BIRMINGHAM MASTERS

September 2010 Newsletter

Edited by Bob Cramb

When the Rugby Posts go up at KE you know it time to enter the British Masters!

Training sessions are now geared towards the British Masters championships **(see more below)** so a reminder to enter! The closing date is 29 September at midday and the entries can only be done on line so please get thinking about your entry!

Please remember that the club has received a grant from Birmingham Sports council so that the registration fee of £20 (before you can even enter an event) will be refunded to you by the club *after* you have competed at Sheffield. So there is an incentive to swim even if you can only attend for one day (or even just one session!).

Remember that the relays at the British masters are also most interesting this year. They include 4 x 100 F/S, 4 x 100 medley and 4 x 200 F/S including mixed events! Now you may feel, well the competition in my age group is a bit tough and 'oh I will not do that well' but if you just might be that vital team member. We have a lot of strength in depth in the club and please consider putting you name forward to Keith and again even if you are only up in Sheffield for just that one session or day your presence in the relay could be just the crucial entry.

So please think carefully about when and what you wish to enter and note that all the training sessions up to Sheffield although coached by different personnel are co-ordinated to ensure we produce optimal performance!

Sunday Sessions in October

You will remember that in April this year prior to the Midlands Masters we made 4 Sunday sessions free for use. Our funds are healthy and as a non-profit organisation our object is not to accrue xs funds but to use them for the members' benefit. The least popular session is on Sunday, but it is the one that has most coaching time and prior to a big event gives the opportunity of

expanding time to work on race preparation. We are extending this to our build up to Sheffield so the following Sunday sessions are free:

October 3
October 10
October 17
October 24

So no excuse to get fit (but there must be some excuse surely!)

Sheffield Accommodation

As always Pauline is organising accommodation at the Park Inn Hotel. There is a considerable discount for us due to the block booking so please do take advantage of Pauline's effort and get the booking form back to her by **September 27**. For completeness I have re-included the booking form for those that just cannot quite get their hands on that form!

There is the opportunity to share rooms.....and cause much hilarity with emails to and fro. Thank you for your contributions.

Redevelopment at KE

Well we are all beginning to find our hiking boots and powerful torches for the winter season. The trek from the car park to the swimming pool is not pleasant particularly if it rains and our concerns have gone to KE. Once the dark days of winter arrive and younger users of the pool (and their parents) have the trek then the path may be upgraded and lights added. We are told that this will happen but please have your torches hiking boots and poles in the mean time.

N.B. My email alerting you to the 'Shells' parents evening on Wednesday September 22. **Remember** no parking in the school grounds!

Committee Post

The swimming committee needs another member. This is to fill the post of a "Funding awareness officer". This is someone who will look for lines of funding from the club as advertised through sporting organisations or local councils or multinationals. Yes there is funding out there and we need a serious organiser who will look to see if we can subsidise ourselves more. Contact the chairman Sue Cramb or approach directly!

Swim 21

As some of you will be aware, earlier this year the committee made an application to the Birmingham Sports Council for a grant to help offset some of the costs of competing at Sheffield. We pitched it at the level of covering the £20 registration fee which all competitors have to pay, prior to their race fees. The Birmingham Sports Council has responded by awarding us the full £860 we requested. Obviously this is welcome news to those who would be going anyway but it may also encourage others to compete in the knowledge that some of the cost has been alleviated. In terms of the logistics, this will be managed on a retrospective basis. Members should submit their applications to the organisers in the normal way and pay the full amount. At this point email Ian Parker to register your claim. Just put "Sheffield Claim and your name(s)'' in the subject line. There is no need for any further narrative. From this Ian will compile the list of claimants. After the competition Ian will arrange the £20 reimbursement.

So please ensure that you consider this carefully. This does mean that the standard charge that puts off entry for a one day attendance is waived. Furthermore as Keith points out there are a number of longer relay distances that we need to consider carefully and if you are interested please let us know early! The programme can be found http://www.swimming.org/assets/uploads/events/ASA_Masters_Programme_of_Events_1.pdf

World Masters Swimming Championships: Keith Ingram

A select band of four Birmingham Masters travelled to Gothenburg expecting that the weather would be as warm and dry as June and July had been in England. It was a bit of a shock to encounter heavy rain on our arrival and the weather remained very mixed throughout our stay.

The programme on our first full day on Friday 30th was to travel to the indoor 10 lane 50 metre pool at Valhalla to get our accreditation and to get a swim in one of the two competition pools. The pass obtained, allowed free transport on all local buses and trams and as we discovered later, boats also. We also discovered that for the first time in a World Masters event there were no printed programmes for the event. Those who had not brought downloaded heat details, had to buy heat sheets for their event or consult information posted on a wall!

Having explored and tried out the indoor facility, it was time after a snack at lunch time, to venture off to the outdoor pool at Lundby by tram. Any hopes that the rain would have stopped were dashed and having changed in the warm indoors, Mick and I made the 100 metre walk in the rain equipped only in a pair of trunks, to the 8 lane 50 metre pool. We thought of the misery that this would have caused Colin! To be fair the water temperature of the outdoor pool was pleasant but when I decided to do some backstroke preparation for the 400 IM, a heavy squall arrived. No fun swimming with face turned to the heavens!

Arthur Lowe and Mick Marshall were luckier the next day when they competed in the 800 metres freestyle. The rain held off, but a stiff breeze made for a low ambient temperature. Arthur was a bit disappointed with his 800 time finishing in 7th place but Mick swam well under his entry time and produced a well paced negative split swim to finish 5th. In a World Masters Championships Gold, Silver and Bronze are large medals presented on a podium whilst 4th to 10th places are honoured with a standard smaller medal so both received an award for their efforts. Arthur put this disappointment behind him by winning Gold (100 metres F/S), Silver (50 metres F/S) and Bronze (200 metres F/S) in the face of stiff competition. The following day Arthur rounded off his swims with 7th place in the 400 metres freestyle.

Keith started a varied programme with an indifferent 100 metre breaststroke for 8th place but bronze in the 400 IM followed the next day, a first ever podium finish at a World masters event. Other results included: 6th, 200 metres IM, 5th 200 metres breaststroke and 7th 200 metres butterfly.

Alison Peakman started her programme with 4th, 200 metres backstroke outdoors at Lundby and found straight navigation somewhat tricky! A 10th place in the 400 metre IM and a 5th place in the 100 metre backstroke followed, leaving the last pool event for a miserable wet day outdoors at Lundby. Despite the rain, a focused effort resulted in a powerful straight 50 metres backstroke and a superb bronze medal.

Those Birmingham Masters who have recently formed an affection with open water swimming would have enjoyed the event in Gothenburg at a lovely lake on a nice sunny day. These events depend a lot on navigation and who is swimming alongside and as a result of being caught up in a melee a solid swim by Alison was slower than Bosworth Water swim earlier in the year and the ensuing 8th place was a bit disappointing.

With men and women swimming in different pools and with a limited number of us having different schedules we were not able to support each other as much as normal but messages of progress by text and meals together in the evenings maintained some degree of cohesion. Having no relays entered we used the day set aside for relays, to use our free boat passes to travel to the most remote island in the archipelago and having explored it work our way back via a visit to one of the other islands. This was a most enjoyable day and with perfect weather! In summary our small contingent swum well with a final tally of 1 gold, 1 silver, 3 bronze medals and top ten finishes in all events swum.

West Midlands Region Learning Day: 14 November

A series of 10 workshops are to be held on 14 November covering a large number of aspects of swimming and it relationship to running a club. These include Voice protection, disabled swimmer coaching, networks for talent pathways, national plan for teaching swimming and a coaches master class. It is to be held at Aston Villa football ground (don't let that put you off) and sounds incredible value @ £25 to include attendance at 2 workshops, lunch, a goody bag and unlimited access to the ASA communication zone. There.....you will all apply with these offers. But those serious about these workshops please email me for more information or look at the West Midlands ASA site.

A return to Spain...

Cristina Sanz is unfortunately return to Spain to live and work. We intend to mark this with a social evening on 8 October. Please review the notice board for more information.

Security at KE

You have no doubt seen the bollards at the Edgbaston Park Road entrance to the school in front of the Foundation Office complete with traffic lights! At present the bollards are raised at 10pm during the week and at 7pm on the weekend in order to increase security. However, for those people already on site the bollards will automatically lower as approached, in order to let vehicles out. So you will not be trapped!

End of season dinner.

There is so much to look forward to in the next couple of months so mark the date of the end of season (Christmas themed) dinner to be held on Saturday 27 November @ Edgbaston Golf Club. More details after the nationals but the women will need to get the frock order in and the men need the dinner suits in for the annual clean!

And finally....

Laura does an amazing job with the website and keeps it up-to-date, so please please ensure that you look at it from time-to-time. Even with her efforts we can get locked in with our current views so if you have some suggestions or photographs or something else that would help to make it special (Just look at this Irish Masters site www.nacmasters.com to see what can be done).

And finally (really) – the Sheffield Accommodation form (again)

NATIONAL MASTERS SWIMMING CHAMPIONSHIPS
29 - 31 October 2010 SHEFFIELD

ACCOMMODATION

Accommodation has been booked at the Park Inn, Blonk Street, for Friday 29 and Saturday 30 October.

For those who have not stayed there before the hotel is only a few minutes walk from the pool. There is a car park above the hotel and the cost is £4.00 for 24 hours.

I have booked 8 Twin rooms, 8 Double rooms and 6 Single rooms. The twin rooms could be made into a triple by using the sofa bed. Where possible please organise who you wish to share with.

The cost is per room and includes breakfast.

Cost:	Single	£70 per room per night
	Twin/Double	£75 per room per night (£37.50 each)
	Triple	£80 per room per night (£24.00 each)

SATURDAY EVENING MEAL

A meal has been booked in the Park Inn for the Saturday evening for 30 people at 7.30pm. The Hotel will produce a 'Swimmers Menu' which I will circulate the week before.

BOOKING

If you require accommodation please complete the form below and return it to me by **27 SEPTEMBER** with a deposit of **£15 per person** (payable to '**Park Inn Sheffield'**)
If you would also like to attend the Saturday evening meal please tick the box below.

Pauline W. Cooke

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National Masters Swimming Championships 2010
Accommodation Booking Form

Name/s…….

Contact No (D)…… (E)…….....

Email……

Accommodation (Please tick)

Friday 29 Oct ☐ Sat 30 Oct ☐ Single☐ Double ☐ Twin☐ Triple☐

Saturday Evening Meal (Please tick)

I/we would like to attend the Saturday Evening Meal ☐

Deposit

Deposit of £15 per person enclosed Cheque☐ Cash☐ Amount……..

Cheque payable to 'Park Inn Sheffield'

Date Received by Pauline……. (Pauline to complete)