



# Wolverhampton Swimming Club Newsletter May 2007

[www.wolves-sc.co.uk](http://www.wolves-sc.co.uk)

## WOLVERHAMPTON SWIMMING CLUB COMES HOME!

We are just one month away from moving to our new home at Central Baths. After months of hard work the committee has managed to secure Central Baths as our base. This is an exciting step forward for our club. Central Baths offers a high standard of facilities which will enable our swimmers to train to their full potential; this will lead to better competition results and ultimately we have the potential to be a top rated club.

The move to Central will result in some session times altering slightly. for the time being; details of these changes are not yet available.

The committee will be holding a meeting for parents and swimmers when all the details are confirmed. The date for this will be arranged shortly so please watch the notice boards for information.

## DATES FOR YOUR DIARY

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

May 12<sup>th</sup> Junior League R2

May 19<sup>th</sup> Cossacs Open  
Meet, Fenton Manor

June 9<sup>th</sup> Hardwick Diddy  
Gala, Bridgenorth

## CONGRATULATIONS!

Chris Fox has been selected to take part in the European Junior Championships held in Antwerp, Belgium on the 18<sup>th</sup> -22<sup>nd</sup> July this year. Well done Chris, we wish you every success and will all be cheering you on!

## NEWSLETTER

We are looking for swimmers to write reports about the competitions they take part in. If you would like to contribute to the newsletter then please email [newshound@wolves-sc.co.uk](mailto:newshound@wolves-sc.co.uk) or speak to Sarah.

## Wolverhampton Swimming Club Newsletter May 2007

### GOOD NEWS!

Jane is one of only a few coaches to be selected to take part in the West Midlands Coach Performance Project, It is the first of its kind in the country and it will lead to qualification at UKCC level 3. Jane has been sponsored by West Midland Region to the tune of £1500.

The course takes 1-2 years to complete and will involve Jane attending workshops and lectures, as well as working alongside Coaches from top level squads.

This is excellent news for both Jane and our club. Well Done Jane!

### LOST PROPERTY

We currently have a number of items left behind at training sessions. If you think you have lost something please speak to Jane.

We need a volunteer to help with lost property , if you are interested in helping then please speak to Jane or Sarah.



### SWIM SHOP

If you would like to purchase club caps, bags and T shirts please contact Stuart via email on [swimshop@wolves-sc.co.uk](mailto:swimshop@wolves-sc.co.uk)



### JUDGES' COURSES

3 of our members are undertaking a Judges course over the next few weeks.

This will enable them to continue being timekeepers /judges in light of the recent regulatory changes. Steve Mullinder, Mo Sheik and Mike Carmell are all sharpening their pencils in time for the written exam on May 2<sup>nd</sup>. The practical exam will be at the end of June. We wish you all the best!

### ONE TO ONE'S

Over the next month, Jane will be speaking with swimmers and their parents, on an individual basis, about their progress and training within the club.

### BIRTHDAYS

WSC would like to wish a very happy birthday to the following swimmers born in May:

James Cartwright  
Josh Pachocki  
Sophie Jones  
James Yates  
Roger Kennedy  
Emily Stevens  
Adam Cook



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## RECENT RESULTS

### Junior League – Round One

The first round of this years `Diddy League` took place on Saturday at Central Baths. Competing in the event were the 9's to 12 year old boys and girls, some taking part in their first competitive events representing Wolverhampton Swimming Club. The Gala was always going to be a close run affair against five other clubs, but all the Wolverhampton swimmers tried their best and worked together to secure a well deserved second place overall. The Team now sits in 7<sup>th</sup> Place in the league table ahead of the next round, due to take place on 12<sup>th</sup> May.



### County Relays

27 of Wolverhampton's junior and senior swimmers represented the club in this years relay event, held at Central Baths on Sunday. Teams took part in the girls 9/10 years; 11/under; 13/under; 15/under and Junior events and in the boys 11/under; 13/under; 15/under and Senior men's events. All relays were 4 x 50m (freestyle and IM) along with one 6 x 50m senior mixed relay. There were some good personal best performances with all swimmers showing a committed team spirit to achieve some good results. Top honours went to the quartet of Roger Kennedy, Jacob Laybourne, Ashley Mullinder and James Yates who took gold in the 13/under IM Event.

Invitation Skins - Roger Kennedy and Jacob Laybourne were invited to take part in the IM and Freestyle Invitation Skins held during the above relay event. Whilst neither swimmer managed to achieve a rostrum place, their invitation to take part in such an event is warranted by achievements within the County Championships held in March and their selection to participate should be commended.

### Haden Hill Open – 26<sup>th</sup> April 2007

Well done to all 16 swimmers who took part in the above Open meet, held at Central Baths.

The team achieved a total of 23 trophies – 2 first; 3 second; 4 third and 14 4<sup>th</sup> – 8<sup>th</sup> Places.

First place trophies went to Roger Kennedy (200 IM) and James Yates (50m Breaststroke). Second Places went to Jacob Laybourne (100m and 200m Freestyle) and Esther Lee (50m Breaststroke). Third Places went to Roger Kennedy (100m and 200m Backstroke), Jacob Laybourne (100m Butterfly) and Aaron Bradley (100m Breaststroke).

Other trophy winners were Adam Cook, Amy Simmons, and Ashley Mullinder.

Chloe Cook, Hayley Aldridge, Hayley Preston, Jessica Smith, Laura Burke, Lauren Stimpson, Robert Hodgkins and Sarah Millington all performed to their best and were unlucky not to come away with more awards. However, their efforts were in the main rewarded with new personal best times. Well done to all participants & supporters. Report by Kate Mullinder

## Wolverhampton Swimming Club Newsletter May 2007

### PUZZLE PAGE

Welcome to our new puzzle page. Each month there will be a puzzle with prizes to be won! To enter the competition for May, find all of the words opposite in the wordsearch below; fill in your name and post your entry in the brown envelope on the notice board at Central Baths, or hand your entry to Sarah Bacon. Closing date for entries is 9pm on Friday 25<sup>th</sup> May 2007. The winner to be picked at random from the correct entries.

### WORDS TO FIND

STOPWATCH PADDLES  
 COACH FINS TRAINING  
 SWIMMERS WATER  
 BREASTSTROKE LANES  
 TUMBLETURNS MONOFIN  
 BUTTERFLY TROPHIES  
 MEDALS KICKBOARD  
 GOGGLES FREESTYLE  
 PULLBUOY DIVES FLAGS  
 CHLORINE STREAMLINE  
 BLOCKS COSTUME GALA  
**Words can be found in any direction but must be in a straight line.**

P	S	A	L	G	S	V	E	T	M	E	D	A	L	S	G	G	O	O	E
G	A	L	G	O	W	A	D	E	M	N	D	P	N	E	E	B	F	L	R
H	O	D	T	G	I	P	U	L	L	I	W	T	A	F	L	A	Y	A	B
C	E	S	D	G	M	L	F	R	T	R	S	A	N	O	M	T	T	N	L
T	N	S	R	L	M	R	M	T	R	O	P	H	I	E	S	R	R	E	E
A	I	T	U	E	E	N	U	O	T	L	R	A	O	E	G	A	O	S	S
W	L	S	T	S	R	S	T	A	S	H	A	Z	E	L	G	S	D	I	V
P	M	I	I	C	S	R	I	C	O	C	I	R	E	R	F	T	N	A	L
O	A	F	H	H	B	U	T	T	E	R	F	L	Y	T	R	A	A	N	S
T	E	N	A	W	R	O	F	E	A	S	I	H	L	L	F	S	T	A	S
S	R	S	B	A	E	R	R	C	A	W	N	M	E	G	A	L	A	D	N
K	T	E	E	W	A	T	E	R	R	P	S	U	L	L	B	H	L	N	R
I	S	U	T	R	S	P	O	S	A	E	D	K	G	H	R	T	Y	E	U
C	O	A	C	H	T	U	D	A	W	B	Q	M	C	I	I	J	K	M	T
K	R	U	N	A	S	L	D	S	K	E	U	M	T	O	S	O	C	U	E
B	R	E	A	Z	T	F	I	G	O	N	T	F	O	B	L	T	R	T	L
O	H	L	O	R	R	L	V	A	M	G	U	I	B	L	O	B	O	S	B
A	L	A	Y	U	O	B	L	L	U	P	M	C	N	I	F	O	N	O	M
R	T	R	A	I	K	C	O	F	D	A	B	A	N	F	A	W	D	C	U
D	I	V	E	S	E	I	Y	G	T	R	A	I	N	I	N	G	D	T	T

Name: \_\_\_\_\_ May Wordsearch