

BIRMINGHAM MASTERS

March 2010 Newsletter

Edited by Bob Cramb

The clocks will soon be set to British Summer Time.....

Time marches on and if you have not got your entries in for Gloucester then you are too late but there is still time for Leamington for the Midlands masters and if you intend to go please please please tell Keith ASAP since we need to get our heads round potential relays. The relays are competitive but we have such breadth and depth that there is often a very good chance of podium places. Details of the web site and entry dates:

Midlands Masters; Leamington Spa 23-25 April (Closing date 26 March)
<http://www.icklepeoplesoftware.co.uk/meets/2010form.pdf>

Committee meeting

A summary of the main points in the recent committee meeting:

After a final tweak we are applying to the Birmingham Sports Council for a grant to cover registration fees for the nationals at Sheffield. If we are successful this should help defray some of the costs particularly for those only able to travel for one of the days' competition and/or one event. We hope that this will encourage more participation and may mean we can enter more relay teams.

Swim 21. Our portfolio of evidence is almost complete. Sue and I are meeting Nick Turnbull, the local ASA officer in charge of Swim 21 at the end of the month to see if these details meet the standards.

Coaching. Ed will not be available for the Saturday sessions so Paul will take these in the short term. All of the sessions are linked through Andrew, Ed and Paul so that the sessions are geared to improving performances at Leamington and in the long term Sheffield.

Attendance at the sessions have been increased over the past year, a tribute to the integrated coaching practised by Andrew and Ed with contributions from

Paul as coaching co-coordinator. The consequence is that we are beginning to accrue a surplus which as a non-profit organisation was reviewed. Funds accrued need to be used for the benefit of members and the least popular session is on Sunday, but is one that has most coaching time. For the four Sundays (including mothering Sunday; sorry this was not out to inform everyone before the event) that we are using the pool prior to Leamington, entry is free so there is no excuse not to swim! So if you really want to improve these times....!

Pool closures: The school has notified us of times when we will not be able to use the pool; these are as follows:

Friday 2nd to Monday 5th April inclusive - Easter
Friday 14th May
Tuesday 29th June
Saturday 3rd July
Wednesday 7th July

Our returns to the ASA were forwarded by Keith and we have a total of 81 registered members. So if you have not paid your membership, technically you are no longer a member of the club. Speak to Keith if you need any information.

Social events

There was a successful outing to Jimmy Spices (once everybody got the hang of how the place worked!) and the next social event will be the meal after the end of the Midlands championships on the Sunday of Leamington weekend. Please watch the notice board for any ad-hoc arrangements that may arise sooner!

Club Kit

We have a good stock of kit available and Jim brings this to the sessions when possible so if you do need anything please contact him particularly if you are going to be at any of the swimming meets (Gloucester/Leamington!)

Safety

During sessions we can all need to get out for comfort breaks (!) but as a responsible masters club we need to be aware of our safety. If you have to get out because you are not feeling well please let your colleagues in the lane and the coach know.

Club Annual General meeting

Please note that the AGM this year will be held on Wednesday 5 May @ 7:15 pm (subject to availability of the Pavilion). Last year we tempted you with flapjack. This year it is likely that there will be more of the same but please make a note in your diary as it is important that you attend to make any views heard.

Bracknell Masters Meet: Keith Ingram reports

An elite group of mature masters from the club, John Tennant, Jackie and Keith Ingram attended the Bracknell event.

Jackie (65-69) won both the 50 and 100 metre backstroke races but was 1 second slower at 50 metres than her entry time, by virtue of an indifferent finish. For John and Keith this was the first short course meet where body suits could not be worn and the learning curve of expectations with the new rules. The first long course meet at Crawley was a cruel introduction but the realisation that all male swimmers are similarly disadvantaged does provide hope! A one day meet is not ideal but both John and I were both keen to explore our main disciplines.

In the 70-74 age group John swam in the 50, 100 and 200 freestyle and 50 butterfly, winning the freestyle events and taking second in the butterfly. I swam in the same age group in the 50, 100 and 200 breaststroke, 100 and 200 IM and the 50 freestyle with wins in all except the second place to John!

In total 47 Clubs competed and our results earned us an 11th place overall. Additionally there was a top swimmer award based on 5 events for men and women. With 130 male swimmers competing I was 2nd overall and John 6th making this a worthwhile marker for the coming season. The best estimate of the effect of swimming without bodysuits for males suggests that there may be an increase in times of up to 1.5 seconds per 50 metres!

Nick Gillingham swim academy

Andrew has worked us hard on our breaststroke recently but if you want more well then you are in for a treat @ www.nickgillingham.com where there is information on a course entitled:

“The Art of Breaststroke for MASTERS SWIMMERS”

The location is the King Henry VIII School, Warwick Road, Coventry CV3 6AQ on Saturday 10th April 2010. The programme includes:

Swimming: 2 x 1hr 45min Pool Sessions
Keynote: Psychology of Racing
Video: Technique Review
General: Question & Answer Session
Photo Call: Championship Medals

The cost is £75.00 but for some this may be the right move to improve that breaststroke on the way to getting IM right but for others (like me!) it might be a stroke too far!

And finally

It is noted that our website is lacking a few up-to-date photographs! If you have any good photographs of participation at competitions or training and or socially please send them through to Laura for an update to the website.