

December 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?

- ❑ Interview with a long standing member
- ❑ Dates for your diary
- ❑ Majorca training camp
- ❑ Swimming gala news
- ❑ The Masters group

### Key contacts

- ❑ Coach - Kevin Brooks [head\\_coach@maxwellswimclub.org](mailto:head_coach@maxwellswimclub.org)
  - ❑ Coach - Craig Oliver [craig\\_0@hotmail.co.uk](mailto:craig_0@hotmail.co.uk)
- For any other enquiries, [www.tringswimmingclub.co.uk](http://www.tringswimmingclub.co.uk) > **Contact us**

---

## An interview with Louise Griffiths – a long standing TSC member

### How long have you been swimming?

My mum and dad got me into water at the earliest opportunity after having my inoculations as a baby. I joined Tring Swimming Club at the age of 8 years, so I've been a club member for 20 years now!

### Why did you join?

My mum was (and still is!) a swimming coach, and I suppose, I was influenced by that to a large extent. Sometimes I didn't have a choice about going to early morning swimming session, getting up from a warm bed to swim in a cold pool!

### Have you thought about giving up swimming?

Yes, I wanted to give up a few years ago when I was having trouble with my knees, but I was otherwise persuaded and encouraged to stay. Also, I was invited to swim at a Speedo League which meant a great deal to me, and gave me the confidence again to take a chance. Now I feel that Sunday nights wouldn't be the same without the Swimming Club!

### What inspires you about swimming?

I think the people make the difference, and particularly the coach. If a coach makes the session interesting, it just keeps you going. The best times are when you just can't predict what the coach is going to come up with in a session – that keeps you engaged.

### Do you have any long-term goals?

I am currently a Level 1 Teacher. I teach small groups of children in a swimming session, and aspire to learn from what others do. My aim for 2010 is to work towards a Level 2 Teacher qualification and Lane Coaching. I know I can do it, just need to find out exactly what I need to do!

### Who in the sports world has been a significant influence in your life?

David Beckham comes to mind. He has had to face challenges that have been thrown at him, and in some cases proved people wrong – I admire that.

### What has been your most significant sporting achievement?

When I was 16 years old, I beat someone who was expected to win everything. It was a 200m freestyle race. I was determined and just went for it, achieving a PB of 1.06, and have never beaten this time since! It proved to me that if you set your mind to something, you can do it!

### What do you think about the issue regarding the type of swimwear worn in competitions?

I think full body outfits are cheating, and that they are performance enhancing. I believe there should be uniformity to make it fair.



## What has changed over the 20 years that you have been a club member?

The club has changed a lot. It is a much bigger club now, and some individuals have progressed in their swimming careers. There is more opportunity for children to participate, more sessions are available, and higher levels of galas have been entered over the years. Children are grouped according to their ability, rather than age, which enables talented swimmers to progress at their own pace. Masters have their own session.

I would like to see the club uniform return to yellow and black costumes. I sometimes feel that the club has lost identify not having a uniform any more.

### A word of advice

Have fun with your swimming. Don't let it be a chore. Training makes a big difference – so keep at it!

If you don't enjoy it anymore, find something else you enjoy and do that! Everybody has a talent at something, it's just a question of finding out what it is!

## Dates for your diary

Date	Type	Event
Sunday 20 December 2009	Social - Masters	Robin Hood at 9:00pm after swimming session
Saturday 6 February 2010	Social – parents and club members	Presentation at the Red Cross Hall, Tring Time: TBC
9 January, 30 January, 27 February	Galas	Herts Major League

## Remember to check the Noticeboard for up to date information

**NOTE: TRING POOL WILL BE CLOSED FROM 24 DECEMBER – 9 JANUARY.** An additional session will run at Berkhamsted Pool on Friday 8 January at 7pm-7:50pm for the Skills Development groups and 7:50pm-9pm for the County Age and Senior groups.

## Majorca training camp 2009 by Tom Kaye



During the October half-term Maxwell Swimming Club was off to Majorca for the week. It was a swim camp giving us the opportunity to train as a full time athlete swimmer would, every single day. We had to prove to ourselves that we were capable of withstanding any set that was thrown at us and we could get the most out of it, so we could step up our training and racing standards.

When we arrived in Sant Jordi, we were happily greeted by a four star hotel with a nice leisure pool, situated near the beach. In our first meeting, Head Coach Kevin Brookes reminded us we were going to be swimming 12 x 2 hour training sessions, 2 each day, one at 11am – 1pm and the other 6 pm – 8pm. As well as the pool sessions our days would also consist of land sessions, which were either a run on the beach in the morning before swimming, or a land training session after the morning swimming. What Kevin also told us, which I clearly remember was that during all this hard training we had to keep a positive mental attitude. This was one of the most important things that would keep us going throughout the week and the key to our success. It was our way of being able to keep going no matter what and always knowing that it would greatly benefit us in our swimming and having the sheer pleasure of knowing we have achieved something that not many people would be able to do.

With this always in mind we made our way down to the pool at *The Best Centre*. It was a large 50m pool, 10 lanes wide and very cold! This is where our week began. Up to Wednesday we worked through hard sessions working on many different skills and strokes, progressing on our training. Throughout the sessions, I worked through I felt like I was getting stronger and was able to withstand harder and harder sets given to me with distances of up to 8000 metres per session. Between the morning and evening swimming sessions we had 4-5 hours spare time when we could go to the local shops, get some lunch/snacks, laze around by the leisure pool or probably the most popular option, SLEEP!



Wednesday was our 'Rest Day' as we only had one swimming session in the morning then the rest of the day was a relaxing canoe in the sea around some small islands surrounding Sant Jordi. This day was also to prepare us for the next day, the hardest day of the whole week, which we would be given a challenge set, to take us to the limit of what we were possibly, physically and mentally capable of.

Thursday came and our challenge set was given to us. I had to complete as many 400 IM's as I could within 2 hours, with a mere 20 seconds rest between them. I was given a very ambitious target of 18 and I had to

think positive that I can do this. When I set off, all I was thinking was I can't fail and I was not going to let myself lose. All that was going through my mind was keep going and to my surprise, I was able to fit in 18 with 5 seconds to spare. After that set everyone had really impressed themselves and realised that with a positive attitude they can achieve a lot more than they thought. However the day wasn't finished. The evening session was 'X 100's'. This was swimming as many 100's as you could on descending times starting on 1 minute 59 seconds, the next being 1 minute 58. I impressed myself once again, on the same day working down to 1 minute 19 seconds which was 41 x 100.

Overall it was a very successful and positive week and everyone really enjoyed themselves, having a lot of laughs along the way. Every single swimmer that went should be proud of themselves and continue the great work and progress they have made and achieved. In my opinion it was probably one of the hardest but best things I have ever done, and the most important thing I learnt was that you can achieve anything you want if you put your mind to it. I will certainly be considering going to next year's swim camp.

## Swimming gala news by Tony Lynn – Event “Director”

**Another successful Tring Swimming Club Championships event! What makes a successful swimming event, FULL participation!**

### Club Championships - 2009 - Key Statistics

Event Day	Total Swims	Total Champ Bests	% Total Swims	Total DQs	% Total Swims	Total Swimmers	Average Swims per Swimmer	PBs Recorded	PBs % Total swims
November 15	218	6	2.75%	7	3.21%	96	2.27	166	76.15%
November 22	205	5	2.44%	14	6.83%	95	2.16	146	71.22%
November 29	244	5	2.05%	31	12.70%	88	2.77	136	55.74%
<b>Total Event</b>	<b>667</b>	<b>16</b>	<b>2.40%</b>	<b>52</b>	<b>7.80%</b>	<b>279</b>	<b>2.39</b>	<b>448</b>	<b>67.17%</b>

<b>Average per Day</b>	<b>222.3</b>	<b>5.3</b>	<b>2.40%</b>	<b>17.3</b>	<b>7.80%</b>	<b>93.0</b>	<b>0.8</b>	<b>149.3</b>	<b>67.17%</b>
------------------------	--------------	------------	--------------	-------------	--------------	-------------	------------	--------------	---------------

This year there were over 100 swimmers entered, with ages ranging from 8 to 56, and events ranging from 25m Butterfly all the way up to 400m Freestyle. It was also the most comprehensive Club Championships in living memory. Split over 3 consecutive Sundays, there was a total of 667 individual swims, with 448 Personal Bests (66.2%), and 16 new Championship Best performances recorded. An extremely busy, and for some, long, three days, but hopefully enjoyable for the majority of swimmers, and their parents.

Let's not forget the parents. We had on average 30 parents/helpers each day to help things run smoothly, and on a personal note I would like to thank every one of them in aiding myself, Pauline and Bill, and the Club Committee in delivering such a great event.



The next logical progression for some will be stepping up to compete in the County galas in 2010, starting in February. Also in February, do not miss the presentation evening for the finalists and winners, with the raffle prize draw being held at the Red Cross Hall in Tring. Watch the Notice Board and web site for more details.

## The Masters group

A fabulous start to the term with an enthusiastic team of Masters! 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 on **Sundays at 7:45pm**.

**DESPERATELY NEEDED...  
committee members from  
parents of younger swimmers**

If you would like to help out with any aspect of running the club, please contact Hilary at [hilarydentonsparke@yahoo.co.uk](mailto:hilarydentonsparke@yahoo.co.uk)

And finally....thanks to our sponsors

