



TIVERTON SWIMMING CLUB

NEWSLETTER



ISSUE 14

FEBRUARY 2009

NO SWIMMING

Please remember that there are no swimming sessions on Saturday 7th March nor Sunday 8th March as the Devon County Championships are taking place at the pool. Good luck to the swimmers competing.

NOTICEBOARD

The Swimming Club has acquired another noticeboard. So we now have the two at right angles to each other. The existing board will be used for general information and the newly acquired board will be used for competitions. Hopefully this will make it easier to find out what is going on.

Please keep checking the noticeboard as there is a lot happening at the Club. Also when team selections go on the board, please ensure that you either tick if you can attend as soon as possible. It is just as important to put a cross if you cannot attend so that we can try and put out full teams to these Events.

Tivvy takes home the CANON!!!

On the 24th of January Tivvy went to Torridgside to do a mini league which went exceedingly well and in the mini tonnes of people got personal best here are some of them:

Joseph Zilch-5.63 on the 100 Free: Joshua Gunn-0.6 off his 50 back : Alex Wilcox-8 seconds on the 100 breast: Natasha Bucknell-10 on the 50 backstroke : Dominic Thomas-0.007 on the 50 Breast : Lucy Abraham-1.19 on the 50 breast : Jake Stoneman -2.01 on the 50 breast : Caitlin Tyrrell 3.61 on the 50 breast : Tomos Emmanuel-0.26 on the 100 backstroke : Alicia Parr-0.46 on the 100 Free : Callum Stoneman-2.21 on the 100 back : Mark Wakefield-2.67 on the 100 free : Dominic Fullick-1.94 on the 100 breast : Anna Callhan-0.53 on the 50 free : Liam Tompson-1.63 on the 50 back : Rosie Lepper-1.55 on the 50 Back : William Parr-0.21 on the 50 Fly, Ross Clarke-3.29 on the 50 free : Emily Abraham-0.67 on the 50 free.

Congratulations to all those people !!! SO proud!

Also a Huge , big thank you and Congratulations to Ian Jones for winning the canon, as well, all those other very hard working swimmers who helped! Congrats. So well done to those swimmers.

And hope to see all of you in the sparkler and sprint meet later on in the year!

Thanks and congrats again! Joseph Zilch (Young Volunteer)

FRIDAY NIGHT—LEARN TO SWIM

Some future dates for your diary in 2009:

10th April Good Friday No Swimming

17th April Assessment Night

24th April Re-enrolment Night

1st May Distance Night (subject to change)

8th May First night of second course

(last chance for re-enrolment and payment)

WEDNESDAY NIGHT—BADGE NIGHT

CONGRATULATIONS to the following swimmers who have recently completed their Gold Award:

Georgina Clarke, Bradley Gulliver, Phoebe Killen, Jordan Manning, Eve Simmons, James Taylor. James has now moved up to the Junior Squad section of the Club and we'd like to wish him good luck.

The following swimmers have also passed their Bronze Award: Rosie Jones, Seth Thorpe, Holly Perris, Harry Squire, Thomas Hagley and Markia Morgan—Good Luck with the Silver Award.

WELCOME to Katherine Cridland who has joined us from the Friday Night Section having passed the final stage in that group.

SESSIONS WITH STEVE CARDER

For the past few Tuesdays the Young volunteers group have been meeting with Steve to watch stroke technique videos. They have been a great help to us not only for improving our strokes but also for having more knowledge of how and what to teach when helping out with the younger members of the club. We need this skill to be able to complete our young volunteers course. We are working our way through the four strokes, going through the techniques and skills in detail. You may see us poolside at training sessions assisting Steve with the coaching of swimmers.

Lorna Callahan (Young Volunteer)

COMPETITION NEWS

With the start of a busy few months of competitions there is plenty to focus on. The first open meet entries have been sent off and 16 swimmers are entering many events at the Avalon Spring Meet at Millfield 50 metre pool on 4th and 5th April. This level 3 meet is perfect for our club and it's great to see so many entries.

The Taunton level 2 meet at Millfield School has attracted 4 Tiverton swimmers qualifying with some difficult time targets. This has been accepted and there is now the opportunity to add some 50m, 800m and 1500m events for all. Please see Tracy if interested for more info on this.

The Exeter City May meet is fast approaching, again we have had a good response with Tiverton's deadline now closed. . This is a level 2 meet and entry times were slightly easier than the above Taunton meet allowing more swimmers to participate

Bournemouth Dolphins level 3 May 31st - This is a great meet for Tiverton swimmers to attend, granted a little further than we normally go, but we will have the opportunity to meet a different circle of swimmers to the usual bunch we meet! Deadline for entries is 15th March.

Devon Sprints Galas (Plymouth) - Please see the notice board for entry details and Dates.

14th & 15th March - we have the very popular Exeter & Tiverton Mini Leagues.

With the atmosphere and excitement of the last mini league I'm sure we will all be looking forward to these (Teams selected) check the noticeboard and tick your name off if you can make it or please put a cross if you are unable to swim as we need to select a full team - Remember THE CANON!!!!

Chard & Clevedon - Level 3 -27th June (Hutton Moor) - Coming soon. Check the noticeboard.

The full year's competition calendar is on our NEW noticeboard (next to the old one) so please keep an eye on these for up coming events (some dates may be subject to change ie; mini league dates)

You may think we ask for entries along time ahead of the actual Gala, the reason for this is that they get full very quickly and we don't want to miss our chance to show off all the hard training we are putting in!! Phew!! lots to look forward to - so train hard and watch see results!!

If anyone wants their personal best times please ask Andy or Tracy and we will get them for you.

THE REFEREE

I have now reached the final chapter of my mini series on swimming officials.

As with most sports the referee is in charge. You will hear the announcer give the instruction 'your race referee' at the start of a race. From this point on the referee has control.

The next thing as a swimmer you will hear is a whistle either a long or a series of short whistles. This is just to get your attention! You will then hear another whistle which is the signal for you to get on the blocks or into the water for backstroke. You will note that there is another whistle for the backstroke this is again to get swimmers into the starting position.

The referee then hands the race to the starter, usually by raising their arm, who will then start the race.

During the race the referee will look for infringements of the rules along with the other judges. Remember only the referee can disqualify a swimmer all the judges do is bring infringements to the referee's attention. You will see from the disqualification slips that I shared with you before that they will always have the referee's signature on them to confirm the disqualification.

The referee will also make a note of the finish and confirm this with the place judges. The referee determines the finishing order and times of the swimmers in a race. Straightforward if the electronic timing is working but difficult in a 50m freestyle in an 8 lane pool when it isn't!

Becoming an official is fun and is an excellent way to continue in the sport once you have finished competing or a great way to get a better understanding of swimming. As a parent, when your children are swimming, you get an uninterrupted view of the race, free, a free copy of the programme and don't have to pay the spectator fees!

I hope my series has been informative and will encourage you to consider becoming an official. The only qualification you need is to be aged 14 and over and keen to learn new skills.

Terry Fullick. Next month a quiz for you to enter on the rules of swimming.

THIS MONTH FIND OUT WHAT THE YOUNG VOLUNTEERS ENJOY IN THEIR SPARE TIME:

LORNA CALLAHAN

JOE ZILCH

AGE:	14	14
FAVOURITE FOOD:	CHICKEN KIEV	MRS ZILCH'S CHICKEN COCONUT & BASIL
FAVOURITE TV PROG:	FRIENDS	SILENT WITNESS
FAVOURITE FILM:	HANCOCK	ST TRINIANS
FAVOURITE HOBBY (NOT SWIM):	DANCING	WALKING DOG
FAVOURITE HOLIDAY:	AUSTRALIA	FLORIDA OR TUNISIA
MOST ADMIRERD SPORTSPERSON:	TOM DALEY	MICHAEL PHELPS
TOP SWIMMING GOAL FOR 2009:	GET INTO ANOTHER DEVON FINAL	DO REALLY WELL IN DEVONS
FAVOURITE SWIM STROKE:	BUTTERFLY	FREESTYLE