

BEJSC - SWIMMING SECTION



May 2006

Welcome to the third newsletter of 2006.

Swimmers in Action

Chiltern League Round 3 - Hemel Hempstead

After two good rounds we made it into the division 2 final as the 12th best team from the previous two rounds. This meant that we were competing with the five teams above us.

We had a great evening, continuing the personal best times, in a very close gala, all teams were close to each other the whole way through to the end.

In the final standings we tied for fourth and fifth place, finishing in fourth place based on having had more first place finishes on the night. We were one point away from third place and if our senior boys relay team had been 0.75 seconds slower we would have tied for second place.

Congratulations to all the swimmers who competed so well in all three rounds, to all the poolside helpers for ensuring the galas ran so smoothly, to Gail and Lorna for their timekeeping duties and to all the parents who suffered the heat to support the team so well too. It was a fun competition and I am sure we will all be looking forward to doing even better next year.

Architects Cup - Aldershot

This was a challenge for our club, competing in a 100m long course gala against some very good clubs. I was very pleased that our team approached this gala with enthusiasm and a good team spirit and produced some fine performances.

Congratulations to all of you, some competing in their event for the first time ever, it shows what you can do!

Future Events

Abingdon Summer Open - 2nd July 2006

The qualifying times for this event have been distributed. Let Andy Ruler know which events you are entering and provide a cheque for the entry fees. The closing date is 6th June so we need your entries as soon as possible

Home Gala - June 10th 2006

Unfortunately, the upcoming Home Gala scheduled for June 10th will have to be cancelled as there is an insufficient number of other teams committed to attend.

Trip to Thorpe Park

The trip is all set for Saturday 1st July.

We plan to leave straight after swimming. Tickets will cost £20.70 for over 12s and £14.40 for 4-11 year olds. An additional charge of approximately £7 will cover the cost of the coach, for those who would rather not drive.

There is a sheet on the table for you to book your place, but hurry – we need to know numbers so that I can finalise arrangements. If you have any questions about the trip, please have a word with me after swimming on Saturday or Sunday or give me a ring on 01628-521292.

Younger children have to be accompanied by adults; older swimmers are welcome to come with their swimming friends- I'll hold their bags – it gives me an excuse not to go on anything!!

Juliet O'Donnell

We need your HELP!

The club is run entirely by volunteers – mainly parents of swimmers. The planning and running of training sessions is only one part of the organisation. We always need more volunteers to help – **MANY HANDS MAKE LIGHT WORK** – so if you can spare some time and want to put something back to help your children please speak to a member of the committee, who are a friendly bunch!

Introducing - Neil Bailey

Where do I start? Firstly I am Neil Bailey - I am a parent and teacher - I have four children who either have progressed through the club or are still active within it.

During my own children's time within the club I have become a qualified swimming teacher and been lucky enough to have access to Court Garden which is BEJSC's primary source of swimmers.

So why do I like doing this?

1. I have met and continue to be lucky enough to work with some great people (both adults and teenagers). Some become fully qualified teachers and some truly great adults give up their time on a regular basis - this has brought me great pleasure and really interesting interaction with our swimmers.

2. Over the years (I have been doing this for over 12 years and some people I know have put in over 30 years) I have met a range of delightful (and some not so delightful) swimmers and their parents/grand parents and guardians. The general feedback from them all has been great - almost no negative feedback and a great deal of positive response.

So what do we do at Court Garden? We take children from about five years old and work out how to progress them as individuals and as swimmers - they are all unique - none are easy - many have challenges for themselves and us - this makes our role very different. It is definitely not boring and a mixture of great highs (when children progress) and great lows (when we cannot work out the right lesson) will be experienced.

So what can we do for the swimmers? Help them swim and more importantly focus on a discipline to swimming - many swimmers gain significant life skills just being involved - they will be fitter and will often gain significant improvements in personal skills. If they are happy and wish to grasp this discipline they will move onto the main club - if not we have helped them with a great personal skill.

What do we need? More help. More swimmers. In the water. At poolside. Swimming done well is resource hungry and we need a wide number of skills and people to deliver. Any parents seeking a new life skill are welcome - we will put significant investment into you to reward you for your effort and time. Any child who wishes to take part will be assessed - we invariably do not turn any away and often teach swimmers with a wide variety of personal challenges.

You are most welcome to join us. If you have a swimmer who wishes to learn or as we now have swimmers who are being frustrated elsewhere please contact Hilary Hunt (01628 472064 or hilary.hunt@btopenworld.com) or if you wish to become a qualified helper or teacher please contact me on 01494 441747 or nrbailey@btconnect.com , thank you for your time and I look forward to meeting you or your swimmers.



STROKES – better efficiency

It is important that all the energy you put into swimming a particular stroke is used efficiently – the more you swim the stroke correctly the more efficient you are, the faster you will swim and not be so tired. Here are some thoughts on things to consider for each stroke.

Breaststroke – use the glide, you are most like a torpedo at that stage and will move through the water more easily. Avoid excessive head movements, your head should be still.

Backstroke – keep the head still, roll the shoulders, “catch” the water with your hands as they enter the water and push it past your body. Try double arm backstroke as a drill to develop the “sweep” action of the arms. Keep the body as flat as possible, don’t let the legs sink, keep the leg kick straight with only a slight bend at the knee and the toes just coming out of the water.

Front Crawl – Bi-lateral breathing to keep the body as straight as possible. Don’t put your head too far into the water, water level should be in between your eyebrows and hairline (don’t look at my hairline its getting thinner). Place your hand in the water to “catch” it and pull it past you, a good drill for this is catch up.

Fly – Breath every 2 strokes. Try not to think too much about the double leg kick, try arms only with fins and you will find after a while that the double leg kick will come naturally.

Sculling – why do it? Think about all your strokes and the position of your hands/wrists – they change during each pull and recovery, they twist and turn to help you move through the water faster, just as they do in sculling so practice it – head first and feet first.

Remember – practice makes perfect, but only perfect practice will make a perfect performance.