



October 2010

# 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 after and in conjunction with local lesson programmes
- ❑ An active Masters group of over 40 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?

- ❑ The Academy is launched!
- ❑ Swimming with TSC and Maxwell
- ❑ Open Meets – a member's view
- ❑ The 10 Commandments for swimmers' parents
- ❑ Dates for your diary

## Key contacts

- ❑ Coach - Kevin Brooks [head\\_coach@maxwellswimclub.org](mailto:head_coach@maxwellswimclub.org)
  - ❑ Coach - Craig Oliver [craig\\_oliver@maxwellswimclub.org](mailto:craig_oliver@maxwellswimclub.org)
- For any other enquiries, [www.tringswimmingclub.co.uk](http://www.tringswimmingclub.co.uk) > **Contact us**

## The Academy is launched!

An exciting new initiative is being launched at Tring Sports Centre; it's a new swimming group which is a joint venture/partnership between Tring Swim Club and Sportspace Tring.

The **Swimming Development Academy** (as it will be known) is a concept that Kevin (our Head of Coaching) is now implementing at Tring. The Tring Academy is based on the award winning 'Maxwell Academy Programme' that is now firmly established in Aylesbury and Buckingham after being launched by Kevin some 4 years ago.

At the heart of the Academy is establishing a pathway for talented swimmers to progress *unhindered* to the top of the sport. The programme also gives the lesson programme an overall goal and something for children to try and target. Swimmers are also expected to continue to swim in their usual lesson each week; in addition to the Academy.

The Academy is for **swimmers aged 5 to 11 years** who can already swim at least 50 meters. Developing stroke technique and building up distance ability is the main focus to enable progression through the club. The first stage of the Academy is the **Bronze Academy**, run in partnership with Sportspace Tring, and who operate the Sports Centre in Tring.

Swimmers are invited from the Sportspace lesson programme by their teachers (or by the Tring coaching staff) to attend once a week. The Bronze Academy is an hour in duration and is a supplement to the swimmers usual 30 minute 'learn to swim' lesson each week. The Bronze Academy aims to develop all four strokes along with an introduction to "starts and turns".

Payments for the Bronze Academy remain payable to Sportspace Tring and are £2 per lesson for children that were selected from the sports centres 'learn to swim' programme. Swimmers from other 'private learn to swim schools' or 'schools lessons' can also join the Bronze Academy but pay £4 per lesson instead.

As swimmers develop they will progress into the **Silver Academy** stage where they will gradually build up their technique and stamina. When swimmers are ready to join the Silver Academy they must become members of Tring Swimming Club and pay the relevant squad fee each month.

The Bronze Academy will be held every Sunday at Tring pool from 4 to 5pm.

If you have any questions, please ask the coaches - Kevin Brooks or Craig Oliver.

## Swimming with TSC and Maxwell – an interview with Charley Stevens



How long have you been swimming at TSC and at Maxwell?	5 years at TSC and 4 months at Maxwell.
Why did you join TSC?	I came along for a trial, although at the time I had a big thing about putting my head under the water. However, wearing goggles helped hugely, and I soon got over it.
Why did you join Maxwell?	I had been to a number of Open Meets at Maxwell, and was introduced to the idea of joining Maxwell by the coach at Tring. But, I was told that I needed to get my times up for each stroke and each distance. Eventually I got invited to try the morning “bridging session” at Maxwell, and was accepted. My friend, Georgina Scott, also attends with me.
How much swimming do you do?	At Maxwell, I currently do one session – 5:30-7am on Wednesdays. With TSC, I swim on Mondays and Wednesdays after school, and on Thursday, Friday and Sunday evenings.
How are the sessions at Maxwell and TSC different?	The sessions are very different, but both enjoyable in different ways. Maxwell sets times to make you drive towards reaching faster times, particularly if a competition is coming up. Its standards, with regard to speed and techniques, are also higher. Maxwell concentrates more on efficiency through the water, streamlining and drills. TSC is more laid-back. It’s a very sociable club, inclusive and accommodating.
What do you like about each?	I like to improve my swimming times and techniques, and Maxwell helps me to do this faster, and gives me the opportunity of swimming higher than County level. TSC is great to meet friends, and being loyal is important to me. I have noticed the difference in my swimming in just the short time of doing split sessions.
Do you have any advice for a person considering joining Maxwell part-time?	Listen to your coach. Ask your coach about what things you could do to improve your technique, and any extra sessions available to you. Get noticed for doing things well (e.g. races, training), and if you want to be considered in doing a split session, ask Craig or Kevin. They are easy to talk to!

### STOP PRESS!

This newsletter is circulated to over 200 members. If any local businesses would like to advertise its goods or services, appropriate to TSC, please contact Hilary Denton-Sparke [hilarydentonsparke@yahoo.co.uk](mailto:hilarydentonsparke@yahoo.co.uk)

## Open Meets – A member’s view (Elly Sansom)

I started going to open meets four years ago – initially there were only a couple of members who entered these events but over time numbers have increased. Mum is responsible for filling in the forms – we discuss which races I would prefer, which sessions are most suitable and how much it will cost. (we have made the mistake in the past of spending ALL weekend at a meet and that can be very tiring! )



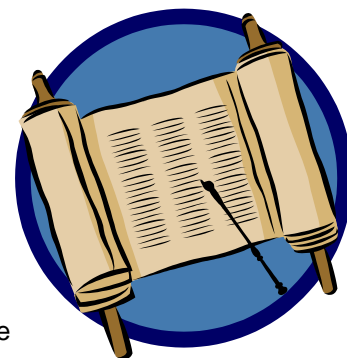
The main purpose of open meets is to improve your P.B.s, the early morning starts really are worth it when you win medals. I don’t get disappointed if I don’t win medals so long as my times improve. Craig will suggest which grade of open meets your times are suitable for. I like competing with my friends, I like the atmosphere and it prepares you for more important galas, giving you the race experience and practise you cannot get in training – not to mention the fact that we seem to eat Jelly Babies all day!

I hope that more of our members will apply for the open meets because Tring is always one of the smaller clubs and it would be good to have more members there but also they are great fun, you get a great buzz when you win medals – or even better a speeding ticket!! [www.tringswimmingclub.co.uk/members/open.php](http://www.tringswimmingclub.co.uk/members/open.php)

## The 10 Commandments for swimmers' parents

### **I. Thou shalt not impose thy ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.



### **II. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

### **III. Thou shalt not coach thy child.**

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

### **IV. Thou shalt only have positive things to say at a swimming meet.**

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

### **V. Thou shalt acknowledge thy child's fears.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

### **VI. Thou shalt not criticize the officials.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

### **VII. Honor thy child's coach.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

### **VIII. Thou shalt be loyal and supportive of thy team**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

### **IX. Thy child shalt have goals besides winning.**

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

### **X. Thou shalt not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming (and about 130,000 in the UK). There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%

by Rose Snyder, Managing Director Coaching Division, USOC. Former Director of Club Services, USA Swimming  
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

## Dates for your diary

October	16 <sup>th</sup> & 17 <sup>th</sup>	Open	Level 3, Long Course High Wycombe	ALL
November	7 <sup>th</sup> , 14 <sup>th</sup> & 28th	Event	Club Championships	ALL
November	13th	Gala	National League Round 2	ALL
November	21st	Open	Herts Dev Meet Borehamwood	SD & CA (9-11yr)
December	4th	Gala	Daplyn Trophy The Venue, Borehamwood	U14
December	11th	Gala	National League Round 3	ALL
December	12th	Open	Level 4 Maxwell Swim Club, Aquavale, Ayelsbury	9-13 yr olds
December	tbc	Event	Presentation/Social	ALL
January 2011	8th	Gala	Herts Maj League Round 1	
January	15 <sup>th</sup> & 16th	Open	Level 3 Watford Open Meet	ALL
January	22 <sup>nd</sup> & 23rd	Open	Level 2 Maxwell Swim club Aquavale, Aylesbury	CA & CS
January	29th	Gala	Chilterns league Round 1	SD & CA

**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

