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NEWSLETTER



December 2008



Annual General Meeting – It was with regret that Don Osborne resigned as Club President at last month's AGM, Don has been involved with the club for the last 47 years and officially steps down as President in February.

Congratulations to Ivan Colton who was voted in by the committee as Mansfield Swimming Club's next Club President.

More information to follow in the new year.

Swim Shop - ideal for your Christmas presents and stocking fillers.

Pre-Christmas opening:- Thursday 11th December, Monday 15th December and Thursday 18th December.

Named Swimcap orders now being taken - please give the name(s) you would like and payment to Alison or Pauline by Monday 15th December.

Under New Management from the New Year - **Pauline Anthony** will be running the club Swimshop from January. Watch the notice board for new opening times, special offers etc...

Major Oak Open Meeting - On behalf of the Major Oak Open Meet Committee, many thanks to all of the many volunteers that helped run this year's meet, without who the event would not take place. The very busy weekend saw some fabulous swims (the largest MSC entry for some time) with many swimmers producing some excellent pb's! The event went very well once again, with a very good standard of swimmers. Some very positive feedback was received from visiting clubs from as far afield as Grimsby, Huddersfield, Leeds and Crewe!

The event tally is yet to be finalized, but the hard work put in by everyone has certainly paid off, with the total raised envisaged to be around £4500! Thank you all once again! Gary

Christmas Holiday

Water Meadows – Last session 21st December 2008, Returning back 5th January 2009

Rainworth – Last session 19th December 2008

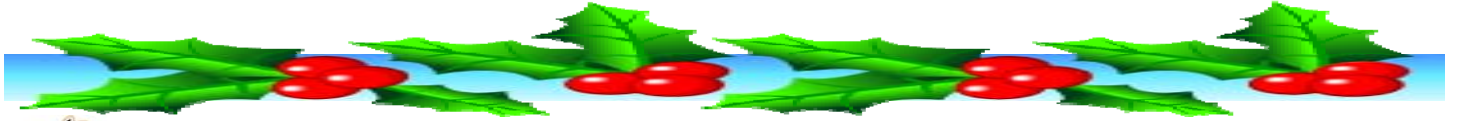
Congratulations – November Birthday winners ! Rebecca Smith & Tyrelle Hamilton

Rainworth – There is a **Free Splash Night** at Rainworth on 19 December 2008. This will be the final session at Rainworth.

Gala Phone – MSC now have a club mobile phone which is dedicated for Galas. The number is 07518 021073. The Team Manager will have the phone on Gala days for you to contact in case of difficulties i.e. sickness, lateness etc

For Newsletter Articles please email Jaqui.alton@ntworld.com





Education Corner

Stroke Length - Over the last few weeks, we have been introducing the Distance Per Stroke (DPS) principle into our training sets. This article will attempt to explain why this principle is important within swimming.

When we swim freestyle, we plant our hand in the water, and pull our bodies past our hands. If we reach forward at the front end and exit long at the back end, and do this with every stroke, then DPS will remain constant. The only variable governing speed therefore, should be stroke rate.

Velocity (speed at which we are swimming) equals stroke rate x distance per stroke ($V = R \times DPS$). If the distance per stroke increases or remains constant as the rate increases then the result will be faster times.

The principle of increasing DPS will give the swimmer the following benefits:

- Increased DPS will increase speed if the stroke rate remains the same.
- Increased DPS helps in streamlining.
- Increased DPS increases stroke efficiency.
- Increased DPS leads to less energy consumption.
- Increased DPS helps to build stroke rhythm.
- Increased DPS helps to generate relaxed speed.
- Increased DPS assists in and is essential to proper race pace.

So how do we achieve DPS:

- Development of the proper feel of the water (underwater pathway).
- Constant concentration on keeping it long and decreasing the number of strokes per length.
- The ability to relax in the water.
- Swimmer confidence in the concept. At first you may feel you are going slower.
- Constant assessment and testing to evaluate progress.

If you have any questions regarding Stroke Length, then please feel free to talk to Barry on poolside.



Happy Birthday!

Emma Adkins, Rhys Alton, David Baguley, William Brown, Ben Freeman, Daniel Garrett, Shaquille Hamilton, Alexandria Hampshire, Kurt Hardy, Isabella Lukic, Lucy McNally, Paige Meakin, Ian Melvin, Jade Pinson, Georgia Sergeant, Maia Ward, Simon Warrenner, Emma Wood.

Apologies to Tyrelle Hamilton who was missed off last month's birthday list.



Who wants to win a box of chocolates? The first swimmer from the birthday list above who emails me with their name and membership number will win a box of chocolates. Winner will be announced in November's newsletter.

And finally.....

What's brown and sneaks round the kitchen at Christmas?

Mince Spies !!!!!



Happy Christmas

Answer to last month's question – What gets wetter and wetter the more it dries? A Towel !



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