



WATERTIME NEWS

**NEWBURY DISTRICT
SWIMMING CLUB**

MONTHLY NEWSLETTER
November 2009

Spotlight on the NDSC Committee

Janet Hopkins - Chairman Newbury District Swimming Club

Having now completed 50 years membership of the Club, I have been reflecting on the changes I've seen over the years. When I first joined we swam in the Northcroft outdoor pool, unheated, for a few weeks each summer. We travelled to Reading for winter swimming until St Barts pool opened in about 1967. The Club started running lessons and training session at St Barts with huge waiting lists because there were no other opportunities to learn to swim in the area. We used Mary Hare School pool too when it opened. Competitions were very limited until Northcroft opened in 1980 but then the Club went from strength to strength and we've never looked back!

My personal competition swimming started in Reading at the age of about 10. I won my first County Championship when I was 12 and remained County Champion for 5 years. I competed at Regional and National

levels for a number of years. I began teaching by helping out and then taking exams. I took Officials exams as soon as I could and have continued teaching, coaching and officiating ever since.

Our elder daughter was also a keen swimmer and competed at National level and in minor international events so I also have experience of being a "swimming parent". Early mornings are not my favourite time of day, but I learnt to live with them!

I did swim as a Master for some years after my children were born, but work rather took over and I failed to keep training.

Maybe there's still time!



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Christmas Hamper
Raffle tickets available through Squad reps and senior swimming captains

The raffle will be drawn on
Sunday
20th December 2009

Swim dates over Christmas and New Year

The last session before Xmas is Tuesday 22nd December and we will restart on Sunday 3rd January

There are 2 sessions available on 27th and 28th December @ 8am-10am Kennett Pool to A, B, Challenger, Youth and Masters squad swimmers ONLY

**Good Luck to all
NDSC**

**swimmers
competing in
internal and
external
competitions
throughout
December 2009.**



Editors Comment

Thanks to everyone who has sent information, questions, suggestions and ideas. Please, please keep them coming as the newsletter is only as good as the information YOU provide.

Linda Wilkins (Lucy's Mum from B Squad)
Decembers Newsletter will be issued the first week of Jan 2010



CRUISERS & SPRINTERS COACH -

CRUISERS 25M Freestyle TIMINGS
SPRINTERS 50M Freestyle TIMINGS

Thursday 3rd December 2009

@ NORTHCROFT

NOVEMBER

CRUISER SWIMMER OF THE MONTH

Minh Bradshaw

SPRINTER SWIMMER OF THE MONTH

Jasmine Wills



Cruisers— A big welcome to all the new swimmers that have joined Cruisers this month. Its good to see you all settling in well. There will be another 8 new faces from the 1st of December so please help the coaches in making them all feel welcome. We will be working intensively on your stroke technique leading up to Christmas so it is important that you come to as many sessions as you can. Remember practice makes perfect. The more times you repeat a swimming action the more it will feel natural and you will swim better and faster. On a slightly disappointing note, we have been made aware of 1 or 2 instances of misbehaviour in the changing area after the sessions. Please try to remember that the swimming club are guests at the pools we swim at and we all need to behave with respect for each other and the facilities. I hope that we can trust you all to abide by this in the future. As we move on to more advanced techniques, it becomes more and more important to have the right equipment. We recommend that you all bring a pair of fins, a kick board and a pull buoy. These can all be found at the club shop and they will help you to develop particular aspects of the strokes.

Keep up the hard work and remember not too many mince pies over the Christmas period. They do not help with keeping you afloat.

Sprinters.—Well done to the 8 swimmers who moved up from cruisers this month, welcome to the squad. You have all made a great start and have adapted well to the change of pace. We were sorry to see the 7 move from our squad to challengers but we all wish them the best of luck. Some of you will be entering your first gala at the Tiger Sharks meet this coming weekend, good luck to everyone. The coaches like to encourage everyone in Sprinters To enter the external meets. It's a chance for you to test your skills against swimmers from other clubs and you never know you may come away with a medal or two. There is lots of team spirit and you will get some racing tips from the coaches as well as the senior club swimmers. If you are unsure about what to enter just ask one of the coaches. Finally a short note on fluid. It is vital that you take enough fluid throughout the session. We recommend about 500ml before you even get in the pool, that's a large glass full of water or energy drink. Then throughout the session about 200ml each 15 minutes. If you bring a sports bottle this is usually marked on the side. Lastly, after the session it important to replace the energy that you have used, fruit juice or even a piece of fruit is ideal for this.

There will be a short break for Christmas but try to do some exercise during this time. In 2 weeks you can loose up to 40% of your fitness. So, just like Cruisers, go easy on the mince pies!



100 Butterfly TIMINGS
Date TBC Jan 2010
KENNET POOL

NOVEMBER

WELL DONE
CHALLENGER(S) OF
THE MONTH

Awarded to

Issy Butcher
And
Matt Pudney

CHALLENGERS - COACH CHRIS GLOVER

Well that's another month in, all rounds of the club champs gone and what an impressive showing and results!! Great job done by you all! Some of you again, I know were chosen for the National league and did a fantastic job.

Lane changes coming up as well as the recent squad moves I wish Freya, Louise, Jess, Jenny, Chloe, Lucy and Harry my best wishes and of course we welcome new swimmers Louise, India Imogen, Lauren, Rosie, Millie and Nikki look forward to seeing you poolside!

So team we will continue to pursue excellence!!

All age group athletes should be Medley Swimmers, skilled in all four strokes with Dolphin kick being the fifth stroke.

There is no such athlete who should be a Stroke Specialist prior to or during maturation.

Never accept second best! An open mind is key to learning. Learning is change and great teachers, coaches and athletes, change and learn continually.

You are "The Team..... My Team" and this is all about doing something for the

"Team" the goal should always be to improve; the challenge for you all to develop a winning culture!



YOUTH SQUAD COACH CHRIS GLOVER



Tom Howes is fighting a constant battle with course work and trying to keep up his swimming, and enjoying both. He has represented us in the National Arena league.

Giverny is unfortunately out with the shoulder injury which has plagued her but continues to assist me on poolside along with Emily Herbert the club captain and Georgia Marriot. All three enjoy the teaching aspect and the younger

squad members love to see them pool-side!!

The active youth has grown from 1 to 3 now with a welcome back to the Roberts team!!

Oliver still heavily involved in Rugby and comes along for fitness.

B SQUAD COACH CAROLYN MCLEOD



Welcome to our new members:- Freya, Louise, Jenny, Jess, Chloe, Lucy and Harry who are all getting on well in their new squad B2

All B Squad should be entering the 400 Free on the 10th December and the fitter ones should be entering the 800 or 1500 on 13th as well. We will take 800 splits on 1500 swim.

Many of you have been competing in the Arena National League. It is important to put dates for competitions in your diaries well in advance so that you are available.

During December I will hand out printouts of all your pb's with entry forms for the County Championships next year. Entries for this are sent in January and I will be discussing these with each of you before then.

See you all this week

Regards Carolyn

A SQUAD - COACH DEREK CARLEY

The first of our three scheduled open meets, the Bexley distance meet, took place over the weekend of 21st/22nd November. The recently reopened and refurbished Crystal Palace is an extensive 50m facility which over the years has hosted international competitions as well as the National and Regional championships. In short it is the type of venue that swimmers need to experience if they are serious about competing at the top level. I was therefore somewhat disappointed that only three Newbury swimmers entered, especially as the entry times were well within the capability of A squad swimmers. Well done Charlotte Preston-Howes, Zara Ryan and Aman Shah for competing. Zara won two gold medals and achieved a PB in the 200m fly, while Aman also won two gold medals in the 200 back-stroke and the 400 IM. But regardless of the performance the experience will hold them in good stead for competitions later in the season.

Approaching December we have a full programme of competitions leading up to Xmas. Firstly the second of our scheduled competitions, the Tigersharks meet, which I do hope many of you, including B squad and

possibly some in lower squads, have entered. Tigersharks is always a well run meet and it's only down the road at Swindon, so go along. Have fun and get some PBs or possibly medals. Tony Shore will be coach for the day.

Don't forget also that we have two rounds of the club championships left, namely the 400 f/s on Thursday 10th and the 800/1500 on Sunday 13th which all of A squad are expected to swim. Sandwiched in between these on Saturday 12th is the final round of the National league. In round 2 we were short of some key swimmers but due to an excellent effort from those who did turn up we still managed a good 3rd place and we are currently in 7th position overall in the league. This means that in the 3rd round we will have missed the final by 1 place but we will be seeded top in the B gala. So another good effort from everyone in round 3 please – it would be nice to finish with a win!

Finally the third of our scheduled meets at Bournemouth will be held over the weekend of the 19th and 20th Dec. From the point of view of swimming level this should be

within the capability of most of our senior swimmers in A and B squads so I'll anticipate a good turnout for this pre Xmas bash!

So much for competitions, lets continue with what I intend to be a regular short piece on A squad training. Sometime in the next couple of weeks we will be doing a T30 – probably on Sunday evenings. For those who don't know, the idea of a T30 is to see how far you can swim in 30 minutes but it is much more useful than just that. A T30, if done at maximum effort, is the basis for determining the speed at which you can swim without Lactate accumulating in your body cells - Lactic acid is the stuff that makes your muscles hurt at the end of a hard race! This speed, which will be different for each swimmer, is known as the Anaerobic Threshold (AT) and can be used to individualize training speeds. Training at speeds below AT is basically endurance training or aerobic (with oxygen) and training above AT is essentially sprint training or anaerobic (without oxygen). You can therefore see the importance of AT in determining whether you train to improve



your sprint speed or endurance. Of course, as you've probably guessed, it's not as simple as that and in reality sprint and endurance are usually further subdivided into training categories called zones. I'll elaborate on that a bit in the next issue but if you want to know more a good starting point is probably the note I wrote a couple of years ago which can be found at http://www.ndsc.co.uk/club_swimming/club_downloads/NDSC_Note_on_training_Zones.

Have a good Christmas and be prepared for a ramping up of the training next year in the run up to the counties

Derek



MASTERS SQUAD COACH CHRIS GLOVER



The squad is now a healthy 36 strong!!!! We have had several more enquires and will hopefully gain another three this month.

Attendance at the Monday session is still hitting the 20 mark which is great although the Sunday is beginning to pick up with an average 12 including the active youth, still plenty of room for you all!!

We now have our own shirts being printed, when I say that it's names on the backs, we carry the NDSC logo on the front..... with names such as "Chopper", "The Big fella", "Big Chris" and "One of Two" and "Two of Two" all names for a bit of a laugh and recognition!! Thanks to Neale Francis!

Dave Milburn has been a busy chap again by entering the Inter counties and picking up another couple of gold medals I believe, well done to him! As the Masters coach it is always a challenge to get the balance right between endurance and technical swimming. We do have a varied ability squad and sessions are adapted for each lane so if you are a parent who maybe thinks "can't do that" come give it a try!! I will go gentle on you!

GO MASTERS !

November 28 saw a 10 strong squad from Newbury Masters compete in the Berks & South Bucks County Masters gala. The Newbury team consisting of Paul Broomfield, Mike Friday, Chris Glover, Marcus Van Heerden, Ross Jervis, Melisa Mason, Danny Melia, Dave Milburn, Daryl Payne and Liz Pudney came away with 14 individual gold's, 8 silvers and 6 bronze medals whilst achieving a total of 25 PB times - including Dave Milburn again breaking his own British record for 100m Breaststroke. Overall Newbury finished 6th out of the 45 competing clubs with Dave Milburn finishing 3rd overall.

Paul, Marcus, Ross, Danny and Liz were all competing in their first external Masters individual events and turned in some outstanding performances. Danny - having only just joined the squad turned in an outstanding 50m Fly event winning the Silver medal; Marcus excelled winning the 50m Backstroke; Liz achieved a 2nd and 3rd place in the 100m Breaststroke and 100m IM respectively; Ross won the 50m Free and 100m IM and Paul, the oldest in his age group, achieved excellent personal bests.

Everyone also competed in the relay events with Newbury entering teams in the Mixed 160+ years Freestyle relay, Mens 160+ years Medley relay, Mens 120+ years Freestyle Relay, Mens 160+ years Medley relay and the Mens 120+ years Medley relay. The evening session was wrapped up with a couple of very close relay events - first of all with Daryl, Dave, Danny and Ross finishing second in the Mens 120+ Medley Relay and then Dave, Marcus, Mike and Ross just piping Maidenhead to win a very exciting Mens 160+ Freestyle Relay.

Development Squads - Timing(s) Results

(please note that only swimmers with badge qualifying times are detailed in this section)

CRUISERS 25M Freestyle TIMINGS

SILVER: Imogen Barrett, Hayley Bryant, Jasmine Curtis, Alex Forsythe, Oliver Hassell-Collins, Craig McNeill, Charlotte Morton, Carli Nicholls, Frankie Twyford, Suzie Winsor.

BRONZE: Geselle Dockrill, Avani Gill, Jordan Hobbs, Megan Prendiville, Ellie Prout, Amy Que-Getgood, Alice Thomas, Georgia Tranter,

SPRINTERS 50M Butterfly TIMINGS,

BRONZE: Louise Barlow

SPRINTERS 50M Freestyle TIMINGS

GOLD: William Barrett

SILVER: India Channon, Blake Clark, Imogen Jones

BRONZE: Louise Barlow, Molly Dummett, Sophie Everingham, Emily Hopkins, Issac Hopkins, Ellie Janowski, Alex Jones, Victoria Jones, Lauren Manton, Travis McMichael, Frances Miller, Kerry Read, Sara Scott, Sophie Smith.

CRUISERS 25M Butterfly TIMINGS

BRONZE: Imogen Barrett, Hayley Bryant, Jasmine Curtis, Craig McNeill, Charlotte Morton

CHALLENGERS 200 IM TIMINGS

PLATINUM: Harry Willingale

GOLD: Lucy Wilkins, Tom Warne

SILVER: Emma Howes, James O'Conner, Tiffany Leftwich, Emily Tulloch, Lizzy Shore, Jack Tucker, Katie Ibbetson, India Channon, Lexi Fellows, Matthew Pudney, George Tyler, Gabrielle Tranter.

BRONZE: Lauren Wall, Ben Hall, Louise Barlow, Will Butcher, Alex Whitehead, Millie Pope, Imogen Jones, James Ibbetson, Issy Butcher, Rosie Oliver, Lauren Manton.



Swimmers Page

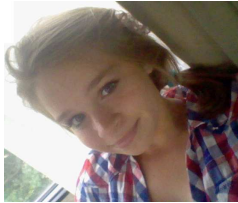


NDSC CLUB SHOP

Open every Sunday @18:30
Northcroft
Leisure Centre
(T-bags are now available)

I would like to express a big thank you on behalf of myself and the Swimming club to the outgoing Junior captains - Derek

NEW JUNIOR CAPTAINS



Hi my name is Paige Pope and I'm the junior club captain for 2009/2010 yippee! I am 12 years old and I am in year 8 at St. Bart's. My sister Millie is 9 years old and also swims at the club and is a member of Challengers. I have been swimming at Newbury for 2 years and am currently in B1 squad but attend some A sessions.

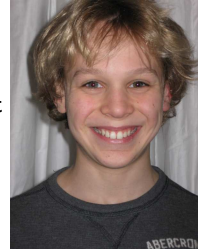
When I'm not swimming I like to spend my time dancing, running, playing lacrosse and being with my friends. My favourite subjects at school are P.E, English and Drama.

I qualified for the Counties this year and came away with 4 medals. I don't really have a favourite stroke so my favourite event would be any of the IM distances (that's what most of my medals are for!). I prefer long distances to sprints because I have a lot of stamina. My goal this year is to compete in the regional's.

I hope that you feel that Jacob, Emily, Luc and I can help support you in achieving the best that you can!

Happy swimming Paige x

Hi, my name is Lucas Schreiber (most people call me Luc). I have been swimming for four years and I'm now in B1 squad. My younger sister Natalia is in Cruisers. I'm in year eight at St. John's school in Marlborough.



I like sport and I obviously love swimming. I try to attend as many competitions as I can. My first gala was the sprints gala and my best place was 5th! I started swimming in Sprinters when I was eight and it was very tiring. My favourite stroke is backstroke. My favourite swim moment was when I got my first county time which was fifty meters freestyle! This year I hope to get a Southeast Regional time. I would really like to be an asset in helping younger swimmers because I know how tough it can be if you are training a lot and it takes a while to get to the next level, or if you've had to stop swimming for a little while and find getting into training again hard. If you have any problems just ask me and Paige. I wish everyone good luck this year and I hope we all get PB's and loads of medals.

Have fun. Work hard. Swim fast!!! Luc



NDSC NEWS



November Highlights

- 7th:** Club Championships Round 3 results available through the website
- 14th:** National League Round 2—Basingstoke
- 21st & 22nd:** Bexley Heath LI meet
- 27th:** NDSC AGM

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

December dates for your diary

- 5th & 6th:** Tigersharks Xmas Open Meet
- 10th:** Club championships R 3
- 12th:** National League Round 3—Bracknell
- 13th:** Club championships R5
- 19th & 20th:** Bournemouth Dolphins Xmas Open Meet
- 22nd:** Last swim before Xmas (PM)
- 23rd:** NDSC Christmas Ousting to JJ's) see page 6
- 25th: Merry Christmas Everyone**
- 27th & 28th:** A, B, Challengers, Youth and Masters Squads @ Kennett 8am –10am

NEWBURY & DISTRICT SWIMMING CLUB—NATIONAL LEAGUE ROUND 3

Saturday - 12th DECEMBER —BRACKNELL

Warm up 6:15pm Coach at Pelican 4.45 pm returning 9.30-10pm

Attending Coaches: Derek and Carolyn, Judge: Janet Hopkins, Timekeeper: Dave Mason.

11 & Under: Zara Ryan, Amelia Wenlock, Amy McBride, Chloe Thurston, Rebekah Cussen, Chris Regan, James McFadzen, Iain Bruce, George Tyler.

13 & Under: Louise McFadzen, Abigail Wood, Paige Pope, Holly Britten, Ben Shillam, Jafer Shah, Lucas Schreiber, Sam Scholl, Harry Willingale.

15 & Under: Jessica Francis, Charlotte Preston-Howes, Menna Chmielewski, Rory Butcher, Jake Jezzard, Simon Harris., Henry Crosby

Open: Lucy Singleton, Georgia Marriott, Emily Herbert, Holly Argent, Aman Shah, David Martin, Jacob Glanville, Dave Milburn, Tom Howes.



NDSC Swimming Club Social Events

NDSC Christmas Party

Wednesday 23rd December 7-9pm to JJ's in Basingstoke, for sumo wrestling, grown up soft play etc (www.jjsplay.com)

This is open to all ages all squads—please advise your squad rep if you are attending .

Coach from Cross Keys Car Park leave 6:15 return 9:45 to same place.

£3 contribution of coach cost per child. .

Annual NDSC Celebration Evening

A quick note for your to put the 30th Jan 2010 in your diaries. This is the swimming clubs annual social evening that is open to all swimmers and their families and will incorporate the swimming trophies presentations, a disco and a bar during the 'fun filled' evening .

Tickets will go on sale before Xmas via squad reps (£8:00 per adult £4:00 per child under 5's free), the cost of the tickets include food.

Please NOTE that your entry forms for competitions should be sent to the correct people, either through your squad reps or directly to the people below :-

For **internal galas**, the entry forms should be sent to **Neville Glanville**

For **external galas**, the entry forms are collated and process through **Stephanie Shah** and **Donella Francis**

Some of you are sending your forms to the wrong person and this incurs a delay in your entry form being processed. If in doubt check with your Squad Rep.

Question from a parent : My daughter just moved up to the senior group. Her coach wants her to start coming to morning workouts twice a week. Is this really necessary?

Answer from Chris : Your child has established proper stroke technique and swimming fundamentals by progressing through the levels of the team. It is appropriate at this stage of your daughter's career development to increase the training loads. This includes adding the two mornings per week. Although morning practices come extra early, this level of commitment is necessary for your daughter to reach the next level of her swimming career.

Training for competitive swimming is demanding on young athletes. As swimmers develop in the sport, they need to understand the upcoming time demands. One specific principle of training that applies is the progressive overload principle. A person must be stressed slightly more each day over time to continue to improve. In order to do that, the coach must plan additional time. The addition of morning workouts often becomes necessary for the coach to develop young athletes to their maximum potential.

General Comments and questions received

Question: Please can we be provide with a breakdown of club and the size of each squad.

Answer: You will appreciate this changes on a regular basis, however as of 29/22/09, the total number of NDSC members was 232.

This consists of :-

A Squad	11	B quad	31
Challengers	35	Sprinters	45
Cruisers	55	Students	2
Youth Squad	5	Active Youth	3
Masters Squad	5	Active Masters	40

We have been asked to provide further information relating to the 'rule' changes to male and female swimsuits

FINA Congress (24 July 2009) voted 168 for, 7 against on FINA legislation marking the end of the super suits The report also states that, starting in 2010, swimsuits will only be made of fabric, men's suits will be waist to knee (jammers) and women's suits will be below the neck (shoulder straps) to above the knee.

The new suit rules:

- Limit the suit coverage to below the neck and not past the shoulder or ankle.
- Limit material thickness to 1mm.
- Define and limit suit buoyancy (and who will measure it).
- Prohibit suits from providing any type of pain reduction or stimulation.
- Prohibit suits from being customized for individual swimmers.
- Prohibit swimmers from wearing multiple suits.

Starting in 2010, prohibit suits from having more than 50% of their surface area covered in non-permeable materials or no more than 25% each of the upper or lower portion of a suit.

We have also spoken to the ASA and they confirm, that the material must be fabric and for men, the swimsuit must not be above the navel or below the knee. For Ladies the swim suit must not be below knee or extend beyond shoulder (in other words no sleeves). Masters - rules do not apply to Masters entering competitions solely for Masters but would apply in all age competition s.

The above are all FINA rules and the ASA have yet to make a statement about what they intend to enforce

Andrea Ferguson—NDSC Teaching Program.

The next course starts on Tuesday 12th January, for 10 weeks, 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.