



HARPENDEN SWIMMING CLUB

Affiliated to A.S.A. East Region

Club contacts: tel: 07767 683956 / email : adminstration@harpendensc.co.uk

Website : www.harpendensc.co.uk

Harpenden Swimming Club

Newsletter

April 2007

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Welcome to the new format Harpenden Swimming Club Newsletter

DATES for your DIARY				
April	2nd - 5th	PEANUTS swim camp	Aldwickbury	Selected Swimmers
	21st	CLUB GALA		
	28th	Geoff Cook Memorial	Hitchin ?	Selected Swimmers
May	12th	Peanuts 1		Selected squad
	20th	Barnet Cophall Open	Barnet Cophall	Entry list closed
June	16th	Peanuts 2		Selected squad
July	7th	Peanuts 3		Selected squad

If you are selected for a gala and for whatever reason CANNOT make it on the day,

PLEASE LET SOMEONE KNOW

Phone the CLUB on 07767 683956

GENERAL CLUB NEWS

Marion Roberts has resigned as Newsletter editor from the Committee. Marion no longer has any swimmers in the club and is finding it harder to give time to the club. The Committee would like to register the clubs thanks to Marion for her efforts over the years.

James Crawford and Bryan Thompson are taking on the role of Newsletter Editors.

The Newsletter will attempt to cover all activities in the club at all the pools we use and will highlight good performances as well as keeping the events diary up to date.

It is initially the intention to produce a newsletter once per term, but if it proves popular this may be changed.

Would you like to receive your newsletter electronically?

If so, email the editors News@harpendensc.co.uk if you would like an electronic copy and we will add you to our email list.

COACHES REPORT.

I thought after the Counties I should make some comments to keep you all in the picture.

We have done so well this year far above our expectations with 98% of our swimmers achieving major personal bests which in fact is just as exciting as all the medals. It shows that we are building depth into the club and has set us a very hard target for next year. The haul of 30 medals and 7 BAGCAT top eight age group trophies was better than ever before and shows that as a club we are moving forward.

It is an opportune time to focus on what Harpenden Swimming Club is about, our aims, and how we are setting out plans to achieve our new targets.

Our object is to produce a swimmer at the age of 14/15 as a capable middle distance, medley and an all round athlete. No swimmer is going to achieve if they are unable to swim all five strokes efficiently. (Fifth stroke as defined by British Swimming is Butterfly Kick as it is used not only for butterfly but also for backstroke and front crawl starts and turns).

There are many levels of competition, we are looking to develop each swimmer to their full capacity to enable them to compete in their grades and do well. The better and more senior swimmers will get more water time because of their needs but every swimmer counts in our club and the amount of time provided is according to their ability to cope.

Athletes need to train regularly, a week off often means three weeks to get back to the level before taking the time off, and a 48 week programme has been developed for each group.

If we do well at the Peanuts and the Major League, that is a bonus, for 50m and 25m sprints are not the most important events in our agenda. We call them splash and dash – they do not achieve much in the early stages of an athlete's development, aerobic endurance being the most important. If high aerobic fitness is developed in the early stages, then the speed will come a little later, but will be of much greater quality than in those swimmers who have not worked on their aerobic capacity.

We are hoping in the very near future to provide a more structured land training programme with mobility, strength, endurance, plyometrics, and pilates. We need to develop core body strength as well as upper body strength. This is quite difficult at the moment, trying to find time to include it with all our coaches fully stretched with their time commitment.

I would also like to say a personal thank you to all the coaches who have supported our programme – the commitment and enthusiasm provided by Sally, Linda, Annie, Susanne, Sonia, Jon and Philip J has been tremendous. They give of their own time freely and deserve a big big thank you.

Time to move forward – onwards and upwards

Barbara

COMPETITION UPDATES

BIGGLESWADE Open Meet

The club attended the 8th Annual Biggleswade Open Meet with a small squad returning with 4 Bronze medals and some excellent performances. Many of our swimmers entries were rejected as the standard of this meet continues to increase. Well done to our medallists

Alex Revell	50m Breast	0:43.72s
Alex Revell	200m Breast	3:16.33s
Amy Thompson	50m Breast	0:40.88s
Morgan Pugh	50m Fly	0:31.85s

TIME TRIALS

Saturday 28th January saw us host time trials at St. Albans Girls High School. This was mainly for those swimmers who were bounced from Biggleswade and was a successful event. All the swimmers put in good times with almost every swim being a PB.

BAGCATS News

BAGCATS – British Age Group **CAT**egories, otherwise known as County Championships have been and gone. The Coaches and Open Meet Secretary worked hard to identify the swimmers from the club who met the Consideration and Qualification times for this years competition. We entered a record 26 swimmers from the club this year and they returned with 74 top 8 finishes, the following medals tally and 5 Regional Qualifiers.

GOLD MEDALS

Flora Hanson	- 50m, 100m, 200m & 400m Free; 50m Back, 100m & 200m Back; 50m Breast; 100m 200m IM
Amy Thompson	- 100m & 200m Breast
Alex Revell	- 200m Breast
Morgan Pugh	- 100m Back

SILVER MEDALS

Morgan Pugh	- 50m & 200m Back; 200m IM; 100m Free & 50m Fly
Natasha Crawford	- 50m Back
Abby Smith	- 50m Breast
Flora Hanson	- 100m Breast
Ellen Crick	- 50m Fly
Alex Revell	- 100m Breast

BRONZE MEDALS

Morgan Pugh	- 50m Free & 100m IM
Ellen Crick	- 50m Free
Alex Revell	- 50m Breast
Theo Dixon	- 50m Back

As well as the above, we achieved some superb individual placings in the championships...

Flora Hanson 1st , Alex Revell 5th , Abby Smith 6th , Natasha Crawford 8th , Morgan Pugh 3rd , Hamish When 7th & Harry Hughes 8th

WELL DONE TO ALL OUR REPRESENTATIVES!

Herts. MAJOR LEAGUE

The club this year compete for the first time in its history in the first division of the Herts. Major League. The first round saw us up against the county heavyweights of Hatfield and Stevenage and whilst we finished last on the night there were some excellent individual performances and all involved felt it was a very good overall performance by the club.

The second round saw us beating local rivals Verulam to set up a nailbiting 3rd round where whoever loses between Harpenden, Verulam and Potters Bar will almost certainly be relegated.

Third round on 24th March saw a superb team effort by the swimmers and resulted in a magnificent 3rd place on the night ahead of Verulam, Potters Bar and Tring to secure Division 1 Major League swimming for another year.

TRAINING TIP

DRINK : Whenever you are training or competing you need to drink. Please remember to bring a drink with you to all sessions and make sure you use it. It is very easy while you are training to become dehydrated. Signs of dehydration include being thirsty, being tired, cramps and going to the toilet but not passing much urine. If you suffer these symptoms you are probably not drinking enough. Dehydration affects your ability to work. Don't let it happen to you. The best drink, WATER. Water is absorbed faster than any other drink and therefore hydrates you quicker and it works for everyone unlike some sports drinks!

Got something you want to know? Ask the editors and we'll try and get the answer for you – if you need an answer the chances are others do as well. Email articles of interest / questions to news@harpdensc.co.uk

FUNDING

AWARDS FOR ALL:

The club have recently received a grant of £1970 from Awards For All – part of the National Lottery. This money has been used to buy 2 laptops, a printer and a projector for the club along with a few ancillary items and the Hy-Tek Team and Meet Management software. Philip Cook is currently entering gala results into the database and hopefully we'll soon be able to print off some impressive performance data for the swimmers. Philip will have custodianship of one of the laptops, whilst Barbara will look after the other. The software not only allows performance data to be kept and looked at but also allows Barbara to maintain her schedules and test set results on it. As soon as we have worked it all out we will start producing stats. for the swimmers showing their performances as the software allows swimmers times to be graphed. This information will be added to the Members Area of the website. In the meantime if you have questions about the software or wish to see it in action feel free to ask Philip.

We are currently putting together a proposal to submit to Awards For All again to see if we can get another grant which we intend to spend on an underwater camera and software so the coaches will be able to analyse the swimmers from underwater as well as the surface. This is in line with initiatives set up by both District National coaches. The bid will be for about £4500, so watch this space!

TESCO SPORTS Vouchers:

As you may have noticed, we were collecting Tesco sports vouchers toward the end of last year. These have all been banked and some of them have been spent on the “big red kit bag” the coaches haul behind them, and most of the equipment in it. The extra vouchers have been banked and will be carried forward.

COUNCIL Funding:

The Club also applied to the council for a grant to help with Pool Hire costs. Unfortunately we were unsuccessful in this bid, but the Council have referred us to some other potential sources of funding which we will pursue in the hope of getting some more money.

SPONSORSHIP:

James Crawford has approached his employers, Savills, to see if they would be interested in a sponsorship package with the club and the answer is YES! A subcommittee is currently working on rebranding of our kit to incorporate the sponsors name/logo and hopefully before too long we should have some nice shiny new kit for sale. If this deal proves successful for the company, James thinks it could become an ongoing deal.

CLUB ROUND UP...

In future editions, we will carry an update on each of the pools we swim at with brief reports from the relevant coaches as to what is going on at them.

BATH TRAINING CAMP 2007

At half term 15 swimmers and 7 adults went to Bath for our annual training camp, once again organised by Linda Nicoll. Everything from accommodation, pool booking, land training, lunch, an evening out bowling and having a meal was organised by Linda, and all of it ran like clockwork, so we all owe you a big thank you Linda. Well done.

Once again everyone worked very hard, swimming for 2 hours each morning, doing 1 hour of land training, and then swimming again for 2 hours in the afternoon each day. The work ethic and enthusiasm was good to see, and everyone improved over the week.

We were also privileged to have a master class on butterfly from Mark Skimming, the age group coach at the university. He certainly taught both the swimmers and the coaches some new drills and techniques, which are now showing through.

In addition, Flora, Luke, Amy and Connie were also lucky enough to train with the university elite squad for a 2 hour session. I have never seen the four of them so nervous and quiet as they waited for Kim Swanwick, the Head Coach of TeamBath, to fetch them for the session. Once in the water they were fine, swam well, and picked up some tips from Kim and the swimmers in their lanes. It is not every day that a club swimmer gets to swim with Olympians and swimmers going to the World Championships, and manage to hold their own!

The hard work by all the swimmers paid off, as you can see from the county results, so well done all of the swimmers. Also thank you to all of the adults who helped out during the week with the myriad of jobs that needed doing.

Looking forward to next year!
Annie

SWIM 21

Some of you may have heard people talking about Swim 21 and some of you may not. I suspect most of you probably have no idea what it is about. So here goes with a brief explanation.

Swim 21 is the ASA's Club Development model - a planning tool, based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses particularly on the needs of athletes - striving to provide them with the best possible support and environment.

Swim 21 Accreditation is a 'Quality mark'. It recognises nationally and regionally the clubs that are committed to providing safe, effective and quality services for the benefit of their members. Clubs work steadily towards the attainment of a series of outcomes all of which are seen as essential if the right level of support is to be provided at each stage of an athlete's development. Swim 21 Accreditation is available to ASA clubs of all aquatic disciplines that are positioned at one or more of the four levels of:

- ❖ Teaching
- ❖ Skill Development
- ❖ Competitive Development
- ❖ Performance

We are currently going through the process to try to become accredited as a Skill Development Club. This is the second level in the structure and means we are more of a competitive club rather than a teaching club. Obviously, we will still be offering teaching as this is needed to be able to feed into the competitive side. Philip Jackson has been beavering away for a while now compiling reams of documentation to be able to prove that we run the club according to the Swim 21 requirements and on 21st February we were visited by

Roy Emmerson the A.S.A. East Region Regional Development Officer who spent the evening discussing our submission with Paul, Philip and Barbara as well as chatting to other members of the committee. Roy seemed impressed with the club and pointed out the a few areas that we need to address before submitting our pack to the East Region Accreditation Panel.

So what does it mean to us to be accredited?

The big bonus of accreditation is that it means we are recognised as a QUALITY club. Gaining accreditation will make raising funding from external sources easier and will also open the door to more potential sources of funding.

However, gaining accreditation is not the end of the process. It is an ongoing process of maintaining standards and indeed making improvements. Clubs have to apply for re accreditation every 4 years so really this becomes a perpetual job. Constantly looking at how things are done within the club and how we can improve things for the swimmers.

Hopefully we will soon start posting the various procedures and Codes of Practice on the website so that all the members of the club will be able to see them.

In the meantime, rest assured that Philip is working VERY hard towards finalising our submission so that the club can take that final step and gain accreditation.

FOCUS ON FLY

The following is extracted from the A.S.A. Officials Handbook and are the rules for swimming
(Extracts of ASA Laws & ASA Technical rules)

SW 4 THE START

SW 4.1 The start in Freestyle, Breaststroke, **Butterfly** and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

SW 8 BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

ADMINISTRATION

You may or may not know, but just to make sure you do, we now have a website up and running the address is:

www.harpendensc.co.uk

The website has a members only area where swimmers performance data will be stored (PB's etc) access to this area is password protected, if you think you should have access to it please email **webadmin@harpendensc.co.uk** to request it.

If you would like something else on it, email and ask – it's your site!

USEFUL CONTACTS :

Club Mobile – 07767 683956

Executive Officers:

Paul Klein – Chair
Linda Nicoll – Secretary
Steven Cresswell - Treasurer

Sally (Welfare Officer) - 01582 762805

USEFUL EMAILS :

Admin@harpendensc.co.uk -
General enquiries about the club.

webadmin@harpendensc.co.uk –
anything to do with the website

welfare@harpendensc.co.uk -
any Welfare and Child Protection issues

news@harpendensc.co.uk -
anything for the newsletter – suggestions for articles, actual articles, news, comments, questions etc.

Swimmers, remember :

**It's not how good you are on a good day
It's how good you are on a bad day that counts!**

HARPENDEN SWIMMING CLUB

Division 1

**Hertfordshire Major League
&
Hertfordshire Peanuts League**