

WSC Newsletter December 2009



2009 has been a successful year for Wolverhampton SC. We are currently in 5th place in division 2 of the Arena National Swimming League with a very good chance of promotion to division 1; In 2008 we were at the bottom of division 2. We have also made it to the premier final of the Staffs League, something the club has not achieved before. The Junior League team also had a successful year, maintaining their division 1 status. Many of our swimmers have had very good swims at various opens with 9 regional qualifiers and 1 National qualifier so far. Jane, our head coach has a target of 12, which has doubled from last year. This year has also seen 2 of our swimmers selected for the England Talent Development Programme. None of this would be possible without the hard work and dedication of all those involved with the club, including swimmers, parents, committee members, officials and of course, our coaches. So a big well done to everyone and keep up the good work so that 2010 will be an even bigger success!



Wishing you a very Merry Christmas and a prosperous New Year from all at WSC!



Xmas Pool Closures

Central will be closed from 24th December to 3rd January.
Aldersley will re-open on Thursday 7th January.
Colton Hills will be closed from 17th December to 3rd January.

There will be no land training on the following dates: Dec 11th, Jan 15th, Feb 12th, Mar 12th, Apr 2nd 9th 16th May 14th, June 4th, July 25th.

Team Selection

Can we remind all swimmers and parents that we are a competitive club and ALL swimmers are expected to swim for the club in team galas when requested, regardless of which training group they are in. The important galas to note are The Arena National Swimming League, The Junior League and The Staffs League. Please look at the attached gala calendar and make a note of the dates in your diaries. Julie Bradley is our team manager and she coordinates all team events. If you have any queries relating to team swims or to confirm availability please contact Julie on 01902 306181.

Sponsored Swim

Thank you to the swimmers who took part in the sponsored swim. We raised over £1,200 and the 2 charities that benefitted are Promise Dreams and The Multi-Handicap Care and Relief Service.

Staff Training

A number of people have been attending training courses throughout the year, which all contribute to the quality of coaching offered to our swimmers. Matt Giles, Gary Hannon, Adam Johnson, Sarah Millington and Tracey Roberts have all attended the ASA Swimming Coaching Level 1. Sarah Bacon has completed the first 3 modules of the Level 2 Coaching, with the final 3 modules beginning after Christmas and Kate Mullinder is currently working towards her Level 3 UKCC award. Thanks to all of them for giving up their spare time!

Long Course Training

We are hoping to hold monthly training sessions at Coventry's 50m pool. It will be held on one Sunday in every month, with dates to follow. Attendance will be by invitation from the head coach.

Morning Training Sessions.

Talks with the council regarding morning training are progressing well. It is hoped we will be able to access at least 1 morning per week after Christmas.

We have had a small number of informal complaints from the public regarding the behaviour of swimmers in the changing rooms before and after sessions. Please can parents ensure swimmers are respectful of other users of the facilities.

Training Group Criteria

As you are aware the club is structured into groups. This is to enable swimmers to achieve their chosen performance level. Each group has a minimum training requirement in order to achieve the aims of that group.

Performance Group – the aim is to achieve high county, regional and national qualifying times and to do that, swimmers aged 12+ must swim a minimum of 5 sessions (10hrs) per week and swimmers aged 10-11 must swim a minimum of 4 sessions (7-8hrs) per week.

Development Group 1- the aim is to achieve high county and regional qualifying times and swimmers must attend a minimum of 4 sessions per week.

Development Group 2 – the aim is to achieve high county and regional times and must attend 3-4 sessions per week on the coach's advice.

Senior Competitive 1&2 – the aim is to achieve county times and maintain fitness in order to represent the club as requested and swimmers in SC1 must attend a minimum of 2 sessions per week and swimmers in SC2 must attend a minimum of 3 sessions per week.

Junior Club – the aim is for swimmers to achieve county qualifying times and they must attend 3 sessions per week.

Seals – the aim for this group is to improve their strokes and skills in order to progress on to the next group. Minimum attendance is by coach's advice.

Attendance needs to be on a regular basis. If for whatever reason you are unable to fulfil the attendance criteria you MUST speak with Jane.

Training groups and sessions are reviewed twice a year in September and January.

Club Vacancies – We are looking for someone to take over the role of Club Secretary and we would also like to have a Social Secretary. If you are interested in getting more involved please speak to one of the committee members or have a chat with Jane. We are always pleased to have more volunteers!