

September 2009

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?

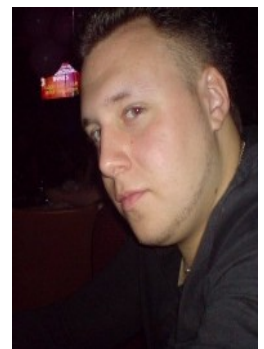
- ❑ Our Coach
- ❑ Dates for your diary
- ❑ Swimming session times
- ❑ Swimming gala news
- ❑ Splash Night
- ❑ Calling new swimmers!

Key contacts

- ❑ Coach - Kevin Brooks head_coach@maxwellswimclub.org _
 - ❑ Coach - Craig Oliver craig_0@hotmail.co.uk
- For any other enquiries, www.tringswimmingclub.co.uk > **Contact us**

Our Coach – Craig Oliver

I have been teaching and coaching now for a good four years, I've found that helping others improve with their swimming came naturally to me, especially after being in Maxwell from the age of 12, and benefiting from the coaching I received whilst there. Having coaches such as Ian and Kevin at Maxwell took me from competing at County level up to the National Championships. During this time I took the role of Captain at Maxwell and consequently found myself in a role of leadership and responsibility. It was from this position that I found myself mentoring the smaller ones and it opened my eyes to the Coaching side of swimming.



Having my Level 1 Teachers and studying my Level 2 Teachers qualification, I was asked to help out at Maxwell, and shortly after gained the privilege of having a role in the Academy which gained me my first squad. It is from the success of the children in the Academy that made me so eager to accept the position I now enjoy at Tring, and hopefully further the positive results achieved so far.

Dates for your diary

Date	Type	Event	Squad
Sept 20	Tring event	SPLASH NIGHT!	All
Sept 25 & 26	Open Meet	Maxwell L3 Aqua Vale, Aylesbury	All
Oct 10	Gala	National Swimming League (Speedo)	All
Oct 17	Open Meet	High Wycombe Long Course	All
Oct 24 (TBC)	Gala	Dacorum Friendly Meet, Aqua Vale, Aylesbury	All
Nov 14	Gala	National League Round 2	All
Nov 15, 22 & 29	Tring Event	Club Champs	All
Dec 12	Gala	National League Round 3	All

NOTE: Remember to check the noticeboard for up to date information!

WWW.TRINGSWIMMINGCLUB.CO.UK

Swimming session times

Group	Sunday	Wednesday	Thursday	Friday
Skill Development 1	5:00-5:45pm	4:15-5:15pm		6:40-7:25pm
Skill Development 2	5:45-6:45pm	4:15-5:15pm		7:25-8:15pm
County Age Group	6:45-7:45pm		7:30-9:00pm	8:15-9:15pm
County Senior	5:00-6:45pm		7:30-9:00pm	6:40-8:15pm
Masters and Fitness*	7:45-8:45pm		7:30-9:00pm**	8:15-9:15pm*

*Masters and Fitness can choose 1 or more sessions.

** Thursday is coach invite only for M & F

For more details, check the website www.tringswimmingclub.co.uk > **Club info**

Swimming gala news

Tring Swimming Club's fantastic performance secured them promotion to Division 2 for next years Peanuts League. The 3rd and final round was again held at Borehamwood on Saturday 4th July 2009. Tring finished in a clear 2nd place out of the 8 teams competing. In the individual races Tring had a number of winners, namely Georgina Scott (U13 butterfly), Lorna Wright and Joshua Frewin (both U13 backstroke), Robbie Cogger (U12 freestyle) and Charlotte Clark (U12 backstroke).

A special mention must go to our swimmer of the night, Alex Kaye, who came first in his individual U11 breaststroke with a personal best time of 23.70 and was just pipped at the post in the individual freestyle. Alex also swam some fantastic legs in the U11 boys relays and in the final race of the evening he pulled the squadron team from 4th to 2nd place with a phenomenal leg!

The 9 year old girls, Katy Colwell, Amy Chennells, Emily Stevens and Amelia Cuell, secured a second place in their freestyle relay and the rest of the team and supporters nearly screamed the place down when the girls came first in their special medley relay, despite Emily's goggles falling off on the final leg! The U13 girls, Chloe Sansom, Lucy Scott, Georgina Scott and Lorna Wright, gained first place in both the medley and freestyle relays with some outstanding swims and, not to be out done, the U13 boys, Charles Bose, Ben Murcott and Joshua and Thomas Frewin came first in their freestyle and medley relays. The rest of the team, Olivia Hodgeson, Bethany Masters, Lucy Colwell, Jessica Block, Eleanor Joliffe, Jasmine Booth, Elly Sansom, Robert Jennings, Sam Murcott, Cameron Salih, Jack Mustill, Michael Renkal, Matthew Lindars, Kieran Clark and Joshua Pisani all put in some excellent swims, including a first place by Robert Jennings in the U12 breast stroke.



Splash Night – Sunday 20th September

An opportunity for all swimmers to update their PBs in preparation for Club Championships in November.

Calling new swimmers!

Tring Swimming Club is always keen to welcome new junior and masters swimmers.

We'll be running **Taster Sessions** on **Sunday 6th and 13th Sept at 7:45pm** for the new Masters & Fitness Group. 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 please come along.

Do you want to play a greater part in the running of the club?

If you would like to help out with any aspect of running the club, contact any member of the Committee. We are always seeking hidden talent!

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