

MAY NEWSLETTER

Did You See?

Have you been following what our swimmers have been doing either by reading my reports or June's results sheets on the notice boards or the Sports Editors version of what I write and send to him in the local paper. There has been so much happening with great Seagull results – four County Champions – Hannah Keen TWO, Tom Heskett and of course Tom Parris. Speaking of him, he has really been on his travels, Dublin, Manchester, Granada (Spain) and Loughborough – how does he fit it all in? He has also set some Club records and his time of 51.70 for the 100m Freestyle is currently the fastest time for a 16 year old boy in the UK this year. Our winning run in League matches came to an end at St Bedes when we came second, but then quite unexpectedly twenty of our swimmers went to the Black Lion Pool in Gillingham for the Ojays Open Meet. Their original objective was to go and get some good times at an Open Meet, meet swimmers from 26 other clubs in the area and see how our times compared. Surprise! Surprise! Our swimmers scored the highest number of placement points and we won the Cup for Top Club – which we took home to keep and go on display in our Trophy cabinet at Summerfields.

Do you know someone who?

It is a strange coincidence that the last time that we went to the Black Lion Pool was in December for the Division 2 Speedo League Final. We won the Title and came away with the Championship pennant which was given to us to keep. So it is with regret that I have to report that while it was on display at Summerfields someone has “BORROWED” it. If you happen to know who has done this could you ask them to return it to the Club as it means a lot to the swimmers who won it.

Did you Watch?

Melbourne's World Swimming Championships in their converted Rod Laver Indoor Tennis Stadium. It is an incredible story and illustrates perfectly how the Aussies treat sport. They decided that there wasn't enough seating at the Commonwealth Games Pool – The Games were held there last year – so they took over the indoor tennis stadium – put a water tank into it(50m long, 25m wide and 2m deep) filled it with water and off you go and you have got a World Championship Pool. One final part to this story is that there is a water shortage in Melbourne so after the games they purified the water and recycled it around the parks and gardens in the town and of course the stadium has reverted to tennis. Apart from Michael Phelps who is a pretty ordinary swimmer, winning a few Golds and breaking some world records, the Brits actually won some medals – it seemed like you had to break a Brit record just to get into a

final. However other facts came out of this competition, for instance did you see Michael Ps starts and turns, particularly his reaction times at the start and his Dolphin leg kicks off the wall on the turns. Also did you see the two dead heats which vindicate all my ramblings about electronic timing – no judge could or would have been able to split them but at some of our meets they are expected to, just think back to St Bedes earlier this year.

What's happening now?

Well it doesn't look like there will be a new and bigger swimming pool. Eighteen months ago there were discussions taking place with the then Council about building a bigger pool, but from information received the new Council are not planning to fund any projects to with swimming. If only we could have had an extra two lanes we would have automatically got a third extra pool time which would have benefited all our swimmers. Remember as the town's swimming club we only get three days in the town's pool. One very positive thing is that currently Olympic athlete Sean Baldock has resumed Land Based training for the Racing Squad on Monday evenings following the Easter break. This one hour of special exercises seems to be having a marked effect on our swimmers.

Do You Do This?

You should have a checklist of things to do before you train or compete. Always allow yourself 10 minutes for warm up exercises before you get in the pool. Check your goggles – make sure they won't come off when you dive in. Have you got a spare pair with you in case you straps break? Do you use a nose clip and have you got it with you? Do you wear drag pants during warm up or when training – these are not Bermuda shorts which should NOT be worn when training. Do you wear a hat when competing and have you got it with you? Have you got a drink with you – remember you dehydrate when swimming and you need liquid intake? If you are at an all day meet have you got food with you – pasta is a preferred form of nutrition but not too much – be careful what you use as a fuel. Please, please remember the one start rule, please don't fall in once the starter has said take your marks. Learn all the different rules about turns and finishes, practice them in training and remember them in competitions, you don't want to travel a long way to a gala and then get DQd do you? It's a long list of do's and don'ts but if you want to improve you need to get them right. One final thing if you train hard and listen to what you coach says, swimming in competitions gets that little bit easier and you will start taking seconds off your PBs.

Your Personal Best times.

Do you keep a record of all your times? You will need them to enter outside meets and galas because organisers usually publish a list of consideration times for Boys and Girls in each age group and if you have

recorded a faster time you can enter that event. This particularly applies to the Counties, Regionals and Nationals and from November onwards swimmers start trying to achieve qualifying times for the next year's championships at ASA Licensed Meets as only those times are accepted.

Loughborough

During the Easter break Alex Berwick went to Loughborough University for a four day Community Volunteer seminar and while there he visited the swimming pool and met Head Coach Ian Armiger who was feeling rather proud of his club as one of his swimmers Liam Tancock had won 2 Bronze medals at the Worlds the previous week and while that was going on his club had won the Top Club trophy at the Brits. At this pool there are memories of a Hasting Seagull on an Honours Board dedicated to their members who went to Athens for the Olympics because Lisa Chapman swam here for two years and her name is also on the record boards in the corridors around the pool. The Head Coach remembers her very well and was pleased when we told him she still holds 16 Sussex County records.

Internal Gala

By the time you read this it will have taken place and hopefully all the hours of work put in by Hayley and June in trying to match the teams equally will have worked and not too many dropped out at the last minute which unbalances the races. It should have been fast and furious racing with lots of close finishes – it usually is – so I expect it was and I hope you enjoyed it.

Reach and Rescue

Several of our coaches and trainers are currently renewing their Reach and Rescue Life Saving Certificates and will have completed their course by the 29th April. This qualification entitles them to wear Red Shirts poolside.

Regionals

Five of our swimmers will be going to Aldershot over the Bank Holiday weekend for the South East Region Youth Championships so we would like to wish the best of luck to Hannah, Sarah, Nathan, Tomp and Alex. The first two weekends in June some of our junior swimmers will be going to K2 Crawley for the SER Bagcat Junior Championships and similarly we wish them all the best.

Watch the Birdie

You may have heard some rumours about underwater filming – well they are true – but I am going to leave it to Hayley to give you a full explanation. This has all been initiated by some of our swimmers who applied for and got a grant for training aids – and one of them is a Sharkeye underwater camera – more details later.