

In Depth

The newsletter of Wantage White Horses Swimming Club
Issue 3: 13 March 2009



In this issue:

- Introduction
- News, news and more news
- Coach's corner
- Profile: Club Treasurer
- Parent's Survival Guide
- Calendar
- In Depth Competition

Budding reporters required

Reporters required

We are very keen to get swimmers involved in writing articles for future editions of the newsletter.

We would be very grateful to hear from volunteers keen to write whether it's a report on an open meet or counties or perhaps interview coaches, lane helpers etc or just write about swimming issues in general.

Please email pr@wwhsc.co.uk if you are interested.

The Swimming Year

Parents and swimmers welcome

We will shortly (hoping for Fri 27 March at 6:30pm in the WLC bar) be organising a meeting to explain to parents and younger swimmers how a typical swimming year is constructed. We will also use the time to present the awards for the 25m Championship.

The meeting will cover the timing through the year of the key swimming championships, periods when it is important to get qualifying times and other key milestones for swimmers wishing to progress their swimming.

Introduction

Hello again and welcome to the latest edition of the club's newsletter and the first under its new title (chosen by Charlotte Amos who won our name competition).

It has been a hectic couple of months with a lot going on, in and out of the pool. The newsletter will update you on much of that.

I am keen to see as many contributors as possible help with future editions of the newsletter and am always keen to get feedback on whether you find it useful or would like a specific issue covered.

You can contact me on pr@wwhsc.co.uk with any views. I might even put them in the next edition.

Many thanks

News, news and more news

Coventry Open Meet

(Reporter: Kristian Soderstrom)

On Sunday the 18th of January I went to the January Level 3 open meet in Coventry. On the way we met up with Simon, Andrew and Lindsay at Warwick service station. We then travelled in convoy to the Coventry pool.

I hadn't given much thought to how long a 50m pool is but standing at the end I realised just how big it was. Look at a 50m pool on TV and double it, that's how big it felt.

It was strange as the day went on the pool started to feel slightly shorter, I don't know why. When I came to the training session on the following Tuesday the Wantage pool felt tiny, like a paddling pool. I found all the races slightly harder than in a 25m pool but fly was a lot more tiring than normal.

There were about 15 swimmers from the club and we were racing against clubs from the Midlands. Lots of people got P.Bs and trophies and I won top boy in my age group. Afterwards Matty, Esme, Ellie and I went to KFC for some well deserved dinner.



Club strategy

The club's committee has started to pull together a written strategic plan for the club's development, which will allow the club to prioritise resources and measure its progress.

Although a lot of this document will follow the Swim 21 development profile, it is important that members are involved in the process.

The committee is working to deliver an initial consultation plan which it hopes to have available by the end of April/early May.

Club day

General consensus seems to have been that the Club Day held on 1 February was a great success with lots of positive feedback on all parts of the day.

We would welcome any ideas or thoughts on whether we should make this an annual event, what time of year it should be held and what sort of activities take place (e.g. should we book Bill Furniss for another session, should we hire technical coaches to provide wider 1-to-1 swim coaching). Please pass feedback to anyone on the committee or to pr@wwhsc.co.uk

“Counties” Special

This year's County Championships are well underway with three weekends out four now complete.

There have been some great results for club swimmers and we will be issuing a special edition shortly to summarise their achievements.

Good luck to all our swimmers for the final weekend !!

Well done Crawford !!

Congratulations to Crawford Harvey, who has recently taken and passed his Level 1 coaches qualification. Crawford started lane helping last summer and was keen to get some formal training. His course, which ran over 2 weekends in late Autumn and included a session training some “live” swimmers.

A number of other lane helpers have also asked to do this training and are now looking for suitable courses.

STOP PRESS

Wantage enters a Mini-League

The club used to take part in swimming leagues which provided a great chance for swimmers to compete as a team for each other (and the club).

We have therefore been looking for an opportunity for several weeks to enter a mini-league (typically for 11 year olds and under). We are delighted to announce that we have just secured a space in a regional mini-league which has three galas: Sat 6th June, Sat 4th July and Sat 12th September.

We will be providing more information on this and seeking support from swimmers and parents in the next few days.

WWHSC 25m Club Championships (Spring 09)

A final reminder that the club will be running its spring 25m championships on Sunday 22 March 2009 at Wantage Leisure Centre (WLC) from 6:00 pm to 8:00 pm for all club swimmers aged 11 and under are entitled (and encouraged) to enter.

We are also running 100m time trials for senior swimmers. Please note that times will not be sanctioned for use in external meets.

Closing date for entries is 13 March 2009 (TODAY!)

WWHSC 50m Club Championships (Spring 09)

We are delighted to announce the club will be running its spring 50m championships on Saturday 9 May 2009 at WLC.

All club swimmers are entitled (and encouraged) to enter what should be a very busy and exciting evening. Entries to be submitted by Friday 1st May 2009.

We are delighted to welcome back Alan Evans as referee for the event. The event notice and volunteer requests will appear on the notice board shortly.

Oxford Open Meet – Level 3 – 20 June 2009

City of Oxford Swimming Club has announced a Level 3 Open Meet on 20 June 2009, which will be held at Temple Cowley pool.

The meet will have all the normal 50m and 100m events but will also have a 200m freestyle race. Simon is very keen for our younger swimmers to enter the 200m freestyle race and will be providing practice and time trials at this distance in training over the next few weeks.

We will be looking to take as many of our swimmers as possible. It would be great to have 40 or more swimmers taking part.

We will be organising time trials so that we can complete entry forms. Keep your eyes on the notice board for more information.

Reduced parent rates for WLC gym

We have agreed with WLC that parent members of the club are entitled to pay a reduced corporate rate for membership of WLC's gym facility. The reduced fee is £30/month. Please email pr@wwhsc.co.uk if you wish to take advantage of this.

Summary of club pool resources

Tuesdays

5pm to 6pm at WLC – Invited swimmers.

Wednesdays

7pm to 8:30 pm at Our Ladies Convent, Abingdon

All swimmers welcome.

Fridays

At WLC

Session 1: 5:30pm to 6:30pm – Junior swimmers

Session 2: 6:30 pm to 7:30pm – Senior swimmers

Sundays

At WLC

Session 1: 6:00pm to 7:00pm – Junior swimmers

Session 2: 7:00 pm to 8:00pm – Senior swimmers

(and from 22 March)

Session 3: 8:00 pm to 9:00pm – Senior swimmers (by invitation)

Early Morning Training

At WLC

6:30 am to 7:30 am on Mondays, Wednesdays and Thursdays. Three lanes only – for all members (including adults) who wish to swim coached sets.

6:30 am to 8.00 am on Saturdays. All members who wish to swim coached sets (although one lane available for accompanying adults).

Payment by adult swimmers not paying full membership fees

We try to provide opportunity for adult swimmers to swim with the club. The more serious adult swimmers pay normal monthly swimming fees and have access to EMT sessions and senior training slots.

Other adults chose to swim less regularly but either join in the EMT

Coach's corner

Coaching direction, Level 3 and Swim 21

Simon has started his formal Level 3 coach's training and has spent a number of weekends working on his initial units. Further details on what Simon covers in his course can be found on the ASA website (link below).

<http://www.britishswimming.org/vsite/vfile/page/fileurl/0,11040,5157-187308-204530-121446-0-file,00.pdf>

As part of this qualification, Simon will be externally assessed in his normal coaching environment (i.e. at Wantage in normal training sessions). This brings some major advantages to the club as his assessor will be a senior level coach who will make recommendations on the training structure of the club which will bring a wider benefit beyond just the coach qualification.

As part of this assessment, Simon has to establish appropriate squad structures within the club and measure the performance (using log books) of swimmers at different levels in the club. Incidentally, this is also a requirement of Swim21 and is something that we have to address as a club before our next Swim21 assessment.

Simon has already begun to move swimmers into a broad squad structure by establishing his new lane set up; which groups swimmers by a mix of ability and dedication. However, the new structure will have to go further than that.

Revising the squad structure

One of the challenges we have as a club is to make sure we can provide equality of training opportunity within a squad structure. In other words, we have undertaken to encourage and support a range of swimmer aspirations: those just beginning to discover swimming, those who want to swim competitively to maintain fitness but have other sport or academic priorities and then those who take their swimming very seriously and want to progress to regional and national standards.

Log book roll-out

In order to get moving on log books and performance measurement, Simon will be selecting a number of swimmers across the club at different levels. He will work with these swimmers to help them complete their logs, set targets and measure progress.

Once we have seen this in action, the lane helpers will then begin to roll out the use of log books on a wider basis.

As a result, we will have to make some minor modifications to lane structures in the next few weeks as we try and provide opportunity for the initial swimmers selected to have access to greater pool time.

Pool time

For swimmers to progress and do well at county and regional swimming, they need regular access to training sessions of 1 ½ to 2 hours long in order to develop aerobic capacity alongside technical ability.

At present, because we are based at a busy leisure centre, which is shared by many clubs and a sports college (KAs) we offer very little opportunity for swimmers to get longer pool time.

We have therefore been working with WLC in recent weeks to try and identify more pool time, both short term and as part of a longer term vision.

As a start, we have managed to obtain half the WLC pool for an extra hour on Sunday evenings (8pm to 9pm) starting on 22 March 2009. This will allow us to begin to give younger swimmers opportunity to extend from first session into second session on Sundays and also for senior swimmers to extend from second session to third session.

In addition, we believe we have agreement with WLC to extend our Tuesday night session to 1 ½ hours although this means that we will have to move the time slot back to run from 6:30 pm to 8:00 pm. We are in the process of finalising this at

coaches sets or can swim casually alongside EMT sessions.

Payment for these less regular swimmers is as follows:

- Saturday EMT – casual adult swimmers welcome to swim in the casual swim lane (although this is at coach's discretion in case of excess coached set swimmers).

The cost of this is £2.50/session which needs to be paid to the club via the coach leading the session.

- Other EMT sessions – casual adult swimmers are welcome to swim in the non-club side of the pool but have to pay WLC at normal public session rates.
- Sunday – new third session. As part of the agreement for the extra hour on Sunday, the club will coach WLC's SwimFit session which occupies the other half of the pool.

Club members are welcome to swim at this time, although they do have to pay WLC on a session by session basis and they will be in a coached set environment.

New code of conduct

A new updated club code of conduct which covers swimmers, parents and volunteers will be issued in the next couple of weeks.

The normal format for this is a list of rules and is a requirement for ASA and Swim21 clubs.

We have tried to turn the list round as far as possible to look at the positive commitments club members make in their relationship with the club and each other and their approach to training and competition.

present but think this arrangement will start around the end of May 2009.

Land training

Part of our day with Bill Furniss involved an introduction to land based training. The ASA see the development of core strength as a key part of swimmer development and suggest that swimmers as young as 9 should be doing some form of strengthening exercise.

We are hoping to shortly finalise a trial run at Wantage which will be run by Soll fitness coaches. We will look to open this initially to swimmers aged 11 and above (and hope to have space to allow parents to join in!!).

We think we will be able to fund the increases in pool time above within current fee levels. However, land training will have a cost per session which we will try to minimise possibly by parents paying a normal commercial rate for their participation.

Profile: New treasurer

Who



The club's new treasurer is Rolf Soderstrom. Rolf's son Kristian is a keen swimmer and has been a member for about 2 years. Rolf will normally be poolside or on the balcony at some stage each weekend and is always happy to discuss money with anyone.

Rolf outlines below a few financial matters concerning the club.

Current objectives

The Committee has set the current financial objective of making the club operate on a breakeven basis. That is to say we aim to provide the training sessions and various other activities during the year at the lowest cost to members. There are essentially three main categories of cost to members; membership and training, galas and one off events. I will cover all three in turn.

Membership and training

I am pleased to announce that at the AGM last October, it was agreed not to increase membership or training fees. However we do have to pay ASA fees and we were informed by the ASA that 2009 fees had increased from last year. These fees are paid directly to the ASA so we had to pass on these increases to members. As many of you know, Susan Rippington manages the billing for this and you should have received your membership and training invoices recently.

For those who haven't yet paid, could I ask you to pay all membership and training cheques directly to Susan as soon as possible as we have to pay for pool time in advance. Susan will be following up any outstanding amounts over the next few weeks.

Galas

Sharon Jenkins has taken over from Andrew Gardiner on organising our participation at Galas. Sharon maintains a list of all gala applications and the related costs. The club pays on behalf of the swimmers and then we need to recover these costs from the individuals.

Given the number of galas this means the club is funding a significant cash outflow so I would ask that whenever Sharon provides you with cards for a gala event that in return you provide her with a cheque. (It really helps if you write the name of the swimmer and the gala on the back!) Sharon is currently going through the records as we have a number of outstanding amounts for swimmers who took part in Galas last year that have not been paid. Could I ask that all Gala money be given to Sharon

Web site news

Refreshed web site goes live

Please take a while to surf the club's refreshed web site at www.wwhsc.co.uk.

The new site went live in February with a base level of new content. Many many thanks to Julie Kirk who did all the work for this.

We are now adding content to this site and will feature some details of that in the newsletter. Please let us know (pr@wwhsc.co.uk) if there is any particular content you wish to know about.

Parents Guide to The Swimming Year

Lisa Harvey has written a parent's guide to swimming. We have just added that to the web site.

It talks the un-initiated parent through some of highs and lows of supporting your child into competitive swimming; providing very practical tips even to the extent of secret parking locations at open meets!

either directly or via the life guards so that she can control who has paid.

One off events

We will occasionally put on one off events which will be charged separately. The recent Swim Skills course on the 1st February is a good example (Note: there are still one or two outstanding payments for this which I will be chasing).

I hope this explains how the club finances work. Sorry to be the one always asking for money but someone has to do it!

Rolf

Dates for your calendar

Event	Event date	Closing date for entries	Who
Timekeepers course	Fri 20 March at 56.45 in WLC bar		One place left – please contact Gary Giles
25m WWHSC Club Championships	Sun 22 Mar at WLC	Fri 13 March	All swimmers
Saturday Breakfast after EMT	Sat 4 April at WLC		All swimmers
Tiger Sharks Open Meet – Level2 in Swindon	Sat/Sun 25/26 Aoril	Not sure – please check with Sharon Jenkins or Simon	All swimmers chasing last minute regional times
50m WWHSC Club Championships	Sat 9 May at WLC	Fri 1 May	All swimmers
Mini-league – round 1	Sat 6 June	NA	Team by selection
Club barbeque	27 June at WLC		All members
Oxford Open Meet Temple Cowley	Sat 20 June	NA	All swimmers
Mini-league – round 2	Sat 4 July	NA	Team by selection
Mini-league – round 3	Sat 12 Sept	NA	Team by selection
Saturday Breakfast after EMT	Sat 19 Sept at WLC		All swimmers
Club Christmas party	Sat 19 Dec 2009		All members

Caption competition



Prize for the best caption for this picture.

Please email you suggestions to pr@wwhsc.co.uk by Thursday 26th March 2009.

The winning entry will be chosen by the lane helpers and will collect a new pair of **Speedo Mirror goggles**.