

# BIRMINGHAM MASTERS SWIMMING CLUB

## NEWSLETTER JANUARY 2008

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### Subscriptions

There are still a few subscriptions outstanding. If you are one who has not yet paid could you please do so more or less at once. We want to reduce unnecessary administration to a minimum, and chasing up subs is a very time-consuming operation.

Payment should be made to Judy Wilson at a club session or by post (see your email version for address). Remember to return the re-joining form with your cheque please.

### Committee musings

There was a meeting of the club committee on Tuesday 8 January. A number of issues which might be of interest to members were touched on.

**Courses:** John Tennant, as secretary, receives details of teacher's courses (courses at which one may qualify as an ASA Teacher or better). If your interests lie in this direction he is the chap to get details from.

**Meet reports:** no competitions to report on in this issue, but if you compete in a meet please give a summary and relevant result details to AW for inclusion in the newsletter.

**Finances:** Rebecca reported that the club's finances were more or less breaking even and that there was no need to hike either annual subscriptions or session fees.

**Christmas dinner 2008:** keep the date of 29 November in your diary for this year's big social event. It looks as if we will be returning to Edgbaston Golf Club.

**Help wanted:** the success of the dinner depends on the commitment of just a few people, three to be precise in the persons of Laura, Lorraine, and Sue. With Lorraine working away and Laura in a new position we need another volunteer. All offers of help to Sue Cramb please.

**Targeted meets:** the reason we are here is to assist members to swim well in competitions. To this end the committee recommends that members concentrate their efforts on a few 'targeted' meets at which our members can attend in force and encourage each other by their mere presence. The meets recommended for the remainder of the first half of 2008 are as follows:

10 February: Rotherham Metro meet at Sheffield (long course)  
4-6 April: Midland Masters Championships at Leamington Spa (entry forms for this meet are available from the notice-board at training)  
20 April: Gloucester Masters Meet at Gloucester Leisure Centre  
20-22 June: British Masters Championships at Manchester (long course)

Other dates to note, not yet on the ASA website:

19-20 July: Barnet Masters Distance Meet at Barnet Copthall Centre  
7 September: Barnet Masters Sprint Meet at Barnet Copthall Centre  
22-23 November: Barnet Masters 1500 meet at Barnet Copthall Centre

## No training

There will be no training on Sunday 10 February, the day of the Rotherham targeted meet..

## Good news

Congratulations to Carl and Julia Mellor on the birth of their new son Ray Connor Robert on Friday 18 January. All three reported to be doing well.

## Turns

Many of you will be bored by my seemingly continual advice to turn correctly and legally in training, the theory being that bad habits in training are often reflected in competitions, while Perfect Practice Produces Peak Performance. Imagine you are swimming a short course 200 IM: there are seven turns each with an approach and an exit to consider, as follows, a mixture of legal and technical advice.

Start – butterfly – a dive start with long underwater glide and three or four dolphin kicks to surface within 15 metres of the start/

Butterfly/butterfly turn – a two-handed touch and push off on side/front, taking care not to finish the length with a breaststroke arm pull.

Butterfly/backstroke turn: - again a two handed touch while on the front, avoiding breaststroke arm action. – push off on back with arms extended, making three or four dolphin kicks to bring yourself to the surface. Aim to surface beyond the turning flags.

Backstroke/backstroke turn – the safe way is to complete the length while remaining on your back, do a spin turn, and push off on your back. The quick way is to turn onto your front with one arm stroke to go, throw a front somersault to plant your feet on the wall, and push off underwater on your back as you do on the fly/back turn.

Backstroke/breaststroke turn: - finish the backstroke section of an IM or a backstroke race while remaining on your back and making a hand touch. Push off on your front and make the permitted underwater stroke and dolphin kick. Your head should break the surface before you commence the second arm pull.

Breaststroke/breaststroke turn – finish the length with a two-handed touch while still on your front, then push off on your front. Don't omit the underwater stroke and dolphin kick..

Breaststroke/freestyle turn: - again, finish with a two-handed touch with shoulders level. Anything goes in freestyle so long as you don't walk. Start the freestyle leg with half a dozen strong strokes to get your balance.

Freestyle/freestyle turn – a tumble turn is obligatory for our swimmers. Only a foot touch is needed.

Freestyle finish – the speediest finish is made with a stretched arm. Hit the pad (if present) forcibly to ensure your time is recorded.

In general, you will do better turns the faster you approach the wall, and you will pick up your stroke better if you push off strongly and positively.