

March 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 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?

- ❑ New club captains
- ❑ Interview with a "Master" – Jan Stevens
- ❑ TSC Awards
- ❑ Special club plaque
- ❑ Dates for your diary
- ❑ More for masters

### 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**

### New club captains

TSC has new Club Captains Charlotte Lynn and Alex Wignall for this year. Best wishes to you both!



### An interview with a "Master" – Jan Stevens

<b>When did you start swimming?</b>	4 years ago from splashing around. I saw my daughter, Charley, improve so much that I wanted to improve too! So I enrolled in adult swimming classes. This initially helped build my confidence, and later I had one-to-one tuition for stroke improvement
<b>Why did you join the swimming club?</b>	I was hesitant because I thought that I'd slow people down, however since the Masters session was introduced with slow(er) lanes, this provided the incentive in September. I love getting fit and want my swimming to improve, and the sessions give me a focus, which I need.
<b>What had an influence your decision to take up swimming?</b>	I never considered myself a "sporty" type, however, it was a <i>self-discovery</i> moment that swimming was "the sport for me". I would do it everyday if I could fit it in!
<b>What swimming events have you entered?</b>	In 2007 I did the <b>Swim Channel</b> event, but did not complete it. However, in 2009, I did it again and completed it, much to my satisfaction! I am also doing an <b>Open Water Swim</b> in June.
<b>What does the Swim Channel involve?</b>	It is a national event. 22 miles (1416 lengths) in your local pool over a 12-week period from Mid September to the beginning of December. You need to log the lengths you've swum. The purpose is to raise money for ASPIRE – a charity involved with spinal injuries.
<b>Why did you decide to do the Open Water Swim?</b>	It was a Christmas present from my husband! I was given a series of letters: 1 <sup>st</sup> – Hotel Booking and told to keep the weekend in June free 2 <sup>nd</sup> – A Link to a website 3 <sup>rd</sup> – the description of the British Gas Great Swim East (Ipswich)
<b>What does it involve?</b>	1 mile (64 lengths) swimming in open water (Alton Lake in Suffolk). It costs £30 and you require a wetsuit, goggles and a hat. Flippers can't

	<p>be used. There is no time limit, and a combination of strokes can be used.</p> <p>I am raising money for Tring Swimming Club.</p> <p>If you would like to sponsor me, please send me an email <a href="mailto:info@tringswimmingclub.co.uk">info@tringswimmingclub.co.uk</a> with the subject 'Jan's Open Swim'</p>
<b>Are you excited?</b>	<p>I am NOW, initially I was scared stiff as I didn't think I could do it! However, now I have practiced controlling my breathing and slowing down my stroke and I now believe that I can do it, in fact I'm really up for it and have persuaded Lou Griffiths to join me! I am a bit concerned about windy conditions and choppy water making breathing potentially difficult.</p>
<b>How have you been planning your training?</b>	<p>I am using the training sessions at the club to work on my breathing and stamina. I am aiming at doing the swim in 45 minutes, and continuously review my training regime.</p>
<b>What would you say to those who would love to swim but don't take the plunge (excuse the pun!)</b>	<p>Don't worry what anyone else thinks. Give it a try and get over those initial hurdles or misconceptions as I did. You really get out what you put in, and for me, I feel fantastic....afterwards!</p> <p>For me, it's a time to switch off from other things happening in life, and allows me to concentrate on improving my swimming technique. It gives some "me" time, stops me becoming grumpy and I never find it boring!</p>
<b>Final note</b>	<p>Jan was awarded the ENVEAVOUR TROPHY at the TSC Awards ceremony for her constant dedication to her swimming, always aiming to improve and never giving up, despite the occasional setbacks.</p>



**For those interested in a challenge next year.... [www.greatswim.org](http://www.greatswim.org)**

British Gas Great East Swim involves:

- A one-mile outdoor swim taking place in Alton Water reservoir, near Ipswich, Suffolk
- A brilliant challenge for swimmers of all abilities
- See some of the world's top swimmers compete against one another, across the same one mile course as the masses, in the elite race
- Visit the event village with a local farmers market, come and try it activities, concession stands, charity and sponsor marquees, and hot/cold food and drinks
- Highlights shown on TV
- £30 to enter - includes your entry fee, event pack (Great Swim swim hat to keep and timing chip), Great Swim souvenir medal and t-shirt, not to mention the huge sense of achievement
- The first staging of the event in 2009, saw 1500 swimmers take the plunge

*Will we see you there in 2011?*

**TSC Awards**

The Red Cross Hall was packed with excited swimmers and proud parents on Saturday 6<sup>th</sup> February. Tony Lynn and Chris Roberts took to the microphone to announce the winners and trophies, medals and ribbons were given out by Head of Coaching, Kevin Brooks and Lead Coach Craig Oliver.

Special thanks were given to Tony and his Club Champs team, especially Pauline and Bill Scott who helped to run the computer system on Club Champs nights and Nicky Gray who orders and sorts out all the trophies, medals and ribbons ensuring that all winners receive the correct award and that the presentation evening runs smoothly.



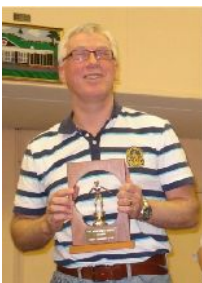
Gold medals for the under 10's age group went to Catriona Scott, Amy Chennells, Jake Stock, Max Guest and Cole James, for the under 12's they went to Lucy Colwell, Jasmine Booth, Elly Sansom, Alex Kaye, Sam Murcott and Robert Jennings, for the under 14's there were Gold's for Georgie Scott, Lorna Wright, Josh Frewin, Alex Wicks, and Charles Bose. The under 16's top spots went to Laura Roberts, Holly Billcock, Sarah Pritchard, Alex Gray and Henry Porter and for the Open swimmers they went to Sez Holstein, Sue Hanscombe and Jason Homewood.

Masters collecting their medals looked just as chuffed as the younger swimmers, many gold medals went to Sue Hanscombe and Carsten Holstein, congratulations to both of you and our coach managed to sneak in a race and took Gold in the Masters 100 IM - well done Craig!

Countdown awards were awarded to Briana Mazey, Alicia Hawkins, Matthew Lindars, Sophie Cooper and Chloe Sansom.

Gala Points Awards, for the most points earned at Herts Major and Speedo Galas went to Junior swimmers Charlotte Clark and Charles Bose and Senior swimmers Charlotte Lynn and Tom Kaye.

Craig presented the Most Improved Swimmers Awards to Michael Renkal, Eleanor Joliffe, Ben Murcott and Harriet Rogers.



Jan Stevens was absolutely stunned to receive the Endeavour Award – see the delight on Jan's face above!

This year's Margaret Baker award, which is given by the Committee for services to the club, went to Tony Lynn for all his fabulous work on the committee, running Club Champs and coaching. Thank you, Tony!



## Special club plaque

Two of the club's most dedicated and successful swimmers, Sez Holstein and Jason Homewood, presented the club with a new plaque on the presentation night. Something to treasure for years to come. The plaque is now fixed in the spectator gallery at the pool. Thank you to Paul from the Sports Centre for doing this for us!





## New committee members

TSC is delighted to welcome **Helen Murcott** and **Raymond Renkel** as new committee members. Your time and effort as committee members makes TSC what it is today, and what it is to become in the future. Thank you for joining the team!

## Dates for your diary

Date	Type	Event
6/7 March & 13/14 March	Gala	County Champs
Friday 19 March	Club Shop + <b>SALE RAIL</b>	Tring Swimming Pool – 7:00- 8:30pm
Sunday 21 March	Gala	Peanuts Splash Night***
Sunday 28 March	PBs	Badge Night

### \*\*\*Peanuts Splash Night on Sunday 21st March

This is for all junior members to attend, in order to obtain 50m times which will be used to help pick the team for the Herts Peanuts League. It is a series of three Galas aimed at the **junior** members of the club.

This year the galas are on:

**Saturday 24th April**

**Saturday 15th May**

**Saturday 3rd July**

The age groups for the teams are U13, U12, U11 and 9 years old (as at 30/06/2010). **HELPERS** are always required! More details are on the website.

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

## More for masters

After a fabulous start to the academic year with an enthusiastic team of Masters, they now want MORE! As well as the very popular Masters and Fitness session on Sunday evenings at 7:45–8:45pm, an additional Tuesday evening session from 8–9pm is currently running as a trial before Easter (only one more session remaining this term).

**NOTE: Watch the notice board or website for future details of Masters sessions**

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**.

**Do you want to do some more swimming sessions? You'd be very welcome!**

We have space for you on: Mondays 3:30 – 4:45pm or Tuesdays 3:30 – 4:20pm

**Just have a word with Craig or Kevin anytime.**

And finally....thanks to our sponsors

**prs office furniture**

**envirologistics**  
thinking about the environment naturally