.

We hope that Sian and Lara Smith had lovely birthdays in October and sorry that you were missed off the list

National Arena League



The National Arena League began this year in October. Unfortunately we do not have reports for all of the galas and have decided, to be fair, not to include any. The next round is in November and indeed the team selections are already on the Notice Board. If you have a child swimming in the A or C team and are willing to do a short report on the gala, then please contact gaylepage@hotmail.com.

And finally this month we have Bev Randle-Bissell's physio article...

Each person's injury is completely different from another's and treatment depends on its type; however, generally an injury can be dealt with following the PRICE routine; and can be used with a course of anti-inflammatory medication:

P – Protection: such as a support, taping, splint or plaster to protect from the bleeding that occurs **underneath** the skin within the connective tissue.

R – Rest: (day 0-5) total rest is rarely required (sometimes it is required) but rest immediately following injury from the movement that caused the pain is advised otherwise blood flow is increased and more bleeding and trauma occurs.

I – Ice: (so long as you haven't got heart problems, diabetes or decreased sensation to the area) ice put into a freezer bag and wrapped in a towel covering the entire area affected by the injury for 20 minutes every 2 hours for the first 72 hours will reduce the temperature of the tissue and limit the bleeding and pain. But, keep checking the area for ice burn every 5 mins hence the importance of ice being wrapped in a towel!

C – Compression: elastic bandages or cling film wrapped around the area will limit the swelling as an influx of liquid (such as the yellow goo seen inside a blister) clears away debris and prepares the area for repair. The reduction in fluid also reduces the amount of fibrin which produces scar tissue causing the area to stiffen and tighten as it contracts, hence the importance of stretching an injury at the appropriate time.

E – Elevation: lifting the injury above the level of the heart lowers the pressure in the blood vessels and again limits the amount of bleeding. This should not be used whilst using compression.

Once bleeding and inflammation stops, the healing process can then take place and scar tissue can be manipulated along the lines of stress so it repairs to be as flexible, supple and stronger than before the injury occurred. If you have an old injury, it is never too late to start stretching scar tissue to get the tissue back to its health, resilience & strength, no matter what your age.

For further information: *For the management of soft tissue (musculoskeletal) injury with Protection, Rest Ice, Compression and Elevation (PRICE) during the first 72 hours (ACPSM))* <http://www.csp.org.uk/director/members/libraryandpublications.cfm>



See you all again next Month