

Newsletter

Tring Swimming Club

What do YOU think? Questionnaire results revealed

A few weeks ago, we asked you to complete a questionnaire giving us your views on the Club. A third of you (53 households) responded. This is what you told us...

81% of you were very satisfied or fairly satisfied with the club overall. What you most wanted was (in order of preference) to:

- ✦ Improve your fitness (76%)
- ✦ Improve your technique (70%)
- ✦ Have fun (33%)

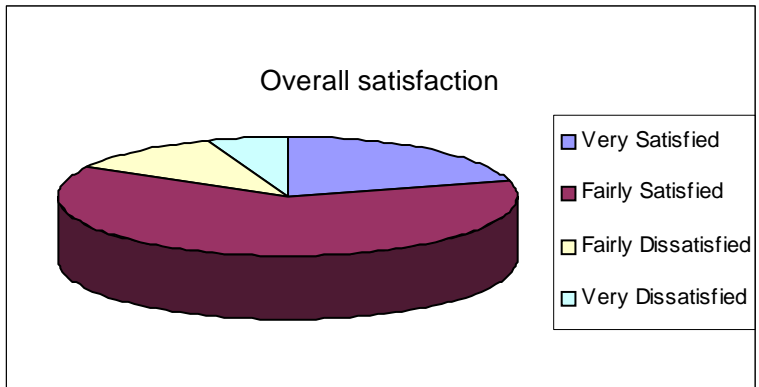
Less than 20% of you put swimming in galas as your main motivation for being a member.

30% of you were very satisfied with the standard of coaching with 50% fairly satisfied. 20% of you were not happy.

As with many pieces of research, it is often the reasons underlying the statistics that prove most insightful – lack of communication with regard swimmers progress through the groups, lack of feedback, lack of targeted training (for example, on starts and turns) and not enough individual attention from the senior coaches in particular, were the most commonly cited areas in which the club needs to improve.

The facilities at Tring were seen to be adequate by nearly two thirds of respondents (Green Park scored less well but is harder for us to control), and the organisation of galas, club champs and splash nights were all seen to be good by virtually all who answered these questions. Nearly 80% of you thought the club provided good value for money.

What you also told us is that communication needs to be better – this applies to general issues regarding the running of the club, who does what on the committee, team selection for galas and personal bests – and the process of allocation into groups needs to be explained and/ or reviewed. The committee will be reviewing the feedback in detail and will be



developing an action plan, with the coaches, to improve in the areas you've identified.

Communication is perhaps the most difficult area to address consistently, given the size of the club and that all committee members are unpaid volunteers, but will be improved – we will try and introduce 3 newsletters a year (instead of the current two) and to improve the presentation of information via the notice board. The website is frequently updated but doesn't seem to be widely used by many of you – did you know it even existed? The address, for those of you who have yet to visit, is www.tringswimmingclub.co.uk

We are also looking to share information via e-mail; not least because your feedback from the questionnaires said you would find this useful. To register your e-mail address, visit the website and follow the links from the home page.

Thank you to everyone who took the time to return the questionnaire. We will publish details of the action plan shortly. Special thanks too to Gill Davies who processed all of the responses.

GALA UPDATE - HOW WELL DID WE DO?

There were strong swims from both the Speedo and Herts Majors teams over the past few months. The Black team did magnificently well reaching the Division 1 'A' final for the second year running, finishing 6th overall. The Gold team never really recovered from a poor result at the start of the season but performed well in the second and third

galas to finish 2nd in the 'B' final and clinch 9th place in Division 3 overall.

Given the small size of the club compared to such rivals as Hatfield, Hemel, Stevenage etc, these are great results and congratulations to **ALL** team members who competed so strongly and who provided such great poolside support for their team-mates.

On an individual basis, special congratulations are due to Emily Pritchard who became a 4-time Hertfordshire ASA County Champion in March; to Ellie Smith who won a silver and bronze and to Ellie and Rosy Shearman who both won bronze medals. A fantastic achievement – well done to all of you.

SWIMMING IN THE SUN!



From a 4am start at a damp Luton airport to a 50m outdoor pool in sunny Lanzarote in less than 7 hours! Nine of the senior squad attended an intensive international swimming school at the famous Olympic training Club LaSanta facility for a week in February. Together with swimming clubs from all over the World, two 2-hour sessions in the pool were the main order of the day, every day for a week, with other events such as football, squash, badminton, tennis and yoga all available to keep the fitness levels up! However wind surfing was curtailed by a storm in the lagoon and a 10km mountain bike ride abandoned due to punctures - probably just as well!

But it wasn't all hard work, pizzerias', a Valentine's Day disco, sports quiz night, pool table and a large screen TV showing English football helped swimmers forget the aches and pains of Alan's training regime. For the full LaSanta diary, to see what the swimmers got up to, in and out of the water, visit the website.

Be prepared, be early or beware...

Going back to our 'lead story', a lot of the feedback you gave us was about the quality and content of coaching. The coaches gave us some feedback too including a gripe about far too many swimmers arriving late at sessions or without the necessary equipment. Here is what you need for each group:

Groups 1 and 2 – floats and pull buoys
Groups 3, 4 and 5 – floats, pull buoys and fins

Please make sure that you have all your equipment ready and on the poolside BEFORE the start of your session...

The coaches are also unhappy about swimmers starting and finishing part-way down a lane and generally larking around when they have finished each exercise; you must swim right to the end of each lane or risk being 'fined' by having to swim extra lengths to compensate!

And finally, swimmers' arriving after the start of a session are disruptive for both the coaches and other swimmers. Please be at poolside 5 minutes before the start of the session – **coaches are within their rights to exclude swimmers who arrive late.** You have been warned...!

What's next?

The next few months focuses on the 'Peanuts' season and once again we are entering two teams. Peanuts galas take place on 13th May, 17th June and 1st July; please check the notice board to see whether you/ your child has been picked to swim. Team selection takes is based on a combination of PBs and times achieved at the recent Splash Night. Team sheets are put up usually 3-4 weeks before each gala and you are

asked to confirm whether or not you can swim as early as possible. Finding reserves at short notice for swimmers who don't turn up is frustrating and difficult and can result in the team being left 'short-handed'.

Parents; we frequently need help in organising the events themselves so if you can lend a hand at any or all of the galas, please add your name to the team sheet!

There are also a number of Open Meetings taking place during May, June and July – please refer to the notice board for full details and entry forms. Opens are frequently graded so if you are interested in competing, please check the qualifying times information before entering. To compete in Opens Meets swimmers need to be ASA Category 2 registered, please contact Tony Lynn (01442 828458) if you would like more information.

While it's still some way off; The Fun Gala is on Sunday 2nd July and Club Champs will take place from Friday 3rd to Sunday 5th November. Put both dates in your diary now!

Want to play a greater part in the running of the club?

The club's Annual General Meeting will be held on 16th June. All club members are welcome to attend to air your views and/ or to stand for the Committee. The venue is likely to be Tring School but please check the notice board nearer the time for confirmation. The meeting will start at 7.30pm.