

# Watertime News

The Newbury District Swimming Club Newsletter

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Well it's only been three months since the last (December) Newsletter but what a lot has happened in that time.

In January we had the first of three Thames Valley League rounds with the final third round taking place at Reading on the 5th March. Although we were without a couple of key swimmers we put up a good fight finishing third on the night but second over the three rounds. This was our best ever finishing position so well done to all of those who took part.

The big event of February was our Cyprus training camp. Fifteen swimmers from A and B squads

joined up with 21 Reading swimmers for six days of training at Paphos, Cyprus. With 2 X 2 hour sessions per day in the 50m Olympic training pool, the schedule was hard, but there was time for fun in between and everyone had a great time! We would like to run the trip again next year so if you are interested (A B and Challengers) please email

### **A very positive start to the swimming year**

Giles Waddington. Pictures of the 2011 trip are on the ndsc web site under swimming gallery – Cyprus 2011.

In March we had the County Championships and as I am writing this we have just finished the final session so a complete set of results are not

immediately to hand. Anyway suffice to say there were some outstanding swims as I'm sure many of you will be aware if you have followed Tony's tweets throughout the competition. All result will appear on the Berks & South Bucks web site and of course the ndsc results will all go into our club rankings and records database. We also have pictures – some official, some not so official – which we will upload to a counties 2011 album on the ndsc web site.

So to summarize, a very positive start to the swimming year – let's keep it going

Derek

### Dates for your diary

| APRIL       |                                 |
|-------------|---------------------------------|
| 9th         | Bracknell Level 3               |
| 9th         | Bracknell Distance Meet         |
| 30th        | South East Region Youth Champs  |
| MAY         |                                 |
| 1st & 2nd   | South East Region Youth Champs  |
| 7th         | Berks & South Bucks No Frills   |
| 21st & 22nd | Bracknell Level 1 Long Course   |
| 28th & 29th | South East Region BAGCAT Champs |
| 28th        | Allan Eyles Reading             |
| JUNE        |                                 |
| 11th & 12th | South East Region BAGCAT Champs |

### HOLIDAY TRAINING DATES

*There will be no training from Friday 22nd April (Good Friday) to Monday 25th April (Easter Monday) inclusive.*

*No training on Friday evening of April 29th as Northcroft is closing early due to the Royal Wedding.*

*No training over the Spring Bank Holiday from Saturday 28th to Monday 30th May inclusive.*

*Please monitor the website for confirmation.*

# 'A' Squad Update

We are now into the second cycle of our 3 cycle training year and well into our hectic competition schedule. As mentioned before we have the county championships under our belts and we now look forward to the Regionals and hopefully the Nationals. Apart from that we have a number of open meets so please keep your eye on 'Diary of Events' and communications from your squad reps.

The Cyprus training camp was attended by 9 A squad swimmers. We structured each training day around a 2 hour endurance session in the morning (about 6km) and a more technical session in the afternoon. In all we covered about 10km per day – new territory for everyone, even for one day! We did a number of test sets, which we recorded on a white board, photographed and included in the photographs CD given to swimmers when we returned from the trip. There were also underwater glass portholes which gave us the opportunity to video turns.

Danish and French teams were also in attendance and it was very interesting to look at their training approach. The Danish spent an hour on the poolside doing very strenuous land work before entering the water. The French team included 400m world record holder Federica Pellegrini and a couple of our B squad swimmers managed to get her autograph – worth a trip just for that!!

The hotel and the food were fantastic although it did take a nutrition lecture to get some swimmers into a good routine – Coca Cola is not a good idea for breakfast and a bread roll for lunch will not sustain anyone for very long!!! However after a couple of days the effects of the training kicked in and they were all eating like horses!!

So we all had a great time and for a week we stepped up to a new training level, but here's the crunch – one isolated week of training, however hard, is not enough to produce sustained results. What I really wanted to achieve with this training camp was to raise the bar in setting our training commitment from here on. To be fair a few have come back new swimmers and are noticeably training much harder and better but unfortunately many have just reverted back to pre-camp training levels. This leads me nicely to my final point....

Morning sessions are currently under attended. With some of our evening sessions currently quite crowded, mornings are a good opportunity to get some quality swimming and yes, more attention! Not only A squad but B squad and Challengers can attend sessions Tuesday and Thursday am at Kennet and A/B Saturday am. Sprinters can also attend Tuesday and Thursday but I'd recommend they attend Friday am as first choice. For top swimmers – and that's certainly A squad – attendance at these sessions is important. Please make every effort to attend.

Thanks & happy swimming

Derek



# WELCOME TO 'B' SQUAD

From 1st March B Squad welcomes the following swimmers:

B1 Jack Tucker

B2 Fiona Crane, Sasie Spencer, Hannah Russell, Ben Hall, Suzy Hill

& we welcome back to Sam Scholl.

## Congratulations to all.

Also congratulations to Lexi Fellows, Jack Tucker & Harry Willingale for their performances in the 2011 County Championships which put them into B1 Squad - well done !

## B1 & B2 explained...

B1 is the higher of the two B squads as an 'entry requirement' into this squad has always been defined. Historically a swimmer has had to gain their age group 200IM County time to enter B1. This year Carolyn introduced a change whereby swimmers achieving 'any 200m county time' would automatically be promoted to the B1 squad.

This change has been a huge success and B1 is now the largest it has ever been with 10 swimmers now part of this squad. (Lauren Wall moved from B2 to B1 just prior to counties and post counties Harry Willingale, Jack Tucker and Lexi Fellows also moved up into B1)

This promotion to B1 is not a 'one way entry', it only enables the swimmer to become part of B1 for that swimming year. The swimmer MUST maintain their swimming development and continue to achieve one or more of their age group 200m county times to continue being part of B1. In the event that this is not maintained swimmer will be reassigned back into the B2 squad.

Carolyn

# County Championships Results

Congratulations to all the swimmers who took part in the recent County Championships in Maidenhead. Many of their swims resulted in improved PBs, rosettes (over 60 were won for finishes in the top 8 of an age group), medals and, in some cases, even new County records! 2011 County qualifiers were:

Abbie Wood, Alex Maughan, Aman Shah, Amy McBride, Avani Gill, Blake Clark, Elliot Rickerby, Frankie Twyford, Harry Willingale, Iain Bruce, Imogen Jones, Jack Tucker, Jafer Shah, Jake Jezzard, James McFadzen, Kerry Read, Lauren Kernan, Lauren Wall, Lexi Fellows, Lizzy Shore, Louise Barlow, Louise McFadzen, Luc Schreiber, Lucy Wilkins, Matthew Pudney, Millie Pope, Molly Dummett, Paige Pope, Rory Butcher and Zara Ryan.

| GOLD  | SILVER                                     | BRONZE                                   | AGE GROUP RECORDS                                     |
|---|--|--|---|
| Zara (12) - 200m, 400m, 800m & 1500m Free, 50m, 100m & 200m Fly, 100m, 200m & 400m IM, 50m, 100m, 200m Breast | Millie (10) - 200m Fly, 200m Free, 200m IM | Jack (10) - 50m & 200m Back, 100m IM     | Zara (12) - 200m, 800m & 1500m Free, 50m Fly, 400m IM |
| Millie (10) - 50m & 100m Fly, 100m IM   | Jack (10) - 50m, 100m & 200m Breast        | James (12) - 100m & 200m IM, 200m Breast |   |
|   | Zara (12) - 100m & 200m Back               | Millie (10) - 100m Free                  |   |
|   | Loulou (14) - 100m Back                    | Zara (12) - 100m Free                    |   |
|   | James (12) - 100m Back                     | Molly (10) - 200m Breast                 |   |
|   | Amy (12) - 200m Breast                     | Jake (15) - 200m Free                    |   |
|   | Jake (15) - 100m IM                        | Kerry (10) - 100m IM                     |   |
|   |  | Loulou (14) - 50m Back                   |   |
|   |  | Lizzy, Lucy, Zara, Amy BAGCAT Medley     |   |
| TOTAL = 16  | TOTAL = 12                                 | TOTAL = 16                               | TOTAL = 5   |

The start to 2011 has been great for Challengers squad. We have said farewell to some swimmers as they have moved on to B squad and we have welcomed a new group from Sprinters. Most of you should have had a chance to spend some time with me setting your goals and defining action plans on how to achieve those goals. For those of you who have not, I will be organising some more meetings over the next month or two.

Many of you were selected to represent the club in the Thames Valley Junior League this year and well done to those who were. We came in second place overall in the end and were close to winning. Next year I am hoping to introduce a more specific training plan in the build up to the event so that we can close that gap. Overall it was a fantastic effort from everyone who competed and proves that NDSC is one of the best performing clubs in the Thames valley area.

I was really pleased to see that Challengers were well represented in the Berkshire and South Buckinghamshire county championships. The swimmers who qualified were Molly Dummett, Elliott Rickerby, Lauren Kernan, Avani Gill and Frankie Twyford. Well done to you all especially Molly who managed to get a bronze medal in the 200 Breaststroke.

Challengers is the first of the competitive squads in the club and part of your experience should be competitions outside of the club environment. For this reason I would encourage you all to enter some of the competitions that are hosted by other clubs. Moira, our squad representative, sends out the entry forms for each of the events by email. If

you are not receiving them please let Moira or me know and we will make sure that we get you on the list. There is a Newbury coach at every event, so you needn't worry if it is your first time.

You may have heard about the Cyprus trip that happened in February! It was such a success that the club has decided to run a trip in 2012. We already have a significant amount of interest and for this year we have decided to open this opportunity up to Challengers. It won't be suitable for everyone in the squad but remember its 11 months away and you will all be much stronger swimmers by then. If you are interested please come and talk it through with me.

I am looking forward to the rest of this year in the run up to summer and I trust that you all are too. We will gradually increase on the work rate and distance over the next few months. I intend to focus a bit more on self-discipline, which means textbook starts and turns in training and a focus on good stroke technique.

Tony



The TVJL Team Celebrate their 2nd place achievement



Above - Molly takes 3rd place in the 200 Breaststroke at the counties

Left - The County Championships 2011

The 5th of March saw one of the largest squads of Newbury Masters compete in the Bracknell Masters Open Meet. In addition to regular Masters competitors Dave Milburn, Marcus Van Heerden, Liz Pudney and Mike Friday, five Masters took part in their first meet; Adrian Cohen, Peter Barlow, Kevin Payne, Andy Gore and Maxim Geraskin.

Competition was extremely strong with 260 swimmers from ages 19 to 75 competing from 64 clubs across the whole of the South of England but we had some tremendous swims in the 37 races in which Newbury swimmers competed with 22 (recent) personal best times being recorded led by Kevin Payne coming second in his 200m Freestyle age group (Dave Milburn unfortunately was only competing on a time trial basis).

In addition to the individual events, for the first time Newbury was able to enter 2 relays teams in 160 years freestyle relay as well as the 160 year medley relay in which they finished third.

All of the competitors had a great day out and are looking forward to the next Masters competition in Cardiff on 7th May.

Mike Friday  
(NDSC Masters Squad Rep)

## MASTERS' SWIM SQUAD NEWS

The Masters squad sessions continue to be well attended.

Welcome to Andy Russell and Nicky Wall who have recently joined the squad and are swimming regularly with us. We now have over 50 active Masters in the club, and with the membership steadily growing, we'll shortly be announcing some additional pool time for Masters.

Following a very successful and enjoyable competition at Bracknell, the next meet on the agenda is the Welsh Capital Masters on 7th May, which several Masters will be competing in. A number of Masters are keen on trying some open water swimming this summer, so we're looking at several events, including the Big Cotswold Swim in July and the Thames Open Water Swim Series from June to September. We're also organising some weekend training sessions at the Tri20 outdoor swim centre near Theale for those interested.

As a reminder, we still have space for new members to join us. Whether you're interested in Masters, Open Water or Triathlon competitions, or want to improve your general fitness and swimming technique, we can provide structured training sessions and coaching to help you improve. Within the squad we have a wide range of swimming abilities and we offer a free trial swim session to anyone interested in joining. We also have regular social events, like our

recent curry evening at the end of March.

For more information, please contact me at [newburymasters@googlemail.com](mailto:newburymasters@googlemail.com).

Dave Milburn



### CAN YOU HELP NDSC WITH SPONSORSHIP ?

We are always looking for sponsorship for our club. Large or small !

Do you work for or know of a company/ individual who would consider sponsoring NDSC ? You can provide general sponsorship or sponsor something specific like the forthcoming Open Meet, team clothing or training programmes. There are opportunities everywhere.

Please contact your squad rep or coach if you can help.

# ASK JANET

ASA Rules, & Judges' Jargon explained

## Licensed Meets - An Explanation

Open Meets do not have to be licensed, but where they are specific ASA guidelines must be followed. Licensed meets are graded level 1-4. Results from these are submitted to the ASA for inclusion on the National Rankings database.

Level One Meets are intended for qualifying for National and Regional Championships.

Minimum entry times are laid down by the ASA. Pools must be 50m (Long course.).

Level Two Meets are intended for qualifying for National and Regional Championships, Minimum entry times are laid down by the ASA. Pools must be 25m (Short course.).

Level Three Meets are intended for qualifying for Regional Championships and Level 1 & 2 Meets, including County Championships.

Minimum entry standards are set to suit the level of swimmers intended to be included. Swimmers who have achieved a National Qualifying Time may not swim. Pools must be a minimum of 25m.

Level Four Meets are intended for club swimmers and those beginning to enter individual open competition. Qualifying times for County Championships and Level 3 meets can be achieved.

Minimum entry standards are set to suit the level of swimmers intended to be included. Very often there is no fixed entry standard and swimmers will be accepted according to numbers in each age group and the running time of the sessions. Swimmers who have achieved a National Qualifying Time may not swim, and there is often a lower 'not faster than' time set.. Pools must be at least 25m long

Acceptance of entries at Levels 3 and 4 is not guaranteed by entering a time between the upper and lower limits. Organisers can decide to restrict entries according to different criteria. Unfortunately this can mean that entries are regularly rejected.

Sometimes swimmers are rejected because they have entered only one or two events, which is rather unfair on the less experienced swimmer who is not ready to enter too many events in a day. Do try to enter more than 2 events, especially for the meets which are 'first come, first served', for the best chance of being accepted.

The main thing to remember is DON'T GIVE UP! Your turn will come!

(This info is available on the ASA website)

### Cruisers' Swimmers of the Month

January: Sarah McAllan

February: Lowri Hill

March: Sam Hart

### Sprinters' Swimmers of the Month

January: Joe Seward

February: Joseph Bilella

March: Finola Mangan

CONGRATULATIONS TO THE FOLLOWING SWIMMERS WHO WERE RECENTLY EXAMINED AND PASSED THEIR PRELIMINARY COMPETITIVE START AWARD

Caitlin Phillips  
Kate Eatwick Jones  
Suzy Hill  
Min Bradshaw  
Georgia Tranter  
Ellie Cowan  
Ajai Gill  
Bethany Woods  
Olivia Ginga  
Lauren Kernan

AND THEN COMPLETED THE WHOLE QUALIFICATION WITH THE FULL COMPETITIVE START AWARD ON 1st FEBRUARY

Caitlin Phillips  
Kate Eatwick Jones  
Rydzian Hill  
Suzy Hill  
Min Bradshaw  
Georgia Tranter  
Ellie Cowan  
Ajai Gill  
Bethany Woods  
Olivia Ginga  
Lauren Kernan

## 14 year old Loulou McFadzen from A squad and 12 year old Lucy Wilkins from B squad report back on their memories of the Cyprus swim camp...

At 0445 on Saturday 19th February, 15 excited Newbury swimmers boarded a coach at Pelican Lane car park together with coaching staff Derek, Carolyn and Tony and chaperone Giles to take part in the Club's first ever Swim Camp in Cyprus!

First stop was Reading where the group was joined by members of Reading Swim Club who were attending the same camp. Aged from 11 to 16 (I think there were some older Reading swimmers) it was a mixed group but everyone quickly got on and blended well together as both Clubs wore identical Camp T-shirts! In fact, whilst waiting for their flight the swimmers received a number of compliments about their good behaviour!

They all tucked into a good airline lunch and the time flew by. When they arrived at the resort in Paphos, they were all buzzing as it looked such a great place. Fortunately the first dinner was thoroughly enjoyed by all which was a relief as food would be a key element to ensure everyone had sufficient energy for the swimming that lay ahead.

The training days all followed a similar pattern; a wake up call at 0630, a quick 15 minute run and then into the pool for the first 2 hour session of the day. The pool was fantastic, being outdoors and surrounded by trees it was a full Olympic size with 10 lanes of which Newbury occupied 3. Although each morning session contained a different programme, the emphasis was on distance, with the swimmers typically covering 5000 to 6000 metres. After the swim it was back to the hotel for a well-earned breakfast and then a lecture on nutrition, stroke technique etc.. Following a break, relaxing by the hotel pool or strolling on the beach, it was time for lunch which comprised a very varied buffet. After a rest it was back to the pool for a further 2 hours, this session mainly dedicated to sprints on each stroke, although they still covered approximately 4500 metres. Dinner was eaten together in the hotel restaurant followed by games and bed by 2130.

Although some of the swimmers were quite junior they all managed to swim the majority of the sessions. On the last day the coaches organised a competition together with the swimmers from Reading and all did very well.

The swimmers were very excited to discover that they were training in the same pool as the world record holder Federica Pellegrini and her team mates from the Italian national squad.

Fifteen tired but very happy swimmers arrived back in Newbury in the early hours of Sunday 27th February all agreeing that it was a great way to spend their half-term holiday.

At this month's Berkshire County Championships, the swimmers all performed well, with many new personal best times, and they were all proud to show-off their shirts and hoodies.

The camp, which was generously sponsored by Rebound Electronics, was very successful thanks to the support of the coaches and chaperones and not least to the effort put in by the swimmers.

Loulou x

I was thrilled to be part of the first NDSC international swimming camp although I will admit to being nervous also as being one of the youngest swimmers and also as part of B squad, I did fret that I may not be able to keep up with everyone.

The hotel and facilities were fantastic, but I have to say we had the best room and it was awesome!. Sam and Hannah slept upstairs and Lizzy, Lauren and I slept downstairs. I had been nagged that I would have to pick up after myself, however I have to say that Lizzy should have received an award for being the messiest person ( in our room)

We had been told that this was a training camp not a holiday and I do admit that the training was hard..... really hard, but I did manage to do it all. I would like to think that my fly and breast as well as my stamina improved dramatically during the week and some of this has been demonstrated in my recent county results. Federica Pellegrini ( she is currently the women's 200m freestyle ( long and short course) and 400m ( long course|) freestyle world record holder) was also training at the same resort and Lauren and I got her autograph on our sweatshirt - and my mum has washed it !!!!!.

I also need to say that Girls are definitely better than boys when it come to the cereal box game.

I enjoyed the camp so much, that my name is already down to go again next year so if you want my advice, If you have the opportunity to go, get your name down soon and make sure you do sufficient training in preparation.

Lucy x



Cyprus Campers enjoy the sunshine between sessions