

Welcome to the Tring Swimming Club's newsletter

Who are we?

- A friendly club based at Tring Sports Centre
- About 150 members aged between 8 and 60
- A junior club with children joining once they have completed a "learn to swim" programme
- An active Masters group of about 20 swimmers, and growing!
- Affiliated to Herts ASA and the ASA Eastern Region
- Have a close relationship with Maxwell Swimming Club, a performance club based in Aylesbury

What's in this edition?

- Coaches report
- Interview with a young swimmer
- Peanuts Gala Round 3
- The "Great" swim
- A triathlon challenge
- Dates for your diary

Key contacts

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- For any other enquiries, www.tringswimmingclub.co.uk > **Contact us**

Coaches report

Another fantastic term of club swimming! Most noteworthy, is the recent influx of PB's especially with IM races due to the big increase in Individual Medley sets being swum in training. Also, we now have 3 swimmers (Charley Stevens, Georgina Scott and Charles Bose) swimming 'in transition' with our Maxwell teammates regularly and doing very well with this.

Our Masters sessions continue to thrive, making them a much more substantial part of the Tring Swimming Club, and still growing!

NOTE FOR THE CHILDREN: Don't forget to encourage your parents to give the Masters session a go! There are now almost 40 masters!

One of the lowlight was that we were unable to fill either girls or boys 9YO races/relays at the Peanuts this year, which caused a dramatic drop in our points score in this league. However, we believe that going forward this will no longer be the case with the new Academy due to begin at the start of the next school year.

TSC's young talent! – an interview with Michael Renkel



How old are you?	10 years old
What school do you go to?	Grove Road Primary School, Tring
When did you start swimming?	I started when I was 5 and had lessons with Claire Griffiths. I joined TSC when I was 7.
Why did you join the swimming club?	I wanted to continue to swim and improve after the lessons
What do you enjoy about swimming, and makes you want to do more?	I enjoy galas and swimming for the team. I enjoy taking part, as well as receiving trophies and medals! I like short distances best – 25m or 50m. My favourite stroke is front crawl, and least favourite is butterfly. I love to get PBs – my front crawl is currently 16.78 seconds for 25m. Also, I like to make new friends in the club.
Do you have any long-term goals?	I would like to break the club record in front crawl. I have improved a lot in my back crawl, and now need to work on technique in breast stroke. I would also like to break the butterfly club record, but I need to work on my breathing. In the long-term, I would like to swim in the 2020 Olympics!
Describe a typical sporting week for you	I swim on Mondays, Tuesday, Thursdays and Sundays. My preference is Sundays, perhaps because it is at the weekend. I also play tennis.

Who in the sport's world do you think is a "star"?	Michael Phelps. He is one of the best swimmers of butterfly. He has got excellent technique.
What is your most significant sporting achievement?	The team came 2 nd in Peanuts – a fantastic achievement as we exceeded expectations!
What do you think TSC has to offer other children your age?	Nice people, good coaches and fun.
A word of advice	Focus on the end of the pool, and remember where your arms and legs are!

Peanuts League Round 3 – Jo Sansom

Tring Team swam a fabulous final round of the Peanuts league on **Saturday 3rd July**. Unfortunately due to a lack of 9yr olds we were unable to provide a complete team, and on several events we had members swimming in a higher age category to make up the numbers. We managed to achieve a fantastic **THIRD** place overall which considering the lack of younger team members was a fabulous effort.

Individual swimmers which stood out were:

- Kieran Clark** 1st - U11 - 25m Butterfly
- Elly Sansom** 1st - U12 - 25m Freestyle
- Sophie Williamson** 1st - U13 -50 m Backstroke
- Jack Mustill** 1st - U12 – 25m Butterfly
- Catriona Scott** 1st - 9yr – 25m Breaststroke

Relays which came first were:

- U12 Girls Freestyle relay – **Emily Stevens, Aliasha Mazey, Elly Sansom and Jasmine Booth**
- U13 Boys Freestyle relay – **Robert Jennings, Sam Murcott, Robert Peck and Alex Houston.**

A “Great” swim – Jan Stevens and Louise Griffiths

It was with some trepidation that I set out from the Travelodge at Capel St Mary heading towards Alton Water near Ipswich for the **British Gas Great East Swim (1 mile)**. As we approached the event entrance, my stomach churned. I've never taken part in an event that has its own AA signs! Once there we headed straight for the water, the atmosphere was buzzing and there were hundreds of black wetsuits everywhere. The wind was blowing hard and whipping up the surface of the water - it looked more like the sea than a reservoir.



3000 swimmers were divided up into 12 “waves”, each setting off in 30 minutes intervals. We were in the Neon Red wave at 10.30am.

Acclimatisation was short and very cold, and not really enough room to do a proper swimming warm up, just time for a quick dunk and wetsuit adjustment with a timing chip velcroed to our ankles.

Once in the water, the waves suddenly looked bigger! The first 600m were against the wind waves and really hard going. I kept thinking...just make it to the first buoy, then get to the next one. Getting into a rhythm was difficult, due to the choppy conditions. I remembered the training tips and tried to swim in a straight line – easier said than done! It was easy to be blown off course and engulfed in waves, making the sighting the buoys and breathing difficult.

After the 600m buoy it became slightly easier, as the waves weren't hitting me straight on, and I managed make more regular strokes. I was still gasping for breath. Then it started to rain, then hail, I wouldn't have been surprised to see snow! Coming up to the last buoy I was so excited and started to look for my supporters on the bank, but I was still too far away.

At 75m left, I was hit by a big wave. Engulfed and spluttering, I pushed on and finally made it through the very welcome bright Orange buoys. My grinning supporters greeted me with, “We didn't think you'd get round that quick!”

I collected my finisher's medal, t-shirt and flipflops and grabbed a Mars bar. I was shattered, but so chuffed. Lou was already changed when I finished, and swam the mile in a phenomenal 28.34 minutes. I huffed and puffed round in 45.12 minutes. So pleased with our achievement, we've entered the Great London Swim, this time within the urban backdrop of the Royal Victoria Dock...people warned us that open water swimming is addictive ☺

A triathlon challenge – TSC Master - Julian Smith

On Saturday 29th May I made my return to triathlon after 7 years of focussing on cycling (the only discipline I was any good at), to see if I could use my improved cycling to useful effect. My chosen event was the **Little Beaver Triathlon** at Belvoir Castle near Grantham. This comprised a 1500m swim around a lake, a 27mile cycle of 2 laps around the locality and then a 10km run of 3 laps up to the castle and down again.



So...how did I fare? Well...good and bad. The good news was that I completed. The less good news was getting leg cramp towards the end of the lake swim (which, by the way, was pitch black underwater with the soft light silt being kicked up from the bottom by the swimmers – horrid!) which fully let loose on both legs in the transition area, leaving me in a comical state, a beached whale desperately trying to ease the pain and work out how to get one last bit of the wetsuit off one foot, not being able to reach it (or stand up!) without cramp agony. Ignoring the little voices in my head telling me to throw the towel in, I eventually got it off, my cycling shoes on, and commenced the cycle.

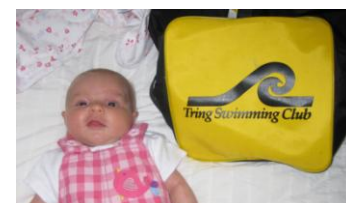
Back into my territory and things went well with a good time for the bike leg, the legs sore but at least no longer cramping. Back into the transition area and onto the run, the now shot legs reminded me of their previous chronic cramp with every step.

Still, I managed to hang on and finish in an under-the-circumstances reasonable time of 2hr42 with a lesson re-learned... **However unattractive and inconvenient, always, always thoroughly practice race conditions in training**....in this case: 1500m continuous swimming, with no push-off from ends of the pool, in a wetsuit that provides a new swim position, with no leg kick of note needed requires significant physiological adaptation.

During that run I considered that it might be best to move back to triathlon retirement, but it's amazing how the memory fades and I now see this as unfinished business, looking forward to my next event where, hopefully, I'll be prepared and ready to race on my terms...

Other Club News

A new baby – **Sophie Grace Bowers** was born on May 17th 2010, a new sister for Thomas and Caitlin Miles. Many congratulations Fran and David, and great to see you swimming *already* again, Fran!



TSC is delighted to welcome **Jo Sansom** as new committee member. Your time and effort as a committee member makes TSC what it is today, and what it is to become in the future. Thank you for joining the team and your contribution already!

In the same token, thanks to the committee members who are stepping down after a number of years – **Chris Roberts** (chair) - 10 years, **Nicky Gray** - 7 years, **Heather Wignall** (treasurer) - 2 years.

NOTE: We always need parents' time and help, particularly those of younger swimmers. Find out how you can contribute! "Every little helps", as Tesco promotes!

Thanks to **Hilary Denton-Sparke** for organising the fantastic Curry Evening Fund-raising event held at the **Olive Limes**. A staggering £770.90 was raised! Anyone who didn't make it, you missed a great evening...see the jolly chaps opposite! Don't miss out next time! ☺



Dates for your diary

Date	Type	Event
Saturday 4 Sept	Gala	Hoddesdon Swim Club Open Meet*
Saturday 25 – Sunday 26 Sept	Gala	Maxwell Swim Club Open Meet**
Saturday 9 October	Gala	National League Gala Round 1

*Closing date for entries is **Friday 9th July**

Closing date for entries is **Friday 16th July

NOTE: Remember to check the Noticeboard or website for up to date information

Tring Swimming Club is always keen to welcome new swimmers. If you can swim a few lengths of front crawl, or you are an experienced swimmer, just needing an incentive to get back in the pool, then come and try a session. Just have a word with Craig or Kevin anytime.

And finally....thanks to our sponsors

