



# WATERTIME NEWS

**NEWBURY DISTRICT  
SWIMMING CLUB**

MONTHLY NEWSLETTER

February 2010

## Spotlight on the NDSC Committee



**Donella Francis**  
**Fixtures Secretary ( role shared with Stephanie Shah)**

My name is Donella Francis. I started coming to NDSC when my daughter Jessica joined the club at 9yrs old, that was six years ago, she swims with the A Squad at present. As most parents know, swimming takes over most of your life. We spend a lot of the time pool side or at competitions on weekends, so I thought lets offer my help. At the beginning it was helping wherever there was something to be done, then when the previous Fixtures Secretary resigned Stephanie and I decided to volunteer and share the job, this was 3yrs ago. It's a job that can become quite time consuming and that is why we always ask parents to fill in their entry forms clearly and correctly and make sure the correct times are entered, if not, we have to do them for you. We are always asked why do we close the

entries so early before the actual closing date, this is to enable us to correct all entries and check times, basically collating all the information before we get it into the post to arrive at the club in question by the closing date.

I'm looking forward to a lot more of you entering meets in the future, its great to be able to compete with other children of your own age group. *Never assume that someone is better than you unless you swim against them. Never worry about beating someone else, let them worry about beating you, and you concentrate on beating yourself, therefore getting a better PB.*

I also try to keep the notice boards at Kennet, Hungerford and Newbury tidy and current.

Anyway I like to collect motivational quotes and here is one for you

- *"ABILITY IS WHAT YOU'RE CAPABLE OF DOING.*
- *MOTIVATION .DETERMINES WHAT YOU DO.*
- *ATTITUDE DETERMINES HOW WELL YOU DO IT."*

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## NDSC CLUB SHOP

Open every Sunday  
Northcroft  
Leisure Centre

Presentation Evening raffle  
raised £151.00

## Andrea Ferguson—NDSC Teaching Program.

The NDSC teaching program is at Mary Hare School. Lessons are for half an hour, starting at 4:30pm and we teach stages 1-8. Cost £60. Phone Andrea 01635 820957 for more details.

## Editors Comment

I am starting to change the format of the Newsletter from this month, If there is any information that you would like included, like to see more of or less of, please let me know as your feedback helps improve the newsletter and its contents.

Linda Wilkins  
( Lucy's Mum from B Squad)

**Good Luck to all NDSC swimmers competing in internal and external competitions throughout March 2010.**



## HEAD COACH DEREK CARLEY



The Wycombe open meet was held over the 13<sup>th</sup> and 14<sup>th</sup> February, with some 13 Newbury swimmers attending. This was a level 2 licensed meet so times achieved could be used as qualifiers for the regional championships and the Nationals. A number of our swimmers achieved PBs which was no mean feat as the Wycombe pool is not renowned for producing fast times. Paige Pope won bronze in the 50m fly in a PB of 34.67, and Iain Bruce managed to cap that to get second in 40.67s. In the 100 fly Jake Jezard was 3<sup>rd</sup> (1:08.2) Jacob Glanville 2<sup>nd</sup> (1:06.9) and at the 200m distance Zara Ryan came 1<sup>st</sup> in 2:42.25. All new PBs and a good 2 days for Newbury fly swimmers. Overall we gained 14 1<sup>st</sup> places; 4 2<sup>nd</sup> places and 5 3<sup>rd</sup> places. Well done everyone who took part.

Ok lets back track to something I said earlier – ‘a pool not renowned for fast times’ – what did I mean by that? You’d think that all pools were just water, but some pools have a reputation for being fast – Swindon Link centre for example and some slow –Wycombe is an example. There are a number of possible reasons: first the obvious - the pool isn’t exactly 50m or 25m. This shouldn’t be the case in a licensed meet and even if it was it shouldn’t amount to more than a cm or so (thickness of an electronic timing pad). The density of the water can also have an effect. Salt water is denser and therefore more buoyant but there aren’t many salt water pools around nowadays. Blackpool had a salt water pool and we used to hold the National championships there but that’s going back quite a few years. But these are minor effects; the biggest external influence on swimming speed is waves – waves from the sides, waves from the bottom and waves from other swimmers. Fast pools minimise all of these – deck level design so that waves aren’t reflected from the sides; deep water so that waves aren’t reflected from the bottom and anti-turbulence lane ropes to minimise waves generated by other swimmers. Waves from the sides in particular can have a significant effect in old fashioned pools with vertical walls which no doubt is one of the reasons why finals have traditionally been spearheaded giving the faster qualifiers an advantage in central lanes. Theoretically the fastest pool would have an infinite depth, infinite width and infinite length so that no waves are reflected back to the swimmer. If anyone knows how to design one of those please let me know!! In the mean time have a good look at the pool design next time you go to a meet. Is it fast or is it slow? Nothing you can do about it, but it’s worth a thought!

Good luck to everyone at the Counties - for the record Maidenhead tends to be fast (in my opinion!)

## B SQUAD COACH CAROLYN MCLEOD

I would like to welcome to B Squad Iain, Hannah, Lizzie, Emily and Tom.



### Counties

Contact myself or Derek. if unable to attend (or are going to be late—please call me or text 07776 030360 as we have to notify any withdrawals prior to ‘warm up’). Make sure you wear a Newbury HAT. It is easier to spot you at the end for warm up and also not to miss you when racing. Take plenty of drinks and enough to eat during the day. No late night the night before. Take extra swimwear and towels if you are there all day. You are responsible to be at the whipping area before your race. After every race report back to Derek and myself on pool-side before going back to your seat or parents - you may have to wait a couple of minutes if we are timing another race. If you win medals or rosettes it is your responsibility to collect from the awards table

Carolyn.

KICK TEST RESULTS	4/2/10	17/2/10	Comparison to previous PB
	100m	200m	
Bruce Iain	-	4.16.09	No previous tests
Chmielewski Menna	-	4.02.69	No previous 200m
Maughan Alex	1.53.97	4.11.10	↓
Mcfadzen James	2.00.82	-	No previous 100m
Regan Chris	2.01.80	4.00.36	↓
Schreiber Lucas	1.37.38	3.22.84	↑
Shillam Ben	1.35.28	3.22.84	↑
Wood Abigail	1.35.18	-	↑
Baker Freyja	2.02.76	4.16.67	No previous tests
Britton Elysia	1.56.82	-	↑
Britton Holly	1.54.66	-	↑
Pudney Jenny	1.55.00	4.02.91	No previous tests
Scholl Sam	2.03.19	-	No previous tests
Thurston Chloe	2.01.44	-	No previous tests
Wedgwood Emma	1.53.97	-	↑
Wedgwood Nicola	2.17.05	-	↑
Wenlock Hannah	-	4.02.54	↓
Wilkins Lucy	1.59.13	4.06.90	No previous tests
Willingale Harry	2.27.21	5.10.80	No previous Tests



## CHALLENGERS & MASTERS SQUAD COACH CHRIS GLOVER

"It takes a little getting used to, "But once people swim laps two or three times, they start to get into a rhythm."

**MASTERS**—About 30 percent of all masters' swimmers actually compete in organised swim meets. The rest just want to swim.

Overcoming obstacles

Many people find swimming intimidating. Pool water can be cool, and at times even cold. When swimming, you can't see anything, except the black line on the bottom of the pool. You can't smell. You can't hear. You can't talk to your friend in the lane beside you.

As Masters Athletes, most of us have chosen fitness and health as top priorities. Whether you are getting back into shape, recovering from an injury or working towards a competitive goal, remember to maintain a healthy balance. As you increase your training, make sure you are increasing your sleep and focusing on good nutrition to support this change in training. Balancing your training, sleep and nutrition patterns is not the only balance you must maintain to be healthy. Balancing your work and family responsibilities in combination with your training and fitness goals is key to leading a healthy and happy lifestyle.

The workout

An added benefit of most masters programs is the written workout provided by a professional coach. These workouts range in length from 2,000 to 4,000 Meters and take from 30 to 90 minutes to complete.

"You will improve much faster if you do an interval workout, Instead of just getting in there and swimming long and slow, you swim against the clock."

Interval workouts will not only improve your endurance, they will also make you faster. But swimmers always are in control of their own training.

"I am dealing with adults; I want it to be fun, not painful.(sometimes!!) I am not accomplishing my goal if people don't want to come back."



### Welcome to Challengers,

Travis, Blake, Kerry, Jasmine, Alex Jones, Ellie and Alex Webb.

FEBRUARY—WELL DONE  
CHALLENGER(s) OF THE MONTH  
Awarded to  
Jake Hatter & Harriet Denton

**NO TIMINGS** This Month due  
to Counties.

Rising from Sprinter to Challengers, Our motto is "Always strive to improve and Success is a Marathon!"  
you as swimmers like me should never stop learning, hold onto your dreams and your goals will surely come!!.

Challengers group places a major emphasis on the development of stroke technique for swimmers normally aged 9 - 15years. In addition, basic swimming endurance and basic swimming speed are developed. The programme is designed to enable each swimmer to gain experience of all swimming events, Especially the Individual medley.

An introduction to dry land training begins at this level, e.g., the importance of stretching and the use of bodyweight exercises to develop core body strength and improve co-ordination.

An educational programme emphasises the nutritional requirements for swimming while a mental skills programme will assist swimmers in their mental preparation and gain an understanding of time standards.

The primary goal of the Challengers squad is to enhance stroke technique, improve cardiovascular fitness, and address individual strengths and weaknesses. Swimmers are introduced to technical/tactical skills and life skills such as time management, the value of nutrition and fluid intake for training and competition, recovery and regeneration, and an enhanced mental skills programme. Basic exercise physiology is explained so that swimmers can understand the changes taking place during the different types of training. Enjoy the journey and don't get too caught up in it. Make sure you have a balance in your life and people you care about.

February  
CRUISER SWIMMER OF THE MONTH  
*Caitlin Phillips*

**CRUISERS 25M Backstroke TIMINGS**  
Thursday 4th March @ NORTHCROFT

### CRUISERS 25M Breast stroke Timings

**Silver:** Jasmine Curtis Geselle Dockrill, Amy Que-Getgood

**Bronze:** Sophie Allison, Kieron Cartledge, Sophie Evans, Alex Forsythe, Avani Gill, Oliver Hassell-Collins, Craig McNeill, Elliott Rickerby, Lois Ryan, Alice Thomas, Ruth Wyatt



CRUISERS &  
SPRINTERS  
COACH  
JANE  
HESTER

February  
SPRINTER SWIMMER OF THE MONTH  
*Frankie Twyford & Matthew Smith*

**SPRINTERS 50M Backstroke TIMINGS**  
Thursday 4th March @ NORTHCROFT

### SPRINTERS 50M Breast stroke Timings

**Silver:** Hayley Bryant, Victoria Jones, Michael Osborn, Hannah Russell

**Bronze:** Fiona Crane, Molly Dummett, Sophie Everingham, Max Hall, Emily Halliday, Issac Hopkins, Ellie Jankowski, Alex Jones, Jamie Maughan, Travis McMichael, Carli Nicholls, Lara Smith, Sophie Smith, Saskia Spencer, Fred Taucher, Annabel Taylor, Frankie Twyford.

## Swimmers Page



This is your Page, so send in information, and questions that you would like to be

### My experience at my first gala

I was swimming in my first inter-club gala at the (Thames Valley Junior League 6/2/10) in Maidenhead. I was in a relay team and swam front crawl.

It was fun and exciting but at the same time it was also very nerve-racking. The gala was what I expected. Our team came second after another team was disqualified. The worst thing was the nerves just before I was about to swim my length. There were lots of good bits for example swimming my length and cheering on the team.

I would definitely like to take part in another gala.

**Joe Seward** – Cruisers

My name is Amy Quesada- Getgood I am 9 years old. I started in Newbury swimming club in June 09. This was my first competition. I was very nervous but very excited at the same time especially at the start of my races. I met a few more friends and it was good to go on the coach as I could chat to people about what we were going to do. I would love to do it again and I am very pleased my mum convinced me to join the swimming club as I really enjoy it.

**Amy Quesada- Getgood**



## NDSC ANNUAL CELEBRATION



A great night was had by all, I saw numerous old faces and new faces thoroughly enjoying themselves and it was nice to see so many new winners. I thought it was a nice touch when Georgia, Lucy and Emily presented their coaches with parting gifts. The venue was great and catered for all and as I could see from the number of people on the dance floor, it is safe to assume that the disco was a hit as well, a lot of people including me, stayed until the very last song. All in all the event was a success and I am sure people went away from that feeling very happy. Lets hope for an even higher turn out next year.

Jacob Glanville– Senior Captain

### NEWBURY & DISTRICT SWIMMING CLUB -Thames Valley Junior League

#### Maidenhead - Saturday 6th March 2010

**The coach will be leaving the Pelican Lane Car park at 17:20**

**Warm up at 18:30 for 1900 Start**

**Age 9:** Kerry Read, Frankie Twyford, Millie Pope, Amy Que-Getgood, Carli Nicholls, Mathew Smith, Matthew Wedgwood, Jack Tucker, Joe Seward, Elliot Rickerby,

**Age 10:** Harriet Denton, Cara Brincat, Lexi Fellows, Lauren Wall, Ellie Jankowski, Charley Knight, Mathew Pudney, Ben Hall, Iain Bruce, Jamie Maughan.

**Age 11:** Zara Ryan, Amelia Wenlock, Amy McBride, Lizzy Shore, James McFadzen, Elliot Brincat, Chris Regan. George Tyler

**Age 12:** Abigail Wood, Paige Pope, Rebekah Cussen, Lucas Schreiber, Sam Scholl,



## NDSC NEWS



### February Highlights

6th: Thames Valley League R1 —Maidenhead  
 13th & 14th: Wycombe District Open LC Meet  
 21st: 08-00-10:00 Aldershot training for A & B only - 1 lane  
 27th: Berks and South Bucks ASA

### March dates for your diary

6th: Thames Valley Junior League- Final —Maidenhead  
 7th: Aldershot training for A & B only - 1 lane  
 13th: Berks and South Bucks ASA  
 20th: Berks and South Bucks ASA  
 27th: Berks and South Bucks ASA

*These details are meant just as an extract of information. For full details, please refer to the club website.*

## NDSC NEEDS YOU

### NDSC Vacant Position – Public Relations and Website Officer

**Role:** To promote and publicise all information about NDSC in all media.

**Commitment:** Ongoing Weekly responsibility

**Skills:**

- Well organised and efficient
- Sound knowledge of the club
- Confident and effective communicator
- An interest or background in Marketing and promotion

**Main Duties:**

- To promote and publicise, in a positive way all aspects of the club
- Establish working relations with local media
- Produce informative and unbiased newsletter with regards to all sections within the club as and when appropriate information is available. In particular to produce club newsletter and web site material.
- Report on the club events (internally and externally)
- Collates and maintains news items on website or Newsletter
- Works closely with the Web master, and has a access to all facilities of web site in order to distribute responsibility of web site maintenance to specific personnel within the club.
- Has complete control over design and content of web site, but needs to work with the webmaster for implementation.
- In conjunction with social secretary, organises publicity for non-swimming social events for the relevant members of the club as requested/approved by the management committee.

Do you find yourself sat by the pool more and more, have you got a few hours to spare, are you willing to help out with the swimming club on a regular or adhoc basis ?, If so please contact us as we are looking for Volunteers.

If you are interested in the position above or becoming a NDSC volunteer, please send your details to me at [wilkinsrl@aol.com](mailto:wilkinsrl@aol.com)

# Team Kennet

Athletics & Triathlon Club

## Newbury Junior Aquathlon

**Saturday 26<sup>th</sup> June 2010 Races start at 9.30 am**

**Held at Northcroft Leisure Centre,**

**Newbury**

Age Categories and Race Distances (Age as at 31<sup>st</sup> December 2010)

Swim – 73m Outdoor Heated Pool, Run – Laps of 500m/1000m (Grass)

**For further information and for online entry please visit [www.teamkennet.com](http://www.teamkennet.com)**

Age Category	Swim (approx)	Run
Tristar Start (8yrs)	50m	500m
Tristar 1 (9/10yrs)	150m	1500m
Tristar 2 (11/12yrs)	200m	2000m
Tristar 3 (13/14yrs)	300m	3000m
Youth (15/16yrs)	400m	5000m

An Aquathlon is a combination of Swimming and Running to make one continuous race. The swim comes first and is followed by the run, a bit like a Triathlon without the cycling leg in the middle. It is a non-stop race so any time you spend between the end of your swim and the start of your run is included in your overall time. This race is an ideal opportunity for children to try out multi-sport racing. The swim will take place in the outdoor pool at Northcroft Leisure Centre, Northcroft Lane, Newbury RG145BT and the run on grass in the park behind. The run is traffic free. These junior races are for anyone who turns 8 years old in 2010, up to 16 years.

**Registration will be from 8am**

**Trophies** will be presented to the first 3 in each category. Prize giving will be immediately after the Tri Star Youth Race which is the last race of the day.

**West Berkshire School Competition (Primary and Secondary):** Calculated on the best 5 individual placing from a school in any age category. The best overall Primary and best overall Secondary School will win a trophy.

**Entry Cost: £11 (£10 for a British Triathlon Federation Member)**

**Closing date for entries 19<sup>th</sup> June 2010 (or when full)**

### Frequently Asked Questions

**Do I have to be a good swimmer or runner to take part?** No the Aquathlon is for all standards. You should be able to complete the distance but you don't need to do it non-stop.

**Do I need to be able to run all the way?** No you can walk, jog or run. A lot of people starting out find it best to run for a bit, walk for a bit, run again and so on.

**What do I wear?** The best approach is often to swim in what you will run in (apart from your shoes). You could use a "tri suit" or you could pull on a pair of shorts after the swim. It's quite hard to put on clothes when you are wet from the swim so try to avoid this if you can. Also there is a no nudity rule so no changing on poolside and Adults no naked torsos tops must be worn, no exceptions.

**What if I need support?** Just wear your sports bra underneath.

**Am I too old/ too young to enter?.** If you are under 17 or will be 8 years old by the end of 2010 you can enter one of the juniors races. You will need parental consent.