

Chard & District Swimming Club



Newsletter
February 2009

www.swimchard.net

National Swimming League (Western)

National Swimming League Western (previously Speedo League).

Last year is now history, but what a season to remember! Two very good performances followed by the Cardiff adventure. We now know the standard of some of the opposition clubs but we can compete and remember, a win for a 13 year old gets the same number of points as an Open swimmer. Special mentions to Tessa Down and Daniel Walker who won the 11 years Breaststroke events in all three galas and to University

Students Holly & Luke Lawrence, Max Gosden, James Moore, Mark Spiller & Matthew Clay who all returned to swim for us.

The 10 lane, 50mt international pool at Cardiff ~ Chard Team are underneath the score board.



Southern Junior League 2009 Dates

18th April, 16th May & 20th June.

Team will be selected from 9 to 12 year old swimmers. Ages as of 20th June. First round is at Keynsham, selection notes for this event will be issued very soon.

Don't forget..... for every 3 Junior League Galas you receive a Badge.

Somerset Age Groups 2009 - Distance Events

The Somerset Age Group & Championships started with the 1500 & 800mt. events. Chard was represented by Lauren Harrison, Amy Rodger & Holly Lawrence. Holly Lawrence 19yrs. returned from University to win the Open 1500mts. in a club

record time of 18-51.04, Amy Rodger 17yrs. finished fifth with a personal best time of 20-41.20. In the 800mts. Lauren Harrison 11yrs. finished second in the 11yrs age group in a 12yrs. and under club record time of 10-54.70.

Good Luck!

to everyone taking part in the Somerset Age Groups over the next few weeks!

Don't forget - be prepared - arrive in plenty of time for your warm up and check you have everything you need in your bag. Space is limited at these events so try and fit it all into a sensibly sized bag!

GIVE YOUR HAT A NAME

If you are interested in purchasing a club swimming hat, please put £5.05 per hat in an envelope with your name for contact marked on the envelope. Please also clearly write the name you required printed on the hat. Please pass the envelope to Tracy Dare. One large order has already been placed - apologies to anyone who missed the first batch. A second order will be placed as soon as we have sufficient numbers (we need to order in large batches to keep the cost down).

If there is any adjustment to be made in the price of hats this will be made after orders are received.



NEW TO YOU SWIMWEAR & ACCESSORIES

A list of items available is on the board at Axminster & Chard. We hope to have a table sale at Club Gala 3 - weather permitting. Please pass anything you wish to sell to Helen Emery. Attach a label stating your name, asking price and size. You should also specify if you are donating all the proceeds to the swimming club or 50% of the proceeds.

CLUB FEES

A little advance notice that there will be an increase in club fees around April. New fees will be published soon - keep an eye on the website for more information. This fee increase is necessary to cover rising costs and club improvements, coaching etc.

Somerset Entries, Open Meet Entries & HY-TEK

The Somerset entries have been sent using HY-TEC Team Manager, a software programme purchased by Somerset A.S.A. for all the Somerset clubs. The programme has the qualifying times built in and will not except swimmers who are too slow. Most Open Meets are only accepting electronic entries, so again you have to be within the cut-off &

qualifying times and NO LATE ENTRIES will be accepted. If your times are not fast enough for Open Meets concentrate on one or two events only at club galas and put everything into some huge P.bs. At Open Meets concentrate on you best strokes and don't waste energy in events just because you are there.

Open Meets

On the day have a light breakfast. Toast and honey or something very light and take lots to drink such as water or energy type drinks. Eat nothing for 2 hours prior to a race. The pasta etc. needs to be eaten in the days leading up to events. You need to warm up using very little effort. Swim the lengths thinking only

about your technique and being very streamlined. In the sprints warm-up get perfect starts and go flat out for 15mts. swim the rest of the length easily. Those of you with racing suits use a different suit for the warm-up. Remember to arrive in plenty of time and take spare hats and goggles.

Training

Keep trying...

The sessions are well supported and most swimmers do their best, but a few still decide to take extra rests etc. which makes it difficult for the rest of the lane. If you are finding it hard going, don't stop, move back in the lane and just hang in there for a few lengths.

Aim high...

All the swimmers who have achieved National Qualifying Times were good at training and never missed lengths.

Keep the pool clean...

Remember to shower & remove make-up before swimming and the water will be a better quality for everyone.

Bryanston (South West Counties Residential Summer Training Camp) :Find details on South Western Counties website.

Swimmers of the Month - January 2009

Congratulations to Chris Harrison and Lauren Harrison Chard and District Swimming Club swimmers of the month for January 2009.



Chris, 16 yrs achieved his first ever South West Counties Qualifying Time

in the 50 Freestyle at the Exeter Open Meet held at Millfield in January. (Exeter Open and Club Gala 1). Lauren gained the most points based on the RANX system from the events held in January.



DIARY DATES

	February
21 & 22	Somerset Age Groups, W-s-M
	March
7 & 8	Somerset Age Groups, W-s-M
14 & 15	Somerset Age Groups, W-s-M
28	Club Gala No. 2
	April
4-5	Avalon Spring L3 Open Meet
18	Southern Junior League - R1
25-26	Tigersharks-Swindon
	May
2-3-4	South West Counties - Youth
9-10	Exeter Open L2 - Pyramids
16	Southern Junior League R2
22-24	Avalon L2 Open - Millfield
	June
6 & 7	South W Counties Age Grps
13 & 14	South W Counties Age Grps
20	Southern Junior League R3
27	Chard/Clevedon Open Meet
28	South West Counties Sprints
	July
11	Club Gala 3
12	Tiverton Sprint Meet
	September
19	Club Gala 4
	October
3	Somerset Sprints
10	National Swimming Lge 1
17-18	Avalon Level 2 - Millfield
	November
6-7-8	SW Counties Champion's
8	Tiverton Sparkler Meet
14	National Swimming Lge 2
21	Awards Evening
28	Distance Gala
	December
5	Bridport Xmas Meet
12	National Swimming Lge 3