



Press From The Pool

Chard and District swimming club



Hi everyone.

Welcome to our first edition of

Press from the Pool.

This is the new format newsletter that contains all of the recent events poolside and outside.

It's aimed at Swimmers and Parents and will be available on a quarterly basis. Any ideas or information for future features ??

Then please contact me.

Enjoy!!

Steph Hallam.

June Newsletter 2010

Zoe Baker, four times World Record Holder and Commonwealth Champion, seals exciting new deal with Chard and District Swimming Club...

Over the past year, Zoe has been Head Coach at Street and District Swimming Club and will continue to do so alongside Chard, with 2 separate part time contracts. This new 3 year deal will offer an exciting opportunity for the two clubs to progress.

Zoe's approach to Swim Coaching is that of a professional manner as she believes that "individual differences in training approaches must be addressed". This is apparent in her decision to introduce a mirror programme so that both clubs are training to a consistently high standard. Variation is the key to motivation and as a result, the "swimmer must be happy to swim fast."

Zoe will begin her new contract with Chard at the end of August, supported by John Farrant who will aid the transition for the club. We look forward to working with an inspiring individual who will continue to develop the Club whilst offering every Swimmer, at every level, the chance to improve.

Coaches Corner: Top tips from John Farrant on how to impress your new coach.

Swimmers: Train every session the club offers you. Always be on poolside ready to start with time to spare. Every session set out to swim every length including swim downs. Have a positive attitude to everything in the sport. Focus on your performances & don't hold grudges against others. During training do the basic simple things quickly. Swim part of every session super fast. Every start from the wall must be a push, glide & kick. Drive hard out of every turn in a straight line. Breathing in training, as in races, must be controlled. Work hard on the things you hate & your times will improve. Don't worry, get lots of sleep & eat healthy food. Never make excuses.

Parents: Make sure the swimmers are on poolside before you leave the building. Keep some old swim kit in the car for emergencies. Swimmers must be involved in selection of their races at Meets. Look at the programme & Meet timetable & prioritise your events. Never be late for warm-ups. Swimmers need to warm up & relax prior to events. Do not get into negative discussions with swimmers immediately after a race. Excuses by parents are even less convincing than swimmers. If you must make comparisons with other swimmers, select a good swimmer from another club several seconds faster than your swimmer and gradually chase them down.

Learn skills to improve fundamental strength.

Available to all swimmers 11+ every Wednesday 6-7pm.

Numerous exercises: core stability, stretches and flexes.

Different approach with fellow team mates.

Take away exercises, try at home

Rewarding

Activities which are varied

Injury prevention

Need's more members.

Interested?

Nurture muscle imbalances

Give it a go!

£5 per month and can be added to your usual monthly standing order with the club.

Eric van den Barselaar looks forward to seeing you there!

Dates for the Diary:

July 11th
September 19th

Tiverton Sprint Meet
Exeter Sprint Meet, Pyramids pool, Exeter

Club Galas

No 3 July 17th No 4 September 11th

National Arena League. Western

Round 1 Saturday 9th October 2010
Round 2 Saturday 13th November 2010
Round 3 Saturday 11th December 2010

News of Twenty Ten:

Congratulations go to:

John Farrant, who has been nominated by the County Management Committee as Somerset A.S.A. President elect. John will become Somerset A.S.A. President from May 2011 - May 2012. – A FANTASTIC recognition for his involvement with swimming, through the years.

Thirteen year old talented **Daniel Walker** who achieved his National Qualifying time in the 100m Breaststroke: 1-13-01. This is the second consecutive year that Daniel has achieved a National Qualifying time (NQT) and is currently the only member of the club to do so. We wish him the best of luck for the **National Age Group BAGCATS Championships**, held in Sheffield, in July.

Success at the Somerset Age Groups with :

Pictured are, Elisha Hawkins 10, Jamie Pullinger 11, Oliver Bilbie 12, Tessa Down 12, Lauren Harrison 12, Daniel Walker 13, Jake Hallam 14 and Luke van den Barselaar 14, achieving top eight BAGCAT Awards.



Well done to our South West Regional Qualifiers 2010...

Elisha Hawkins, Jamie Pullinger, Daniel Walker, Tessa Down, Abigail Dare, Jodie Hake, Ben Fowler, Jake Hallam, Luke van den Barselaar, Hannah Pullinger, Madeline Ryder, Tarina Francis, Beckie Rutherford, Lydia Riches, Jack Fish, Chris Harrison, Rebecca Bennett, Emily Wilson and Holly Lawrence.

Committee Members 2010 - 2011

Chair:	Keith Hallam
Vice Chair:	Eric van den Barselaar
Treasurer:	Helen Moulding
Secretary:	Heather Pullinger
Child Protection Officer:	Kate Down
Welfare Officer:	Ali Rodger
Competition Secretary:	Heather Pullinger

Members:

Daren Emery, Helen Emery, John Farrant, Nessa Rutherford, Caroline Harrison, Jackie Riches, Karen Adair, Tina Bryant, Donna Hawkins, Liz Simpson and Ainslie Hanson.

Junior League Team Manager: **Tina Bryant**

NAL Team Manager: **Eric van den Barselaar**

Press and Publicity Officer: **Steph Hallam**

Official's coordinator: **Gary Andrews**

Coaches and poolside helpers :

John and Pam Farrant, June Turner, Roger Welch, Sue Aston, Amy Rodger, Steph Hallam, Malcolm Greenslade, Eric van den Barselaar, Richard Edge, Daren Emery, Lucy Down, Heather Pullinger, Liz Simpson, Wayne Speake, Tina Bryant, Ali Rodger and Sue Hanson.

Any Accountants out there...

Are you a qualified Accountant? If so could you spare a few hours a year to check the club's accounts.

You know you're a swimmer when:

"Seeing a guy in Speedo's doesn't freak you out"
"You spend every day at the pool"
"You see your team more than your family"
"You have a hard time watching people swim and trying not to correct them on their stroke"
"A friend asks how a certain guy dresses and you say " I only see him without his clothes on.."
"You have hickies on your neck"
"You hear an electronic beep and you instinctively jump"
"You look forward to holiday because you can triple practise"

You know you're a Poolside Parent when:

"No one at work asks you what you are doing at the weekend/evening anymore"
"Your Holiday Destination is chosen by the size of the pool"
"You have more than ONE stopwatch and it costs as much as a decent pair of shoes"
"You can work Excel, only because you have to use it to create PB charts!"
"Every door in the house is taken up with wet towels"
"When you plan your vacations around swim meets. Or better yet when you expect your family to come along with you to a swim meet as their vacation".

Club Hoodies :

Chard and District Swimming Club Hoodies are available from Prelude Sports.

Anyone wishing to purchase one should contact Prelude Sports direct on 01460 78529

or visit their shop at 27, Market Street, Crewkerne, Somerset. TA18 7JU

Swimmer representative.

The Search is on: It has been decided that a Swimmer, fourteen years or over, is needed to represent their team mates at regular committee meetings, throughout the year. Interested?

See one of the committee members (above).