



# Wolverhampton Swimming Club

*“Working together to build a strong competitive swimming club with a friendly and open approach.”*

## April Newsletter

### 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	<b>Central Baths</b> 7.00 to 9.00 - Seniors 8.00 to 9.00 - Juniors

### Holiday Closures

Please note there will be no training on Friday 6<sup>th</sup> April (Central) and Monday 9<sup>th</sup> April (Compton) due to the Easter holidays.

### WSC

#### “Wolverhampton Swimming Club”

There seems to be some confusion regarding the status of Wolverhampton swimming Club. We are a completely independent club and have absolutely no connection with Wolverhampton Masters or the Splash/Sharks swim school.

### Recent Results

March:  
10<sup>th</sup> Staffs League Round 1  
‘A’ team – 1<sup>st</sup> place  
‘B’ team – 3<sup>rd</sup> place

3<sup>rd</sup>/4<sup>th</sup>/17<sup>th</sup>/18<sup>th</sup> Staffordshire ASA  
Age Group Championships  
See separate report.



### Dates for your diary

April:  
1<sup>st</sup> Nuneaton & Bedworth “April”  
Qualifying Meet

21<sup>st</sup> Junior (Diddy) League Round 1  
(WSC hosting – donations of raffle prizes gratefully received)  
Central Baths

22<sup>nd</sup> Staffordshire ASA Relay and Skins  
Invitation Meet  
Central Baths

29<sup>th</sup> Haden Hill Open Meet  
Central Baths

May:  
5<sup>th</sup> – 7<sup>th</sup> Midland District Youth Championships

12<sup>th</sup> Junior (Diddy) League Round 2



### Welcome to the Committee

We are delighted to welcome Mark Lockitt onto the committee as Competition Secretary, working alongside Wayne and Judith Stevens initially, who must be thanked for all their efforts over the many years and their continued hard work and support.

**Tips from the Coach**

**Poolside Kit.**

It is important that the correct equipment is used in developing a swimmers ability.

**Goggles.**

These not only protect the eyes from chemicals and increase a swimmers awareness of others in the lane but also allow the swimmer to see technique below the surface.

**Swim Cap.**

Important for hygiene and enables the swimmer to concentrate on stroke technique.

**Kickboard.**

These come in a variety of sizes and shapes and are used to isolate and improve leg kick (not used for fly).

**Paddles.**

These also come in different sizes and shapes. They can be used to develop power or for stroke correction.

**Pull Buoys.**

Vary in size and shape and are used to isolate arms. (Large pull buoys should be used with care in younger swimmers, as they may cause the body position to be unnaturally high).

**Fins.**

Various sizes and shapes are available. Short fins are harder to use but are useful for conditioning and technique.

**Water bottles.**

Every swimmer should bring a drink in a plastic water bottle to avoid dehydration.

Most of these items can be obtained from sports shops or by mail order from various suppliers, eg. Swimrite, Swimshop. If you are unsure regarding type, shape etc. please ask.

**All equipment should be marked with the swimmers name.**

**Birthdays**

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

Sarah Baker

Oliver Doley

Robert Hodgkins

Fleur Kennedy

Natalie Reading



George Burgess

Alex Hadley

Amandip Kang

Scott Rayner

Zakiyah Shiekh

**Reminders**

There has been an increase in lost property recently.

Parents/swimmers please do not leave valuables or clothing in the changing rooms, bring them onto poolside in your bags.

Parents, please encourage swimmers to be responsible for their belongings on poolside, at training and more importantly at Gala's/Open Meets.

Please name all items where possible.

### **Staffordshire ASA Championships**

During the first weekend of this event, a total of 28 swimmers representing Wolverhampton Swimming Club completed a total of 85 swims across the range of events. Many of these swims saw new personal best times being achieved, which is credit to the hard-work and commitment of all those taking part.

A special mention should be made of the stunning performances by Jacob Laybourne in the 200m Butterfly which saw him not only achieve a National Qualifying time and 1<sup>st</sup> place in his Age Group, but also set a new Staffordshire Age Group Record in a time of 2.26.35. Esther Lee swam superbly in the 100m breaststroke to secure her 2<sup>nd</sup> place in her age group and a fantastic swim in his 200m Breaststroke saw Aaron Bradley take 3<sup>rd</sup> place in his Age group.

Following the success of the first weekend, all those competing in the second weekend managed to mirror the excellent performances and bring home medals and personal best times ` a plenty`.

A total of 27 swimmers took part competing in a total of 81 races. Alongside the improvements in times achieved by these swimmers, there were additional accolades for Jacob Laybourne who gained two National qualifying times (200m and 400m Freestyle) and Midland qualifying in two other events (220m IM and 200m Backstroke). Esther Lee, Kimeran Kandola and Danielle Mullinder managed a triple in the 200m Breaststroke with all three achieving Midland qualifying times also.

The culmination of the Counties was awards in the BAGCAT (British Age Group Categories) and SADCATS (Stroke and Distance Categories). In the BAGCATS for girls 10yrs, Danielle Mullinder and Kimeran Kandola finished 6<sup>th</sup> and 7<sup>th</sup> respectively with Joshua Pachoki finishing 6<sup>th</sup> in the 10yrs boys. In the 13yrs boys, Jacob Laybourne and Roger Kennedy secured 5<sup>th</sup> and 6<sup>th</sup> place respectively.

In the SADCATS, Natasha Carmel took 3<sup>rd</sup> place in the 14yr girls Butterfly events with Lauren Stimpson finishing 6<sup>th</sup> in both the 14 yrs Breaststroke and Backstroke events. Adam Cook achieved 5<sup>th</sup> place in the 15 years boys Backstroke.

All swimmers were yet again well supported by family and friends from the balcony and by each other on poolside.

Once again congratulations to all those swimmers who competed.

Report by Kate Mullinder.

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### **Finally.....**

Sue and Paul Millington have been producing the Newsletter for the past two years. However, as from May our Press/Publicity Officer, Sarah Bacon has kindly agreed to take on this task. We therefore trust you will continue to support Sarah and any comments/contributions can be forwarded to Sarah on the club e-mail address [newshound@wolves-sc.co.uk](mailto:newshound@wolves-sc.co.uk)

Sue and Paul would like to take this opportunity to thank everyone for their contributions, support and positive comments they have received over the years.