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NEWSLETTER

November 2008

AGM

Potters Snooker Club
Rainworth
26 November 2008

Wednesday 26 November 2008 is Mansfield Swimming Club's Annual General Meeting. It is being held at Potters Snooker Club in Rainworth and starts at 7.30pm. This is an open meeting and we are looking for as many attendees as possible.

Congratulations to Kirsten Pinson, Ben Rees and Sophia Watkins who competed in the DSE East Midlands Regional Swimming Championships at Grantham on Sunday 19th October. A full list of their achievements will be published once the results are available, but Kirsten won her age group, Ben was 2nd in his age group and Sophia a creditable 4th. We are very proud of your achievements and privileged to have you swimming at Mansfield. Kirsten has also received good news that she has been accepted onto NOVA. Again this is something that she fully deserves based on her hard work and attitude to training, and we wish her every success.

Lammas - Please remember Mansfield Swimming Club has booked a session at the new Lammas Pool at Sutton on Wednesdays at 7.00pm – 8.00pm commencing on Wednesday 5th November 2008. If you are interested in attending this lane session, please see Barry poolside or fill your name in on the A3 sheet pinned on the Notice Board. If you would like to look around the facilities at Sutton they are holding an open weekend on Saturday & Sunday 1st & 2nd November.

Swimming can sometimes become very technical so to provide swimmers and parents with some knowledge regarding the finer points of the sport, Barry will produce an article every second month entitled education corner.

Fund Raising 'Race Night'
Held at Rainworth Miners Welfare
Friday 3rd November

Mansfield Swimming Club had never held a Race Night before and to be truthful we had heard they were a lot of fun, but were a bit unsure what to expect! Fran had organised the pre night arrangements, but due to work commitments was unable to attend. We arrived in good time to help set up the room and luckily the gentleman who Fran had booked to run the proceedings rapidly brought us up to speed as to what our roles needed to be.

Seamus, Rob, Pauline and I set ourselves up as the bookies, whilst Louise welcomed everyone in and Emily Murdoch did a brilliant job of selling raffle tickets. There were nine horse races and the crowd did themselves proud with cheering their horses on and placing bets to swell our fundraising efforts. The attending crowd had an opportunity to buy horses throughout the evening so they could win extra dosh. The excitement levels reached a pitch as Rob auctioned off the horses in the last race and Grant lost all control over his wallet; shame his horse didn't win.....but the Gee family laughed all the way home as they won a bottle of bubbly as the owners of the winning horse.

We raised over £200 and Rainworth Miners Welfare kindly donated £60 towards the fee for the Race Night organisers, so we are able to put the profit towards the Christmas Party that will be held on Friday 12th December.

Tickets for the Christmas Party will be on sale after half term.

Thanks to all who helped make it a success and would you like to repeat the night next year?



DID YOU KNOW? It costs the club £360.00 to hire the pool for a normal gala with electronic timing

For newsletter articles email: Jaqui.alton@ntworld.com



Education Corner

This inaugural article relates to physics and basic biomechanical concepts. The most fundamental mechanical concept underpinning any sporting skill is that of force. Swimmers produce internal forces by muscle contraction, which in swimming reacts with external forces within the environment (i.e. the pool itself, gravitational pull etc). The basic concept here in swimming is that the swimmer must produce a net internal force greater than that of the external resistance force if they are to move faster through the water. Improved acceleration can be achieved by either increasing the propulsive force produced or decreasing the resistive forces acting against them. Swimmers who strive to do this by speeding up their stroke during the propulsive phase whilst minimising resistance by thinking continually about streamlining will be the ones who will go faster. So when your coach asks you about body position, keeping streamline, accelerating stroke etc, they are not having a go at you but following the basic laws of physics.

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

Car Parking - We have now been notified MSC car park passes are now valid until the end of March 2009. We have also been advised to remind those who have a car park pass that they are only validated for use on club swimming nights i.e. Sunday, Monday, Tuesday, Thursday and Friday. They are NOT valid at any other time.

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

Congratulations – October Birthday competition winner! Susannah Smith

Dates to remember – 2008

Christmas Holiday

Water Meadows – Last session 21st December 2008, Returning back 5th January 2009
Rainworth – Last session 19th December 2008



Happy Birthday!

Aimee Bloor, Alex Braithwaite, Bethany Brown, Claire Cairns, Hannah Court, Madeline Crofts, Thomas Duddles, Roman Edwards, Ryan Faulconbridge, Jamie-Leigh Freeston, Joshua Hampshire, Kieran Harby, Sarah Horgan, Benjamin Jesson, Jack Meakin, Brendan O'Keefe, Susan Shillito, Rebecca Smith, Jack Stout, Matthew Sullivan, Luke Tanner, Amelia Taylor, Adam Walker, Grace Wright.



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 gets wetter and wetter the more it dries?

Answer in next month's newsletter

Answer to last month's question - The shortest word in English that contains A, B, C, D, E and F is FEEDBACK !

