



Wolverhampton Swimming Club Newsletter

April 2006

Session Times

Monday	Compton 7.30 to 9.00 - Seniors
Tuesday	Compton 6.30 to 7.30 - Juniors 7.30 to 9.00 - Seniors
Wednesday	Aldersley 6.30 to 7.30 - Juniors 7.30 to 9.00 - Seniors
Thursday	Compton 7.00 to 9.00 - Seniors Aldersley 6.30 to 8.00 - Juniors
Friday	Aldersley 6.00 to 7.00 - Juniors 7.00 to 8.30 - Seniors

Land training

Open to swimmers training Monday and who train 3 – 5 times per week. £1.00/session payable on attendance.

Monday 6.45 – 7.15 pm. Compton

Dates for your diary

April:

- 1st/2nd Premier Open Meet, Sheffield
- 2nd Splash and Dash, Central, Wolverhampton w/u 9.15am for 10.00am start and 1.15pm for 2.00pm start
- 8th Junior (Diddy) League Round 1 Venue tbc.
- 23rd Staffordshire ASA – Relay and Invitation Skins Event Central, Wolverhampton w/u 9.00am. for 10.00am start session 2 time to be announced
- 29th Mercian League - Venue tbc.
- 29th/30th /1st May Midland District Youth Championships



Please note the following amendment:

Staffs League 3rd Round will take place on 7th October 2006 not 7th September as previously advised in the March Newsletter.

Pool Closures

If a training session is cancelled at the last minute the word will be passed around via a telephone call. However, if pools are closed for a longer period of time, as we have unfortunately experienced recently, please keep checking the website and notice boards for updated information. It is not possible to keep contacting everyone individually, so if it is uncertain whether a training session is on or not and you are in the habit of just dropping off and picking up from sessions, please take a few minutes to check the notice board.

Also, before driving off and leaving your child/children at the pool, please ensure the training session is actually taking place, as on occasions the session has been cancelled on arrival and/or too late for a telephone call to be made.

Many thanks for your co-operation

Wolverhampton Central Baths Parents Actions Group - Progress

Representatives from the above group have been working extremely hard behind the scenes campaigning for pool time at Central baths. Following an extremely successful meeting recently with Council officials, we now await a response outlining the Councils proposal.

We still have a long way to go but the response we have received from the Council, their interest and support, indicates we have made extensive progress.

Thank you to all those involved, for showing your support, signing the petition, providing useful contacts, giving up your valuable time, attending meetings, the list goes on. It is early days and your continued support is still vital, so keep checking out the notice board and website to see if there is anything else you can do to help.

Campaign updates will be posted as and when we have some news. Keep your fingers crossed, it's looking good!

Fund Raising – Mountain Bike

Many thanks to those of you who have supported our first raffle of the year. Keep your eyes on the notice board week commencing 3rd April to find out who the lucky winner is and how much money we have raised.

Boys Captain

Thank you to all the boys who put themselves forward as nominees for Boys Captain. Keep checking the notice board as the winner will be announced soon.

Recent gala results

March:
11th

Staffs League – Round 1

'A' team Fenton Manor - 3rd place

'B' team Cheslyn Hay - 4th place

Tips from the Coach

Fluid Intake

Most swimming pools are hot and humid, training and competing in such an environment can cause dehydration which will impair your performance, reduce your ability to train hard and cause early fatigue.

If you do not want your performance to suffer it is essential to drink regularly during training and competitions. Try to maintain an adequate fluid intake through the day and just prior to a workout drink a large glass of fluid.

Try to drink a little but often, during training sessions you must drink before you are thirsty.

- Water is an option but contains no energy.
- 50% fruit juice, 50% water with a pinch of salt (1/4 teaspoon).
- Dilute some cordial with water eg:
100 ml. Ribena – litre of water
200 ml. Orange squash – litre of water

Check you are not mixing more than 50 – 80g of Carbohydrate per litre.

Fizzy drinks and undiluted fruit juices contain high levels of Carbohydrate and will inhibit water absorption because they are too concentrated. If you rely on these drinks you will continue to feel thirsty and remain dehydrated.

So, lets have **all** swimmers bringing a drink in a plastic bottle (marked with swimmers name) to training sessions in future.

Birthdays

Happy birthday to the following swimmers who are celebrating birthdays during April:

Sarah Baker

Ben Brown

Oliver Doley

Chloe Edmonds

Alex Hadley

Robert Hodgkins

Sam Noakes

Scott Rayner

Natalie Reading

George Thompson



Staffordshire ASA 2006 Age Group Championships

During March many of our swimmers competed in the above event. They produced some excellent swims, many pb's, some narrowly missing their Midland District times and some were awarded medals in their age groups, namely:

Ben Brown	3 rd – 200m. Breaststroke.	Roger Kennedy	3 rd – 200m. Backstroke. 3 rd – 200m. IM.
Laura Brown	3 rd – 100m. Freestyle. 3 rd – 50m. Backstroke.		3 rd – 100m. IM. 3 rd – 50m. Backstroke 1 st – 50m. Butterfly.
Alex Hadley	1 st – 200m. Breaststroke. 2 nd – 100m. Breaststroke. 2 nd – 50m. Breaststroke.	Jacob Laybourne	1 st – 200m. Butterfly (with a new age group record of 2.35.50). 2 nd – 200m. Butterfly. 2 nd – 100m. Backstroke. 2 nd – 100m. Butterfly. 3 rd – 50m. Butterfly. 3 rd – 50m. Freestyle.
Kimeran Kandola	1 st – 200m. Breaststroke. 1 st – 50m. Breaststroke.		
Dermot Kennedy	2 nd – 200m. Breaststroke. 3 rd – 200m. IM. 3 rd – 100m. Breaststroke. 3 RD – 50m. Breaststroke.	Esther Lee	3 rd – 100m. Breaststroke. 3 rd – 50m. Breaststroke.
		George Thompson	2 nd – 50m. Backstroke. 3 rd – 50m. Freestyle.

WSC certainly produce some brilliant Breaststroke swimmers!

The following swimmers also achieved pb's.

Aaron Bradley, Richard Breeze, Oliver Brown, Natasha Carmell, Adam Cook, Chloe Cook, Chloe Edmonds, Scott Forker, Robert Hodgkins, Sarah Millington, Erin Naughton, Laura Pacey, Andrew Pelenski, Hayley Preston, Scott Rayner, Natalie Reading, Hibah Sheikh, Luke Sheldon, Amy Simmons, Emily Stevens, Lauren Stimpson and James Yates.

Congratulations and well done to all swimmers, we are very proud of you.

13th British Schools Modern Biathlon Championships

Three of our swimmers successfully competed in the above event held on 26th February at the University of East Anglia, Norwich. The event was attended by over 800 competitors across all age groups from year 5 to year 12/13.

Robert Hodgkins came 28th out of 59 which was a fabulous achievement as this was Rob's first ever Championship. Rob swam 50m in 37.79 and ran 1000m in 3.33.10.

Laura Pacey, despite two separate recent injuries, won her 1000m run in a time of 3.05.23 (8 seconds faster than her time last year when she won the year 8 title). Laura came third in the swimming achieving a time of 1.05.23 for the 100m freestyle, a personal best.

Natalie Reading, despite feeling nervous, had a good 1000m run particularly the last 400m where she took 4 people finishing 3rd in her heat and under the allowed time, something she had never achieved before. Natalie finished 13th in the running, but after a good swim, again under the allowed time, moved into 12th position overall.

Well done to you all!