

# Wavelength



Woking Swimming Club's Newsletter

Edition 6

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## Club Captains

Congratulations to the following swimmers who have been appointed by the Executive Committee as captains for 2003/4.

<b>Nic Smith</b> (Men's Captain)	<b>Jenny Richardson</b> (Women's Captain)
<b>Chris Bett</b> (Men's Vice-Captain)	<b>Kirsty Whatling</b> (Women's Vice-Captain)

The club captains represent the club in the water and help out / support swimmers at galas. They use their experience to help youngster swimmers gain confidence. They also represent swimmers views, so if any swimmer wants to introduce some improvements they are encouraged to talk to one of the captains.

## Club Shop

The club has traditionally opened a shop on Sunday afternoon at the Pool in the Park. In future it is proposed to launch a web based ordering system in addition to selling stock at the pool on 2 / 3 Sunday's of the term. The stock will be reduced to Woking SC specific clothing ; bags; fins etc., thus allowing us to reduce the amount of stock held.

We also need help to run the shop on a monthly basis and we are looking for volunteers. The task is not onerous if shared! If you are interested in this role please contact Jean Styles.

### **Winter Sales**

**To be held at the Pool in the Park on Saturday 22<sup>nd</sup> & 29<sup>th</sup> November.**

**(Club Champs Nights)**

**Dramatically reduced prices on Fleecees ; Hoodies etc.**

**Come prepared to buy a few early Christmas presents**

### **Crystal Palace Training**

Woking SC was invited to participate in the ASA teacher training during August. This is aimed at running courses for aspiring coaches and teaches and provided swim training for 45 swimmers from Woking.

Each day included a coaching session and three teaching sessions (for swimmers aged 8 to adult) comprising 80 minutes in the 50 M pool working on stroke technique and endurance, followed by 3 \* 30 minute sessions rotating between:

- 50M lanes
- 25 M lanes
- diving pit – a warmer pool for those who were getting cold
- 12 M ‘bays’

Karen Eastwood ensured rotation around the sessions, resting and eating when necessary. Everyone survived, even managing to pose for photos at the end of the week.



On 4<sup>th</sup> & 5<sup>th</sup> October all coaching / teaching staff and 55 swimmers again visited Crystal Palace to provide some concentrated training. This weekend kick started the season and encourages Team Building across all ages.

The weekend certainly paid dividends with a fantastic first round win in the National Speedo League against Hastings; Ashford; and Bocking & Braintree. The Speedo League is the premier league event in our competition diary.

A great big Thank You to everyone involved in the organisation of these events.

## **Communications**

With 280 Full and Associate members effective communications is an on-going challenge. This is a two way process. Firstly if you are a parent / guardian of a swimmer and you change address and / or telephone number please tell Sue Rosenberg (01483 773607). This information is used to contact you in case of pool closures and emergencies.

Watch and study notice board which is located on the balcony at the Pool in the Park. You should regularly check this for:

- Information on up and coming events
- Results of galas
- Notification of any changes necessary to the published training schedule

The club has also developed it's own Web Site. Please visit this at **[www.wokingssc.co.uk](http://www.wokingssc.co.uk)**

Many thanks to Chris Bard and committee members for developing the site and contributing material. The website is now open for business and contains:

- Copies of Wavelength (current and historic)
- Team Lists details
- Club Records
- Training Session Times
- Maps to the pools we use
- Links to other important swimming web sites
- Club Champs results (post November)

In the longer term there will be a section for WSC members only, where we will publish results from Open Meets and PB's for all swimmers.

A lot of time and effort has gone into this development for your benefit. Please take some time to tell us what you think. Please E-Mail suggestions for improvements to the web pages to **[wsc.web@ntlworld.com](mailto:wsc.web@ntlworld.com)**

## **Diddy Winter Ribbon Event**

The “Diddies” as they are known are the first occasion when younger members of the club have a chance to experience competitive swimming.

It is for children born in 1994; '95 or '96. As it can be quite a daunting experience for the younger swimmers every encouragement is given to them.

The ‘event’ includes a swim of 25M in each of the four strokes. Selection to compete is based on the discretion of the coach concerned. Swimmers will only be entered in strokes where they are thought capable of demonstrating a legal stroke.

The Diddies are Heat Declared events. All swimmers within an age group swim in heats of up to 6 swimmers. A presentation is made at the end of the evening to those swimmers who were in positions 1 to 6 within each event. The placing for the events are based upon the times recorded, so a child can win their heat and yet not be placed in the first 6 (if other heats were faster).

### **Coming Prepared for the Diddy Championships**

The evening will last for 2 to 3 hours. All swimmers are expected to stay on poolside (to cheer for their friends). In preparing for the event please ensure all swimmers have:

- A plastic bottle (large) of weak squash or water
- A T-shirt to put on before and after swimming
- Two towels (one to sit on and the other to keep dry)
- Correctly adjusted goggles (i.e. tightened), so they will not fall off during the races.
- A spare pair of goggles (if possible)

No food is allowed on poolside. A carbohydrate based meal (e.g. pasta) a couple of hours before the event is advised to help maintain energy levels.

The pool balcony can be a very hot and humid place. Please bring a supply of refreshments and despite being November some cool clothing.

### **Disqualifications**

During the evening some swimmers will be disqualified. Whilst annoying / potentially upsetting on a first competitive swim this is quite natural. Where this happens, a reason will usually be given when the result of the race is announced. The main reasons for disqualification are:

- Incorrect touch
- Incorrect stroke technique
- A false start
- Finishing on front when swimming backstroke
- Getting out of the water too soon, before the referee has released the swimmers

The judges and referees have passed examinations (theory & practical) and would prefer NOT to disqualify, however they have to maintain standards without which some swimmers could gain an unfair advantage.

If your child is disqualified, please use this as a learning experience. It happens to swimmers at all levels and is part of the preparation for later competitive events.

It is essential that in addition to being able to swim fast that a swimmer understands the rules and can be disciplined enough to follow them.

If you are unclear as to why your child was disqualified please DO NOT come on poolside, but discuss with the relevant coach at the end of the evening.

Throughout the evening **please cheer loudly**, except at the beginning of the race when the swimmers assemble at the blocks. Then please –silence- or you could disqualify a child who moves on the block due to your shout.

## **Parental Help**

This message is particularly aimed at parents of 93 and 94 age group swimmers.

The club always needs parental help. Indeed it is expected from parents, since the club is run as a voluntary organisation depending on new blood coming forward as swimmers leave and more experienced helpers / supporters move on.

Volunteers are essential to maintain the competitive programme. Please look at the notice board regularly and be prepared to give your time freely. You will not be asked to undertake anything onerous. Without parental help we might need to restructure the competition programme and consequently swimmers will not get the variety of swims they currently enjoy.

If you do not want to become qualified but are an experienced swimmer or prepared to learn the basics you can still help. If you are prepared to learn about Time Keeping or Judging please contact Chris Glazier on 01932 843475.

Currently we have 6 parents undertaking technical qualification - Good Luck to these parents who will be taking their exams in November !!!!

## **Open Meetings**

Although Woking Swimming Club enters A and B teams in many league competitions and friendly events, it is still difficult to give every swimmer a chance to represent the club regularly.

Open Meets are an opportunity for every swimmer in the club to improve their Personal Best times and to win medals / rosettes / ribbons.

These are graded events run by individual clubs – many have restrictions on entry related to current Personal Best Times, such that all swimmers who enter will be competing against others of a similar ability.

Club teams are generally picked on times, with the fastest swimmers being selected. So if you think that you are faster than the person who is currently swimming in the A or B team, enter an Open Meet and prove it!

## **Which Type of Open Meet should I enter?**

The Open Meets attended by the club are either Graded or Designated Open Meets.

When invitations are received to Open Meets the coaches will review any conditions and then copy and distribute the forms to all swimmers who they believe are eligible to compete.

**Graded Open Meets** are typically as A, B or C grade, with the A grade meets being aimed at the stronger swimmers in each age group.

**B and C Grade** galas provide a published time for each event - if your PB is faster than this time then you are not permitted to enter.

If during the event you swim faster than the stated time you will not qualify for one of the top awards, but will be given a certificate or "speeding ticket" as a form of congratulation.

A speeding ticket is a recognition that you have improved your PB beyond the limits of type of gala you have entered.

Speeding Tickets are things to be proud of .....



Other higher graded or 'Designated' Meets may also have a lower time limit, and you must be faster than this time to enter.

## **Designated Open Meets**

To swim in the National & District (i.e Southern County) Championships you must achieve the qualifying time in an ASA approved event. These events include County and District competitions and 'Designated' Open Meets. The standard of swimming is usually very high, i.e. County standard or above.

Attendance at designated Open Meets is expected of competitive swimmers chasing county, district or national qualifying times.

## **Entering an Open Meet**

The events programme on the notice board indicates the Open Meets that are coming up over the next year. Details of events supported by the Club are posted on the notice board – although some can be added at short notice.

The Coach should always be consulted about entering any Open Meet because of the type and level of competition that is offered.

## **Open Meet Success in 2003**

Woking has always entered some swimmers for Open Meets, but during 2003 there has been a move to entering more Open Meets as a club. This has resulted in a very successful year . To date we have attained top club status at the following Open Meets :

- Haslemere Open Meet - April
- Jersey Open Meet - April
- Bognor Open Meet - May
- Havant and Waterlooville - March
- Bournemouth Novices - July

and runner up in the Cranleigh Open Meet in June.

## **Team Selection Policy**

In September the executive re-examined & updated the team selection policy. A copy of this can be found on the notice board and web site.

The objective of the policy is to explain to swimmers the basis on which selection is made. It can be a complicated affair – these can be related to previous successes; best team contributors and timing issues (related to the order of the programme).

If a swimmer is asked to swim out of age it should be regarded as a compliment even if the eventual result may be coming last. One point can make all the difference to the overall result of an event.

## **Roll of Honour**

The Executive, have agreed to the introduction of a Roll of Honour for the first time in the club's history. This is aimed at recognising the significant contributions made by swimmers to the club. Those to be nominated will be announced alongside other club awards at the Xmas Fun Event.

## **Regionalisation**

There are major changes occurring, which will organise swimming in the UK into new districts across the UK and consequently affect how county championships are held from 2005 onwards.

The Executive is tracking these events closely to ensure we can provide input to the discussions at the county level.

## **Free Folders**

Free folders will be available at the Club Championships for keeping details of Personal Best's, Club Records, Competition Programme and instructions on how to complete Open Meet Forms. Make sure you get yours – One for each Swimmer.

## **New Coach Advert**

Due to the growing number of squad sessions and the necessity of providing cover, the executive have agreed to strengthen the coaching team.

If you are interested or know of anyone who might be interested please let us know. We would be willing to help the coach gain the necessary experience and qualifications. If you are interested please register this interest by telling Jackie Smith (Club Secretary), Brian Bloor (Chief Coach) or Rob Smith (Vice Chair) as soon as possible.

## **Club Championships**

This year we will be starting two of the Saturday evening galas early and swimming 4 events on the same night. This follows a typical Open Meet format and allows us to reduce the number of evenings over which galas are held.

In order to allow us to publish the results on the Web site at a later date we will be using new software to help list and sort the results. This will be in addition to the software we have traditionally used to record the results.

As these evenings will inevitably be longer than traditional galas please bring refreshments and lots of patience!

## **Disco Party**

The Junior Disco party for Full Members will be held during December. For tickets - £5 each (available from early December) please talk to one of the coaches. Watch the Notice Board for more details and buy early to avoid disappointment.

## **Editorial Splash**

Articles and ideas are always welcome, especially those from new swimmers and parents. If you have any ideas please contact Jean Styles (Jean@Styles.Me.UK).

# Woking Swimming Club Programme 2004 (provisional)

Date	Type	Event	Venue	Status			
<b>JANUARY</b>					<b>MAY</b>		
Sat 10th	F	Gibson Shield	Woking		Sat 8th	L	HSC Premier League Round 2 A Team
Sat 10th	O	Brighton Open	Brighton	Designated	Sat 8th	L	HSC Premier League Round 2 B Team
Sun 11th	O	Brighton Open	Brighton	Designated	Sat 22nd	L	Rother league Round 1 A Team
Sat 17th	L	HSC Gemini Trophy	Guildford		Sat 22nd	L	Rother league Round 1 B Team
Sat 24th	L	Wey Junior B League Round 1			<b>JUNE</b>		
Sat 31st	O	Haslemere Invitational meet	Haslemere		Sat 26th	L	Rother league Round 2 A Team
<b>FEBRUARY</b>					Sat 26th	L	Rother league Round 2 B Team
Sun 1 <sup>st</sup>	O	Cranleigh Open Meet	Cranleigh	B/C	<b>JULY</b>		
Sat 7th		Surrey Championships	Guildford		Sat 10th	L	Rother League Single Round Comp A /B Team
Sat 7th	L	HSC Gemini Trophy	Haslemere	Not Group 1	<b>SEPT</b>		
Sun 8th		Surrey Championships	Crystal Palace		Sat 11th	L	HSC Junior Cup Round 1 A Team
Sat 14th		Surrey Championships	Guildford		Sat 11th	L	HSC Junior Cup Round 1 B Team
Sun 15th		Surrey Championships	Guildford		Sat 25th	L	Rother League Round 3 A Team
Sat 21st		Surrey Championships	Guildford		Sat 25th	L	Rother League Round 3 B Team
Sun 22nd		Surrey Championships	Guildford		<b>OCT</b>		
Sun 29th		Surrey Championships	Crystal Palace		Sat 9th	L	Speedo League Round 1
<b>MARCH</b>					Sat 16th	L	HSC Junior Cup Round 2 A Team
Sat 6th	L	Wey Junior B League Round 2			Sat 16th	L	HSC Junior Cup Round 2 B Team
Sat 6th		Surrey Championships	Guildford		<b>NOV</b>		
Sun 7th		Surrey Championships	Guildford		Sat 13th	L	Speedo League Round 2
Sat 20th	L	HSC Minor League Round 1		A Team	Sun 14th	CC	Club Champs Woking
Sat 20th	L	HSC Minor League Round 1		B Team	Sun 21st	CC	Diddy Winter Ribbon Event Woking
Sat 27th	L	HSC Premier League Round 1		A Team	Sat 27th	CC	Club Champs Woking
Sat 27th	L	HSC Premier League Round 1		B Team	Sun 28th	CC	Club Champs Woking
<b>APRIL</b>					<b>DEC</b>		
Fri 9th		Portsmouth Northsea Open meet			Sat 4th	CC	Club Champs Woking
Sat 10th	Easter	Portsmouth Northsea Open meet			Sat 11th	L	Speedo League Round 3
Sun 11th		Portsmouth Northsea Open meet			O = Open Meet      CC = Club Championships      TBC = to be confirmed		
Sat 24th	L	HSC Minor League Round 2		A Team	L = League      F = Friendly		
Sun 24th	L	HSC Minor League Round 2		B Team			

## Woking Swimming Club Records – Boys at 30<sup>th</sup> June 2003 (age on the blocks)

Stroke / Distance		Open	Under 16	Under14	Under 12	Under10
<b>Breaststroke</b>	25m					20.85 N. Kellie
	50m	32.35 D. Phelan	33.31 N. Smith	34.13 N. Smith	38.50 N. Smith	46.78 O. Glazier
	100m	1.10.07 N. Hayfield	1.12.44 N. Smith	1.12.60 N. Smith	1.23.55 N. Smith	1.46.95 N. Smith
	200m	2.37.91 N. Smith	2.37.91 N. Smith	2.37.91 N. Smith	3.03.42 N. Smith	3.45.00 O. Glazier
<b>Butterfly</b>	25m					16.65 A. Hunking
	50m	27.10 N. Hayfield	28.97 N. Kellie	29.88 N. Smith	32.78 A. Hunking	38.08 A. Hunking
	100m	1.00.38 N. Hayfield	1.04.23 N. Kellie	1.07.42 N. Smith	1.16.29 A. Hunking	1.38.08 A. Hunking
	200m	2.20.70 N. Hayfield	2.26.84 N. Kellie	2.48.46 N. Smith	3.00.59 A. Hunking	3.47.10 L. Gray
<b>Backstroke</b>	25m					18.47 L. Eggar
	50m	29.21 N. Kellie	29.41 N. Smith	30.02 N. Smith	33.83 S. Metcalfe	40.29 N. Smith
	100m	1.02.06 N. Smith	1.02.06 N. Smith	1.04.53 N. Smith	1.12.06 S. Metcalfe	1.29.23 N. Smith
	200m	2.16.82 N. Smith	2.16.82 N. Smith	2.18.22 N. Smith	2.41.87 N. Smith	3.07.86 A. Woodman
<b>Freestyle</b>	25m					15.38 L. Eggar
	50m	24.80 N. Hayfield	26.22 N. Kellie	26.98 N. Smith	29.20 A. Hunking	33.73 A. Hunking
	100m	54.96 M. Richardson	55.55 N. Kellie	59.29 N. Kellie	1.05.09 A. Hunking	1.17.41 N. Kellie
	200m	2.01.05 S. Carroll	2.06.35 N. Kellie	2.09.83 N. Smith	2.27.48 A. Hunking	2.47.93 A. Woodman
	400m	4.16.13 S. Carroll	4.37.56 N. Smith	4.42.82 N. Smith	5.13.94 N. Smith	5.53.76 C. O'Brien
	1500m	18.43.37 R. Mallet	18.43.37 R. Mallet	20.10.30 J. Pullen		
<b>Individual Medley</b>	100m	1.03.33 N. Hayfield	1.03.46 N. Smith	1.07.19 N. Smith	1.16.97 N. Smith	1.28.95 N. Kellie
	200m	2.17.91 N. Smith	2.17.91 N. Smith	2.20.41 N. Smith	2.42.53 N. Smith	3.31.44 J. Mulliez
	400m	5.05.04 S. Carroll	5.21.12 R. Mallet	5.28.52 D. Anderson		

## Woking Swimming Club Records – Girls at 30<sup>th</sup> June 2003 (age on the blocks)

Stroke / Distance	Open	Under 16	Under14	Under 12	Under10
<b>Breaststroke</b>	25m				20.82 C. Brady
	50m	36.24 J. Pearce	36.70 A.M.Knight	37.56 I. Kikkert	39.09 C. Brady
	100m	1.17.79 J. Buss	1.20.35 J. Pearce	1.20.85 I. Kikkert	1.23.67 C. Brady
	200m	2.49.87 J. Buss	2.56.01 I. Kikkert	2.57.18 I. Kikkert	3.02.09 C. Brady
<b>Butterfly</b>	25m				16.01 G. Fromson
	50m	30.02 G. Fromson	30.02 G. Fromson	30.02 G. Fromson	32.09 G. Fromson
	100m	1.06.33 G. Fromson	1.06.33 G. Fromson	1.06.33 G. Fromson	1.13.17 G. Fromson
	200m	2.33.30 G. Fromson	2.33.30 G. Fromson	2.33.30 G. Fromson	2.50.58 G. Fromson
<b>Backstroke</b>	25m				19.11 S. Noble
	50m	30.05 S. Redrup	32.06 G. Fromson	32.06 G. Fromson	34.70 C. Brady
	100m	1.05.80 S. Redrup	1.07.73 S. Redrup	1.10.31 G. Fromson	1.16.78 C. Brady
	200m	2.23.69 S. Redrup	2.28.52 S. Redrup	2.30.96 G. Fromson	2.41.94 G. Fromson
<b>Freestyle</b>	25m				15.70 A.M.McGraw
	50m	28.64 R. Gahagan	28.70 R. Gahagan	28.79 G. Fromson	30.35 C. Brady
	100m	1.01.58 S. Calvert	1.02.10 S. Calvert	1.03.05 S. Redrup	1.05.60 K. Glazier
	200m	2.13.86 G. Fromson	2.13.86 G. Fromson	2.13.86 G. Fromson	2.21.74 G. Fromson
	400m	4.45.68 E. Davis	4.48.24 E. Davis	5.00.23 J. Swanston	5.05.38 G. Fromson
	1500m	10.03.52 S. Calvert	10.05.82 P. Watts	10.14.92 G. Fromson	10.19.87 G. Fromson
<b>Individual Medley</b>	100m	1.08.46 S. Redrup	1.09.78 E. Davis	1.11.02 G. Fromson	1.17.24 C. Brady
	200m	2.29.22 S. Redrup	2.31.59 S. Redrup	2.34.13 S. Redrup	2.43.84 G. Fromson
	400m	5.30.20 S. Ross	5.40.31 P. Watts		