

September 2011

## 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?

- ❑ A note from the coach
- ❑ Training Times
- ❑ Fee structure
- ❑ Summer news and achievements
- ❑ Fixtures for 2011/12
- ❑ Contributions and thanks

### 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**

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### A note from the coach

Now we begin back at the start of what is going to be a tough season. This is the turning point for the swimmers in Tring Swimming Club. The **Youth Squad** are currently training in T-Shirts to raise the drag for higher intensity (please remember these for another 2 weeks!). Increasingly I see more swimmers start to realise that they are the controller of their potential. More and more swimmers are now attending 5, 6 and 7 sessions per week, some are even attending more with the help of Maxwell SC who can offer that extra training for those really dedicated to their performance.

We now have a shift in the squad numbers; where there was only a handful of swimmers within the Competitive Development Youth Squad; they are now bursting out of the (most often) two lanes that they occupy. This is even with one of our girls, Eleanor Jolliffe, shift the majority of her swimming programme to the Performance C squad at Maxwell led by Bill Elgar. **Well done to you, Eleanor!**

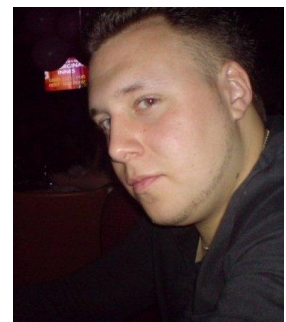
We now have our **Age Group Squad** filled with young swimmers working together to push the level of their skills and pace, and thanks to those Coaches (namely: Lauren Parker, Jan Stevens, Corinne James, Amanda Hackett & Lou Griffiths) working on the **Academy & Development Squads** I am now seeing an Age Group Squad packed with suitable swimmers ready for the kind of training that they are needing to progress their long term development in the sport.

I would also like to praise the swimmers that attended the Gala last night at the Aqua Vale. The swimming there was incredible! This was a fitting start to what is going to be a very rewarding season for us!

May I remind swimmers that they are expected to be on poolside a full **10 minutes** before their session begins to get all mobility done to minimise the risk of injury. Please all remember to bring coats & warm clothes to training even though it may be warm when you arrive, it is quickly getting cooler in the evenings.

Well done and keep up the good work!!  
From a very proud & increasingly optimistic coach,

Craig





## Summer news and achievements

In the last newsletter there were details about the **OPEN WATER SWIMS** that a number of members participated in. They've now done it and raised over £400 with a few more pounds to be collected!



### Open Water 1 mile PBs

Sarah Pritchard	24.59
Craig Oliver	25.36
Lou Griffiths	25.59
Judith Holstein	27.30
Loui Harris	28.12
Carsten Holstein	28.47
Freya Flindell	30.04
Annabelle Lynn	30.22
Jan Stevens	37.32
Lauren Parker	37.48
Shelley Deverall-Roberts	38.14

### Great East Open Water 0.5 mile

Elly Sansom	12.48
Charley Stevens	12.56
Robert Jennings	13.24

Also, **ROGER MOORHOUSE** planned a Cross Channel Relay swim for **Aspire** (charity for spinal-injury rehabilitation). Here's his account of what happened....



Sadly we did not make it. We left at Midday on Friday 2nd September, conditions were OK, not brilliant: a bit lumpy. All went well for the first few hours, water was nice and clean (surprisingly) and not too cold at about 17 degrees. It was very different to swimming in the pool though, even than 'normal' open water swimming - it was more like open-water wrestling, in fact, wrestling with a big green monster that was periodically and playfully trying to drown you. Also, sea-sickness was a constant peril as the swimmer inevitably swallows a fair amount of sea-water, whilst those on the pilot boat are bobbing along at about 6 knots at best. So, everyone was ill - some while they were swimming - and it had a real effect on our second swims, as exerting yourself that much on an empty stomach was pretty hard.

Anyway, to add to our woes, by the early evening, conditions started deteriorating with the wind and strong tides acting in unison to push us off course. We kept on for another 6 hours - swimming in the dark was an amazing, eerie experience - but were advised by the pilot to abort shortly after midnight, after 12 and a half hours and having done 32 miles.

Ordinarily 12 hours would have been sufficient for us to reach France, but the tides were too strong and had pushed us too far east and then too far west, thereby preventing us from making enough southward headway. We were gutted, of course, but were proud all the same of what we had achieved and most of all of the money that we raised for **Aspire**. So thanks very much to everyone who helped and contributed. It is very, very much appreciated.

Maybe I'll try again next year...

Congratulations to **PAUL MAZEY** – he passed J2 in June 2011. This is a Level 2 judge. This follows on from the Timekeepers and Level 1 Judge.



Also, TSC has 10 new timekeepers who successfully completed their training at Splash Night.

CONGRATULATIONS to **JO SANSOM, NATASHA GETHING, AMANDA HACKET, CHARLEY STEVENS, DARREN CHENNELLS, PENNY JOLLIFFE, LLOYD JAMES, MANDY JAMES, CORINNE JAMES and SONIA JENNINGS.**

Thankyou to all those who have completed the training. This means that Tring Swimming Club can continue to participate in competitions where we need to supply qualified timekeepers.

## STOP PRESS!

Volunteer desperately needed to take on admin for Open Meet Entries.

The role involves:

- Distributing information on Open Meets to members
- Collating entries for Tring
- Using a computer for electronic submissions and checking PB times

Can you help?

## Fixtures for 2011/12

Month	Date	Type	Event	Squad	Coach
September	11th	Event	Splash Night	ALL	Craig
September	17th	Gala	Aylesbury and District	12 and under	Craig
October	2nd	Open	Level 3, Cheshunt Open Meet, Borehamwood	ALL	Craig
October	8 <sup>th</sup>	Gala	National league Round 1	ALL	Craig
October	15 <sup>th</sup> 16 <sup>th</sup>	Open	Level 3, Long Course, High Wycombe	ALL	Craig
November	5 <sup>th</sup>	Open	Edmonton L3 Meet - Enfield	All	Craig
November	12 <sup>th</sup>	Gala	National League Round 2	ALL	Craig
November	18/19/20th	Event	Club Championships Tring	ALL	Craig
December	3 <sup>rd</sup>	Gala	Daplyn trophy	U14	Craig
December	10 <sup>th</sup>	Gala	National League Round 3	ALL	Craig
December	11th	Open	Level 4, Maxwell Swim Club, Aquavale, Aylesbury	9-13 yr olds	Craig

Please check the noticeboard or website for dates beyond December 2011 and all up to date information



## Contributions and thanks

VANITY FAYRE Hairdressers, Western Road - Have donated 10% of takings from Club Members, whilst the members also received a 10% discount. Thank You!

Award from BT – this was secured by Helen Murcott as a donation from BT for the Community Champions Award. **£100** for **Tring Swimming Club!**

SPLASH NIGHT – thank you to everyone who helped on Splash Night - all parents who took roles as Referee, Judges, Timekeepers, Stewards and swimmers who provided the drinks!

SWIMSHOP – This has been kindly taken over by Michelle Thorne [michelle.thorne1@ntlworld.com](mailto:michelle.thorne1@ntlworld.com)  
If you have any questions about swimming equipment, ask Michelle!

### **STOP PRESS AGAIN!**

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 a committee member on [tringswimclub@gmail.com](mailto:tringswimclub@gmail.com)

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

