

Wavelength

Woking Swimming Club's Newsletter

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Annual General Meeting

This year's AGM will be held at Woking Leisure Centre on Thursday 13 February at 8pm in the restaurant area.

Swim training will be cancelled on that night. It is an opportunity to hear the latest news and to ask questions about the year gone past. It will include a short presentation on the Club Championships. Traditionally the AGM lasts about an hour or so and will again be chaired by our longstanding President, Graham Chambers.

Committee membership nomination is usually sorted out beforehand so you do not need to feel that you will be pressured to take up a Committee position. It also represents an opportunity to show your support for the work of the Coaches, Committee and Helpers who manage the Club on your behalf.

Crystal Palace Training Weekend

56 swimmers aged between 10 and 16 attended our training weekend held at the Crystal Palace on 2/3 November.

Despite an early Saturday morning start, most swimmers were 'buzzing' on arrival, having already made efforts to come in the colours of the team to which they had been allocated.

All swimmers participated with fantastic enthusiasm and unstinting support for each other. As John Eastwood remarked on return

" throughout the weekend the older swimmers looked after the younger swimmers and what impressed most was the team spirit; not just for the colour but for being part of the Woking team. This coupled with a willingness to train, both in the pool and at land training made it a great weekend to be one of the coaches".

The weekend consisted of 4 x2 hour training swims, one each morning and afternoon and one hour of land training on the Saturday afternoon; and 2 running sessions for the older swimmers. Points were awarded to each team for helpfulness, effort, enthusiasm, attention, and stamina. Some items were left behind, but despite several attempted bribes from parents, this did not include the swimmer. Saturday evening was left free as a fun event and silly party games. The food in the restaurant was amazing too. A special thanks goes to Jackie Aristidou who organised the coach transport.

Diddy Ribbon Autumn Championships

The Autumn 'Diddy' Championship held in November saw many of the future Club stars compete in their first ever competitive race.

Up to 100 associate and full member swimmers ranging from 6 to 10 years competed over 25metres, mostly in 2/3 sometimes 4 strokes, in the newly established autumn ribbon gala.

Run broadly on the same lines as an Open Meet, the organisation was made much easier by use of 'over the top starts' and the help given by the older swimmers, many of whom had swum in an Open Meet in Haslemere that morning.

The large numbers participating meant that the fields were larger than normal and represented the Clubs new policy of encouraging every swimmer to 'have a go' familiarise swimmers with what is expected in the future as they progress. With as many as 25 swimmers in a single age group, the quality of competition was tough in the 93 and 94 age groups, with a number of noticeably quick swims from the 95 boys girls too.

A number of swimmers had an outstanding afternoon winning one or more of their races. They included Charlie Davies, Amy Edmonds, Alex Campbell, Becky Harding, Sarah Noble, Abigail Munday, Claire Maurer, Ryan Cawley, Danielle Wythe, Liam Man, Emma Maurer, Michael Bray, Natasha Holden, George Hatfield, Catherine Campbell, Anna Marks and Daniel West.

Though a small number of swimmers were disqualified, the experience of swimming competitively, and in front of an audience at such an early age, should help develop confidence when swimming in future events. See separate article on Disqualification.

Club Championships – Special Report

The annual Club Championships in October and November were the best ever in recent years. The more observant and experienced on lookers might have spotted a number of changes in the way they were organised. Others enjoying them for the first time might not have spotted the differences. This in depth feature looks at what went right and wrong on the night, and the achievements of those who took part.

Innovation

In January, the Executive Committee with the Chief Coach decided to use the championships as the means to get up to date times for entry into the Surrey County Championships (annually staged in February/March). Past practice has been to use time trials, and this has been helpful, but in reality now with considerably smaller fields accepted (as little as 8, 12, 16 and 20 being accepted per event) there was no substitute for recent acquired times achieved under proper racing conditions.

Traditionally organised throughout the year there was no logic to their timing. They fitted in when the competition programme allowed. Major competitions nowadays, by comparison, also demand that swimmers are groomed to swim several events and/or finals in the same day. To encourage levels of participation swims of different distances were brigaded together.

Club Firsts

Many small changes were introduced:

- use of a lap top computer to help manage events so results were instantly available;
- seeding based on ability not age – aimed at drawing out more competitive times;
- over the top starts to speed up longer events or where we were running late;

- younger swimmers were proactively encouraged to swim longer events wherever sensible in line with advice received and the way in which competition is developing;
- administration was minimised by including entry fees in the term charge;
- certificates were introduced for all who took part as well as introducing a new single age group for the U11 swimmers;
- master swimmers actively took part;
- the championships were organised to take place over a 4/5 week period with the benefit of maintaining the momentum and increasing the ability of the technical and administrative officials to network during the period;
- wherever feasible names of swimmers announced; and
- the One Start Rule was used throughout, but if swimmers were disqualified for a false start they were still given the opportunity of a time trial.

Alright on the Night ?

Swum under ASA rules and the direction of qualified referees, judges and timekeepers who regularly rotated during the series of competitions, the standard maintained was that normally expected in major competitions. Special mention however has to go to the unseen non technical support team – the 'Ice Man' and 'Mr Cool' - providing computerised back up whose unflappable approach ensured computer generated results were available when necessary. A special thanks also goes to those parents who were prepared to sponsor new cups and trophies.

Tweaks were made to operations based

on the experiences of the first evening. In this we attempted to run the 400m Freestyle and 50m Butterfly on the same evening. This overran to finish at 10.30pm with the medal ceremony having to be deferred to the next championship event.

A number of minor problems arose. There was one incident of incorrect time recording which affected final results; a few swimmers failed to register properly on arrival which meant they swam out of correct sequence; an official had a nasty poolside fall; and an isolated case of a poolside helper unaware of the club's rule to remain impartial when on poolside to act in an impartial way inadvertently cheered on their own child ! There was also a difference about the interpretation of a new backstroke law amongst the technical officials !

Lessons Learnt and Experience Gained

The Championships clearly were a huge success in terms of the new administrative arrangements. The largest number of swimmers ever for a Club Championship took part. Many younger swimmers were exposed for the first time to longer distance competitive swimming which will instilled confidence; they are now more familiar with Open Meet procedures; vast numbers of personal best times were recorded in events and distances that younger swimmers would not normally get a chance to compete. In addition the Club has up to date factual information for squad and team selection. And what of the original aim to get up to date competitive entry times for the county championships ? Fully achieved, though at time of writing this article we do not know how many were successful in gaining entry.

Personal Achievement

Every competitor who took part in some way, will have achieved an individual goal, or gone through an experience that

hopefully, will have been enjoyable. The facts speak volumes. Excluding the U11 races, when each event would have led to a new championship time, 60 new championship records were set. In addition, 12 new Club Records were set.

In the 50 metres, Charlie Davies (U10), Danielle Wythe (U10); Alexander Woodman (U11), Naomi Thrower and Ella Underwood (U11), Caroline Brady, Johnny Deans (U12), Danny Anderson and Georgina Fromson (U14) dominated with Georgina becoming the first (U14) girl swimmer to swim sub 30 secs in the 50m Freestyle in a Club Championship competition best, also creating U14 and U16 Club Records in the 50m Back.

In the U16 group, Caroline Fryer swam a new personal best to win the U16 Freestyle, with Sarah Redrup (O16) taking first in a very quick time, but short of her own British Masters record. For the boys, Chris Bett and Nic Smith shared honours with Nic setting a new U16 age group Championship Record at Backstroke at 29.89 secs, one of the fastest swims achieved in the country this year. Paul Bayfield took top spot honours for the O16 group.

In the 100 metres, Cheri Whitehead (U16) won the girls 100m Freestyle, with Mathew Bett, older brother of Chris taking gold in the O16 boys equivalent. In the Backstroke and IM Georgina again lowered the U14 Club Record with Nic lowering his own U16 Club Record. In the U10's, Claire Maurer, one of the clubs up and coming stars, took top spot in the 100IM in a very respectable time, with Naomi Thrower romping home in the U11 class and Kirsty Whatling taking same for the U16 girls. Emma Davies again dominated the O16 group. For the boys, Phillip Page (U11) took the breaststroke win from a close finishing Charlie Cope. Bethany Eastwood struck gold in the 100M Back in a new Championship Record with Oliver Glazier (U14) swimming his speciality stroke and distance setting a Championship Record. Sean Bellion also

struck gold as did Nic Smith (U16) lowering the Club Record he had set in the counties earlier in the year, with Chris Bett taking the 100m Freestyle Championship Record.

The 200 metres saw yet more new names appear. Caroline Fryer (U16) took gold in the 200m Back; Roger Mallet (U16) took top spot in the 200m Breaststroke with Caroline Brady creating a U12 Club Record in the 200m Breaststroke in 3.06.36 secs. Emily Calfe took the 200m Breaststroke, her specialist stroke. In the younger age groups Ryan Cawley (U10) who competed strongly throughout the championships, got the result he deserved when at long last he got top spot in the 200m Breaststroke; with Ross Arnfield taking same for the U12's. The oldest competitor Chris Glazier (Oliver's dad), also went home with gold in the O16's race. Katie Forbes set a Championship Record in the U16

Names to watch for in the future, based on 200m performances include, Becky Harding, Joanna Blair and Claire Maurer, Charlie Davis, Amy Edmonds (U11)(Championship Records : 50m and 200m Breaststroke), Naomi Thrower (U11); Catherine Taylor (U12) as well as Jeremy Mulliez who set a new 200IM Club Record

Swimmers who did well at 200m generally dominated the 400m Freestyle. Alex Woodman (U11) took the win with Alex Smith receiving the U13 gold. Naomi Thrower (U11) and Emily Calfe (U13) picked up the trophies for the younger girls.

In the older age groups, Georgina Fromson took the top spot place with Neil Hayfield O16 for the mens.

Two swims in particular deserve a special mention however: Emma Davis (4.45.68) (O15) and Nic Smith (U15) 4.37.56 both set new Championship and Club Records. Both swims took records that had stood for 16 years.

The Rules explained.....

In the last edition, we started a new column providing details of the technical rules that apply to particular strokes. In this article we record the freestyle rules a swimmer must follow.

The following is an extract of the ASA law :

514.1 A swimmer may start with a plunge or jump, or in the water holding the rail or side of the pool or other starting place with one or both hands.

514.2 Freestyle means that in an event so designated, the swimmer may swim any style except that in an Individual Medley or Medley Relay events, Freestyle means any style other than Breaststroke, Backstroke or Butterfly.

514.3 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

514.4 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

Quite easy really.....

Congratulations

Congratulations to John Eastwood for passing his Club Coaching qualification. News arrived just before Xmas as an early present from the Examiner. The Coaching qualification requires 10 days of theory and practical tests with swimmers of all ages and abilities. John has asked us to pass on his thanks to those who helped him complete the log book, T30's; psychological profiles; and the practical tests.

Well done John.



New Year Disco Party – A Roaring Success

A big thank you is due to all those involved in organising and managing the New Year Party held on 3 January particularly to Gill Liddiard for ticket sales, to the coaches and other helpers.

In previous years this has been restricted to younger members, but sensibly it has been extended to all age groups.

The Club would like to increase the number of social events. Are there any helpers out there prepared to organise one or two more? Please ask a Committee Member if you think you might be interested in helping.

Disqualifications

Obviously it can be upsetting to be disqualified for swimmers and sometimes even more so for a parent. This has always been the case – particularly with the youngest age groups.

Even experienced swimmers get disqualified after a lapse of concentration in a race or for moving at the start. *And I know what it feels like, as a parent, for it to occur at the county final level ...Editor.* It is precisely for that and other reasons, the Club tries to rigorously apply the ASA technical rules and standards.

The exact technique of each stroke is regulated also to stop a swimmer gaining an unfair advantage. Also, time to time interpretations of the rules are given from the governing body as boundaries are pushed by top international swimmers.

This may seem daunting but it is something swimmers pick up given

time, and with plenty of practice it becomes second nature. Some of the most common causes for a dq is a one handed touch in the breaststroke; alternating legs in the breaststroke or fly, turning onto the front at the end of a backstroke race; or moving at the start on the blocs.

Swimmers have to master the physical challenges of the sport as well as the rules. It is remarkable how few were disqualified in the last championships (no consolation to those that were of course), but through that experience they should grow mentally stronger as they learn to deal with disappointment as well as how to cope with success, to overcome nerves and act in a sportsmanlike way.

Competition Programme – Key dates

Sat 11 Jan	Gibson Shield	Sat 17 May	Southern Districts
Sat 11/12 Jan	Brighton Open Meet	Sun 18 May	Southern Districts
Sat 25 Jan	Wey Junior B League R1	Sat 7 June	Rother League R1
Sat 1 Feb	HSC Gemini Trophy	Sat 14 June	Diddy Championships
Sun 9 Feb	County Championships	Sat 14 June	Southern Districts
Sat 15 Feb	County Championships	Sun 15 June	Southern Districts
Sun 16 Feb	County Championships	Sat 21 June	Standish Memorial
Sat 22 Feb	County Championships	Sat 21 June	Southern Districts
Sun 23 Feb	County Championships	Sun 22 June	Southern Districts
Sat 1 Mar	Sprint Trophy	Sat 28 June	Rother League R2
Sat 8 Mar	Wey Junior B League R2	Sat 12 July	Rother League R3
Sun 9 Mar	County Championships	Sun 27-30	National Age Groups
Sat 15 Mar	Sprint Trophy (TBC)	Thurs 31 July – 3 August	National Youth Championships
Sun 16 Mar	County Championships	Sat 13 Sept	HSC Junior Cup R1
Sat 29 Mar	HSC Minor League R1	Sat 20 Sept	Junior Gala
Sat 5 April	HSC Premier League R1	Sat 27 Sept	Rother League R4
Thurs/Sun 18/20	Portsmouth Open	Sat 11 Oct	Speedo R1
Sat 3 May	Southern Districts	Sat 18 Oct	HSC Junior Cup R2
Sun 4 May	Southern Districts	Tues 4 Nov	Club Championships
Mon 5 May	Southern Districts	Sat 8 Nov	Speedo R2
Sat 10 May	HSC Minor League R2	Sun 9 Nov	Club Championships
Sat 17 May	HSC Premier League R2	Tues 11 Nov	Club Championships
		Sat 15 Nov	Haslemere Open Meet
		Sun 16 Nov	Haslemere Open Meet
		Sun 16 Nov	Diddy Winter Ribbon Event
		Tues 8 Nov	Club Championships
		Sat 22 Nov	Club Championships
		Sun 23 Nov	Club Championships
		Sat 29 Nov	Centre Pools Shield
		Sun 30 Nov	HSC Invitational Meet
		Sat 6 Dec	Club Championships
		Sat 13 Dec	Speedo R3
		Sun 14 Dec	Xmas Fun Event

In addition to the above, we expect to be adding a number further Open Meets and friendly fixtures. Please watch notice-board, and liase with coaches for details.

Club and Championship Records and Qualifying Times – your guide

Elsewhere in the newsletter we refer regularly to Club and Championship Records. From comments made at the recent Club Championships, it is clear that there is confusion about what the differences are particularly amongst new swimmers and parents. Also, there seems to be some uncertainty as to what is meant by qualifying times (and hence the importance of keeping your own personal set of records).

Club Records may be claimed by a swimmer swimming in any event – league, county, district, national championship, friendly, or Open Meet organised under ASA competition rules which can be officially verified. They are based on double age bandings – U10;U12;U14: U16 and Open in various distances from 50m to 1500 metres. And are based on 'age on the day'.

Championship Records however may only be achieved at the annual Club Championships. This means that the Club Records may also be set at the Club Championships if the existing record time bettered.

Club Records are, on the whole, more difficult to achieve. A claim for a Club Record must be made providing supporting evidence to the Team Manager (Olive Carroll) who will independently confirm that the record has been taken. Swims in a long course pool are converted to their 25 metres equivalent because turns in a short course pool provide an advantage equal to approximately to 0.7 seconds per additional turn, when compared to a long course swim.

Qualifying Times

Before the start of the **county championships** the county issue what are called 'consideration times' to give people an idea of times needed to stand a chance of entering the 'Surreys'. Experience shows they are not a good guide as they are often slower than necessary to make

a successful application. For that reason the coaches use last years results as a guide when advising what to enter.

The next step up are the **Southern District** Past practice has been for SCASA (the management body) to publish a qualifying time. Achievement of that has traditionally provided an automatic right to participate, and unlike the county, there were no restricted entry numbers based on the fastest times. We believe the existing arrangements will apply this year, because qualifying times are already much faster with fewer entries being received.

The next level are the **National Age Group and Youth Championship qualifying times**. These are extremely competitive. Few swimmers will ever achieve them – possibly 30 or 40 swimmers in the same age group nationally. Like the District times, they must be verifiable, achieved in 'designated' meets recognised by the ASA – counties; the districts (for nationals) or specific Open Meets held around the country organised by other swimming Clubs.

Speedo League Results

Two 3rd place and one 1st place finish saw WSC take 3rd place overall (out of 18) in the Southern Division 1 East of the National Speedo League. This represented our highest place ever. It places the Club in a strong position to qualify for the Premier League next year.

Competing against opposition from the whole of the South East, our second round and thumping victory against White Darts and Hastings put us into the final round against Dover and Canterbury. The final result was close – the difference marginal – just 11 points. 1st Dover (204); Canterbury (192); Woking(181) ensuring for the first time ever we returned with the third place pennant. This remains our top competition target in 2003.

Joke Corner

- 1 One reason elephants drink so much water is that nobody offers them anything else !
- 2 Education is what you get from reading the fine print. Experience is what you get from not reading it.
- 3 Is an aperitif another name for a set of dentures ?
- 4 Is a polygon the same thing as a dead parrot ?
- 5 If you are awe-struck have you just been hit by a paddle ?
- 6 " I think your dog likes me Brian. He hasn't taken his eyes off me all night". "That's because you are eating off his plate".

Some Quick Definitions

Autobiography: The car's logbook

Artful: A painting exhibition

Adamant: The very first insect

Climate: The best thing to do with a ladder.

Coward : A man who thinks with his legs.

Electrician: A switch doctor

Humbug: A singing cockroach

Monologue: A discussion between a man and wife.

Sonata: A song sung by Frank

Q Why do you call your father in law the Exorcist ?

A Because he rids the house of all of its spirits.

Q Is a Geriatric a German cricketer who captures three successive wickets.

SILENCE isn't always golden
....sometimes it's guilt.

Annual Club Awards

The Club makes annual awards for outstanding achievements during the year. The following swimmers were recipients this year. Figures show Club Records broken.

Club Record Plaques

Georgina Fromson (46); Nic Smith (31); Caroline Brady(5); Emily Calfe (2) Emma Davis (2); Alex Woodman (2); Matt Richardson (2); Neil Hayfield (1); Jeremy Mulliez (1).

Special Merit Awards

The following swimmers received special recognition awards:

Most Improved Junior - Jeremy Mulliez

Most Improved Intermediate – Ross Arnfield

Most Improved Senior – Robert Taylor

Rose Bowl Award – (awarded only once to a swimmer) for an outstanding performance – Nic Smith for his 100m Breaststroke swim in the 2002 Surreys to win the Ted Hogg Junior County Cup, against rivals 2 years his senior.

Sarah Redrup for her British Senior Age Group Masters National Record in the 50m Backstroke (31.42) and 1st place position.

Neil Hayfield for his 50m and 100m Fly 3rd place positions in the National Masters 25-30 Age Group.

Editorial Splash: Articles and ideas always welcome.

Published every few months Wavelength aims to inform and motivate swimmers and parents about activities inside and outside the Club.

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