



Wolverhampton Swimming Club Newsletter

October 2005

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/or Friday and who train 3 – 5 times per week. Cost £1.00 per session payable on the night).

Monday 6.45 – 7.15 pm. Compton
Friday 6.15 - 6.45 pm. Aldersley

Dates for your diary

October:

- 8th Speedo - round 1
Stetchford, Birmingham
- 15th Staffs League – round 3
'A' team Tamworth
'B' team Wolverhampton
- 16th The 12th Wolverhampton City Championships



Please check the club notice boards and website regularly for gala dates, team lists, venues etc.

Club Championships

The club championships will be held on November 13th 1 – 4 pm prompt at Wombourne Leisure Centre.

The club presentation night will be held on Friday 23rd December 2005 at Perton Golf Club. Tickets available soon.

All swimmers should enter this event as times can be used to enter County Age Groups in 2006. Swimmers performances may also influence team selection for galas early next year.

Valuables – keep them safe!

Will all swimmers please ensure that any valuables brought to training sessions are hidden in kit bags and all bags are taken onto pool side. There has been an incident at Compton recently, when a mobile phone was taken from the boys changing rooms.

Please be vigilant and look after your property, better still, please avoid bringing any unnecessary valuables with you to training sessions.

Behaviour!

It has been brought to the Club's attention that some children are misbehaving in the changing rooms at the end of training sessions. If this behaviour continues, we will be at risk of losing our pool time, which would be most unfair on the swimmers who do behave and train hard.

Swimmers before getting involved in any unacceptable behaviour, please think of the consequences! Parents your support in this matter would be greatly appreciated.

Timekeepers Course

Congratulations to the following people who recently passed their theory paper for the Timekeepers course:

Dave Chance
Dave Fereday
Matt Mitchell



Rachael Cockayne
Don Martin
Mo Sheikh

We wish them all good luck in their forthcoming practical exams.

Anyone interested in any officiating course, please contact Steve Cockayne.

"Tips from the Coach"

Swim programmes are divided into several different parts. The **warm up** and **swim down** sections are generally not taken seriously by swimmers and yet are a vital and important part of swim training.

The **warm up** prepares the body mentally and physically for the work ahead – muscles and joints are loosened, the heart rate increases and the lungs expand. Techniques practised in previous sessions can be covered again for reinforcement.

So please make every effort to be on time for the warm up!

At the end of a hard session the **swim down** serves to help the body recover more quickly. The length of the swim down will vary depending on the intensity of the session; also older swimmers require longer distances. Swimmers should swim at a moderate pace (not slowly), on front crawl or backstroke.

Sharks

Do you have any young friends or relatives that want to learn to swim? If so please tell them about our sister club the sharks swimming school. For more details about where and when they swim please contact Kim on 07970021594 or visit their website;



www.swim-school.org.uk



Recent gala results

10th Sept - Nuneaton & District Junior League Final
2nd place (see below)



17th Sept - Muriel Blaydon gala
Hosted by Chase S.C.
5th place - only 2 points off 4th!

Nuneaton & District Junior League Final

Central baths was buzzing on Saturday 10th September as the finalists of the Diddy League arrived armed with mascots, banners, balloons, anxious coaches and supporters, this all contributed to a fabulous atmosphere and an exciting afternoon.

WSC had some excellent swims and broke a few records along the way!

Roger Kennedy broke the record in the boys 12 and under 2 lengths Butterfly, with a time of 33.87, well done Roger.

With such a strong 12 and under boys relay team, namely **Aaron Bradley, Alex Hadley, Roger Kennedy** and **Jacob Laybourne**, records were broken in the 4 x 1 Medley relay with a time of 1.06.37 and again in the 4 x 1 Freestyle relay with a time of 59.06 – congratulations we are very proud of you all.

Despite finishing 3rd on the day, when the points were totalled, WSC came 2nd place overall resulting in promotion to Division 1. Congratulations to Jane and the team for all their hard work.

Congratulations!

Birthdays

Happy Birthday to the following swimmers who are all celebrating birthdays in October.

Georgia Dimmock



Josie Turner

Jacob Laybourne

Will Brown

Michael Worthington

Hayley Aldridge