

:

Dolphin Times

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DECEMBER 2013

Update from the Chair

New Beginnings:

This term has seen the club enter an exciting new era. We have started new sessions to replace those lost at Manchester Aquatics Centre. We now have a session at Manchester Grammar School on a Thursday from 6.30 – 8.30pm and a session at Stretford on Saturday mornings from 8.00 – 9.00am. Both these sessions have seen numbers attending increasing and have become popular sessions with the swimmers. We have also started a land training session on Saturday morning after the swim session 9.15 – 10.00am which is also proving to be extremely popular.

As you are no doubt aware our head coach, Rob Holt, left the club in October and we all wish him the very best for the future. In the interim before appointing a new head coach, we have one of our assistant coaches, Noel Horton, acting up in the role. He's been coaching with the club since September and is proving to be a huge motivator and has led on some important changes within the club, including the new Mini Dolphins, which is a session due to start on December 1st as an amalgamation of the Sunday J1 and J2 groups. This means that this session will now be an hour for the combined groups, hopefully allowing quicker progression for these entry level swimmers and an attractive session aimed at getting swimmers to join the club.

Margaret Wells' Achievements:



In recognition of all the years of hard work for the club as treasurer, Margaret Wells was awarded the title of Volunteer of the Year in Trafford at the Trafford Sports Awards in October.

Margaret then went on to represent the club at the Greater Manchester Sports Awards in November where she got to meet Rebecca Adlington. This is the first time in recent history that the club has received an award such as this and we are proud and delighted that all Margaret's hard work has been recognised in this way.



Swim Britain and Swim 21 Success:

We had a successful day where 10 teams from the club entered Swim Britain in September. As a result of this we were awarded a Swim Britain grant of £860 to help with our recruitment drive for new members and to support the development of the Mini Dolphins session.

To add to all our recent achievements we have just been notified that we have received our Swim 21 re accreditation. Swim 21 is a club quality mark for swimming clubs. This provides us access to additional funding and recognition that we are an outstanding club, achieving high levels of governance. To receive this has taken a lot of hard work collecting all the necessary information, making development plans and being able to evidence all our achievements.

I'd like to thank everyone who has helped make these fantastic developments happen. In particular I'd like to mention Jo Moores who wrote the Swim Britain bid and Anne Rockcliffe who took the lead on the Swim21 accreditation. Both have worked very hard on their respective projects and we would not have been successful without their hard work. Jo Kennedy has taken over from Margaret as treasurer and filling her shoes is a hard task for anyone especially as the job itself is certainly a big one. Despite these challenges, she's certainly learning fast and has devoted a lot of time to the job, so thank you Jo! A big thank you also goes to Elaine Armstrong for all her hard work in organising the Club Championships and Steve Goldingay for taking on Pointscore competitions.

Happy Christmas everyone

Ruth Marshall, Chairman

Club Session Times

Stretford Mini Dolphins	Sunday	4.30 – 5.30pm	Stretford Leisure Centre
Junior Squad	Tuesday	6.30 – 7.15pm	Stretford Leisure Centre
	Friday	6.30 – 7.30pm	Stretford Leisure Centre
Intermediate Squad	Tuesday	7.15 – 8.30pm	Stretford Leisure Centre
	Thursday	6.30 – 7.30pm	Manchester Grammar School
	Friday	6.30 – 7.30pm	Stretford Leisure Centre
	Saturday	8.00 – 9.00am Swim 9.15 – 10.00am Land	Stretford Leisure Centre
	Sunday	5.30 – 6.45pm	Stretford Leisure Centre
Main Squad	Tuesday	7.15 – 8.30pm	Stretford Leisure Centre
	Thursday	6.30 – 8.30pm	Manchester Grammar School
	Friday	7.30 – 9.00pm	Stretford Leisure Centre
	Saturday	8.00 – 9.00am Swim 9.15 – 10.00am Land	Stretford Leisure Centre
	Sunday	6.45 – 8.00pm	Stretford Leisure Centre
Water Polo Senior	Tuesday	8.30 – 10.00pm	Stretford Leisure Centre
Water Polo Beginners	Saturday	4.00 – 6.00pm	Stretford Leisure Centre
Water Polo Intermediate	Sunday	8.00 – 10.00pm	Stretford Leisure Centre

Message from the Coach

Just to start:

Without being all soppy, the last 12 weeks has been the greatest time at a club I've had than any other. I'm very proud to be part of the Stretford heritage and taking the swimmers for the most imperative part of their swimming career. I've felt very welcome and look forward to coaching every time a session time comes round. All the swimmers are a great bunch, and closely knit group which oozes team spirit when together. My hope is to build on this, and produce some of the best swimmers in the borough. In the words of the great Jimmy Page (for those of you who don't know, SHOULD. He's the great man who birthed Led Zeppelin!!)

'I may not believe in myself, but I believe in what I'm doing'

Let's keep up what we're doing and be the best we can be!

Arena League Round 1 and 2:

It's safe to say our first round performance was a difficult one. We had three relegated teams from Division One, one new entrant (Isle of Man), and two teams who finished one place above and below us last year. We did, however, show in certain events we are still a force and performed very well. We didn't finish too far behind and as I always say 'Make sure you look good, win or lose' did ring out resolutely.

However, with all the hard work in the following five weeks, we saw a complete transformation in the team and we easily walked to a second placed finish in Round 2 with 198 points. We are still lacking on our turns and starts and stroke transition but other than that, we saw some excellent swims PARTICULARLY from the '9 – 11' and '13 and Under' age groups. To see such a strong young age group is really reassuring for the future of the club, and is a credit to the hard work that has been put in by the swimmers in the last 12 weeks.

Greater Manchester Open Autumn Meet:

We had some good swims and fantastic PB's, particularly from Alfie Marrs, Daniel Conway and Rory Fitzgerald. Over both weekends we saw Samuel McCall take top boy awards while Ciaran Conway and George Marrs produced some phenomenal PB's in their breast stroke and butterfly events, while Jared Armstrong produced various North West Regional and County times with some fantastic PB's on his 100m Freestyle and 100m Butterfly.

Other good swims came from Jennifer Levenston, Bongani Hogo, Arthur Berry, Ellie Jeffs, Liberty Neary, Rebecca Cowtan, Aidan Cowtan and Patrice Coker while Nell Marrs first ever open competition produced good solid performances and some great PB's.

However, the lack of entrants from the club could be seen and overall a poor showing and enthusiasm from swimmers of the club. Hopefully this will be different for the January Age Groups Meets, where Debbie Howe and I have handed out around 50 entry forms!! So I expect to see a lot of good swimmers with the club on poolside and getting some experience on the competitive front.

Training:

We're beginning to see a lot of good numbers come to sessions on a Sunday and Tuesday, while Friday nights are lacking in numbers. There has been a steady rise at the sessions at Manchester Grammar on a Thursday and the sessions on a Saturday morning are being well attended. So keep up the good work. This has really been reflected in team performances as of late, and I hope to see better performances in the coming times.

As of January the training week will consist of:

- Sunday: Aerobic Development (Long distance, mix of stroke work and hypoxic breathing)
- Tuesday: Aerobic Threshold (Middle distance, mix of stroke work and HVO work)
- Thursday: Skills work and Aerobic Threshold (Middle/Short Distance, Turns and starts)
- Friday: Anaerobic Development (Short distance, technique and sprint work)
- Saturday: Technique, turns and starts (Short distances, lots of drills and land training to build core strength)

Coming to as many sessions as possible will help in the development of your swimming career, but the main priority sessions I'm hoping to see people at are Sundays, Tuesdays and Fridays (while Saturdays are imperative for the younger swimmers). These sessions all link together, and will produce a much better standard of swimming from the club.

Overall, however, I've seen a great enthusiasm and effort put into training. We've seen A LOT of young swimmers come on very quickly and are now ready for competitive swimming (after 12 weeks of swimming, this is a real credit to the effort that's been put in). Let's just keep up the good work and keep improving at the rate you all are.

Remember:

- 'You can't have performance without form' – technique and form of stroke is the most important part of swimming.
- 'Over exaggeration and rotation' – Over exaggerate everything I tell you to do. If I say stretch, stretch further than expected. If I say kick underwater for 10m, kick underwater for 15m.
- 'Walk out of the pool a better swimmer than when you first came in' – every session counts. If you've improved yourself just a tiny bit over a session that is a great result. Be it a faster sprint, better turns, further underwater work, better head position. Anything, it all counts towards the end product!
- 'Practice makes permanent' – remember, every time you practice something it becomes engrained. If you practice the wrong technique, you permanently swim the wrong technique. Perform everything you do to the best of your ability. There's no such thing as perfect, and therefore you can always achieve better than what you are. Even the best swimmers can improve on what they do!!

Keep up the good work!!! You're all doing great! Have a brilliant Christmas and I'll see you all in the New Year.

Noel Horton, Head Coach

Annual Rossall Training Camp – Easter 2014

It's that time again when the coaches start to look at the swimmers and their abilities to decide if they will be invited to swim camp for 2014! It may seem an age away but in terms of looking to get a list of suitable swimmers together we need to make a start.

For those of you who have been previously you know how much hard work is involved whilst you are there but funnily enough virtually everyone goes back year after year after year so it's got to be good!! And I know there is lots of laughter from everyone.

The criteria for attendance; hard work, good attendance at training sessions, show commitment and have a positive attitude to training will get you an invite, so if you want to be one of those swimmers please start to think about what you need to do to receive that invitation.

We have bags of fun every year; go to the beach when the sea is out and the weather is good. The quiz night always goes down a storm and if any of you have hidden talents then you can enter our talent competition which is always great fun and we see some real 'hidden stars'. Could you be one of them??

It's not all swim, swim swim though! An important part the fitness regime is land training in the gym and the surrounding fields at Rossall (weather permitting of course)! There are lots of team sports that you will take part in like football, rounders and basketball and not to forget 'kwik cricket', that's always a favourite. We may try a few new outdoor activities this year for example a team treasure hunt within the grounds which will get you all doing a lot of running with the quickest team winning valuable points. If any of you have some suggestions that you would like us to consider, then don't hesitate to speak to one of your coaches.

The highlight of the week is the Gala; everyone has always said it's the best gala of the year!! All the parents/carers are invited down to watch as well and it's always very exciting!

So if you want to be one of 2014's team players, then get working on your attendance, attitude and commitment!

Sharon Chapman, Assistant Coach

Some quotes from swimmers who have been before;

Andy Chapman

I've been going to Rossall since I was 9 years old as a swimmer and have had lots of fun every time I've been there. I'm 25 now and have been going to Rossall as a volunteer assistant for the last 3 years and still have had a great time!

Zoe Lea Dale

The food is great and lots of it too, I should know I have hollow legs and they need filling! You need good food to be able to train properly and get the best out of the week. Hopefully coming home with PB's after the final gala too. I've always enjoyed myself, and have made lots of great mates.

Patrice Coker

Rossall is amazing! There are loads of things you can do there. You obviously do swimming, gym and land training, but there are many more things to do. The swimmers chosen to go are split into two groups - yellow and blue. The groups always compete against each other, and on the penultimate day we have a gala and the team who wins gets to push each other in the water. Family members are invited to the gala so they can enjoy the fun too and cheer for the swimmers.

The Doug Francis Fund

Stretford ASC has a small fund which can offer some help to members of the club in case of financial difficulties. The fund can be used to support a member's progress in swimming or water polo. Examples of awards made by the fund trustees include help with cost of swimming fees, membership, open gala entry fees and annual training camp fees. Should anyone wish to apply please contact the Treasurer, Jo Kennedy (e-mail treasurer@stretfordasc.org.uk or hand in a letter addressed to the treasurer at the club desk). All applications are treated in the strictest confidence.

Pointscore Presentation/Disco

Congratulations to the following swimmers who were recognised for their achievements during the Pointscore programme 2012/2013 - Jared Armstrong, Kate Carey, Caitlin Conway, Daniel Conway, Molly Evanson, Rory Fitzgerald, Samuel McCall, Bethan Nelson, Reuben Rowbotham-Keating and Joshua Thompson, with a special recognition to Jared and Siobhan who achieved 1st place in the boys/girls Pointscore achievement table. The presentations took place at the Pointscore Disco on 4th October 2013. A massive thank you to Colin Levenston for organising the disco!



Pointscore Promotions

Congratulations to the following swimmers who have been promoted during Pointscore this term.

BRONZE to SILVER

Joe Holt	Zoya Imtiaz	Alfie Jones
Charlie McNulty	Henry Talbot-Dutton	Chiana Tommasello
Tom Winter	Beatrice Derrick	Siobhan Kelly
Eve Newby	Nathaniel Shields	

SILVER to GOLD

Sajjad Elhassan	Raphael Quirk	Ciara Parker
Stanley Cave	Xavier O'Hare	

The next pointscore is Sunday 10th February 2014.

Bag Packing Fundraising Event

On Sunday 13th October, members of the swimming club and volunteers participated in a fundraising event – bag packing at Tesco's on Chester Road. A total of £614.13 was raised, which will be used to further enhance the development of Stretford ASC. Many of the bag packers participated in the Pointscore competition later on in the day so thank you for all your efforts.

The next bag pack fundraising event will be Sunday December 8th, so please keep a check at the club's front desk and on the notice board for details as we'll need volunteers. A big cheer for Gill Ramsey for organising the bag packing fundraising events!



Club Championship News

The Club Championships was a record breaking success with seven Club records broken. From a total of 333 swimmers there were 201 personal best times, 60% of everyone who took part.

The seven records broken were George Marrs in the 16 and under/Gents 400 metres Freestyle (04.18.70), the Gents 200 metres Freestyle (02.02.05) and the 200 metres Butterfly (02.18.55), Samuel McCall in the 14 to 16 Backstroke (01.02.61) and the Gents 100 metres Backstroke (01.01.79), and Reuben Rowbotham-Keating in the 8 and under 25 metres Butterfly (00.21.69).

Thank you to all the coaches for your hard work with the swimmers. Also, thank you to all the swimmers and volunteers who participated and helped during the Club Championships, without you it would not have been a success!

Parents and carers, YOUR club needs YOU!!!

We are always looking for volunteers at the poolside at Pointscore and other Galas and on the front desk, so if you are interested in contributing to the ongoing success of the club please contact any member of the Club Committee, or speak to staff on the front desk on a Sunday, Tuesday or Friday.

We especially need a volunteer (or two) to help on the Sunday desk rota, who is willing to staff it every two or four weeks.

Notice Boards

To keep all our members fully informed of all our activities and events, we have two boards, situated either side of the entrance to the ladies changing room. All are a vital source of current information and news.

Make a habit of checking BOTH these each time you are in the Centre.

Swim Shop

We have a Swim Shop, which sells special Club equipment for your convenience and benefit. When open, it is situated in the foyer at the Leisure Centre and you can order items at the Table or meet the Organiser and shop with them most Fridays. We currently stock swimsuits, trunks, caps, T-shirts, hoodies, sports bags, all with our own special logo, together with goggles, floats, bottles etc.

Christmas Break

The last swimming session before Christmas will be Friday December 20th and we will resume on Sunday January 5th.

Finally... a reminder that the new A.S.A membership year starts in January 2014!

Have a wonderful Christmas and New Year