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NEWSLETTER

September 2008

Hi, and welcome back to the start of a new season at MSC. On behalf of Gail, Paul & myself, along with all the other coaches and members of the committee, we hope you have had an enjoyable break and return refreshed, recharged and eager to restart.

Congratulations to the swimmers who competed in the nationals. We are very proud of your achievements and hope you will share your experiences with other swimmers, so that they may get a feel for what you have experienced. Competing in competitions is an important aspect for a swimmer, if they are to know how they are progressing, so if it was your first time competing in the Nationals, Midlands or Counties last season, we hope you enjoyed the occasion and are eager to push yourself next season to make a return visit.

Away from the club, congratulations to Rebecca Adlington and all our other swimmers, and sportspeople who competed in the Olympics. It is fantastic when someone you know achieves something amazing and proves to us all, that through hard work and dedication, we can all reach our goals no matter how high we set them.

Setting goals is extremely important if we are going to measure our achievements. As a coach I have set myself some personal objectives for the coming season, and I would like to invite you all to do the same. The objectives/goals you set yourself must be realistic, achievable and specific and must be measurable through your performances. In this way we can monitor your progression towards achieving your aims. Examples of goals will differ from swimmer to swimmer (i.e. a young swimmer may set themselves a target of achieving a 25m front crawl time of below 20 seconds, or passing their competitive start award, whereas a more competent swimmer may set a goal of achieving a County/Midland/National time, or achieving a new PB). If we don't set ourselves goals, then we won't know what we are capable of achieving. So I would like you to fill out the following table and hand it into myself or your squad/lane coach. I shall then collect all the information and process it. Any information passed onto me will be between the swimmer and myself, and will only be used to monitor progression towards your personal objectives. If you have any concerns or queries, please contact me poolside.

Performance Monitoring Objectives

Name of Swimmer:-

List of Objectives:-

	OBJECTIVE	OBJECTIVE ACHIEVED
1		
2		
3		
4		
5		

Congratulations – Birthday competition winners!

July - Anshul Sharma

August - Emily Canavan-Taylor

Open Meets

What are Open Meets?

These are competitions where Club swimmers enter individually using their previously achieved personal best time for each stroke and distance. The types of Meet vary according to the capability of the swimmers. The ASA have a licensing system of 4 categories which have been designed to broaden the range of competition available to swimmers. Briefly the 4 categories are described as follows:

License 1

These are the highest grade of Open Meet designed for swimmers of National Standard and above. There has to be a 'lower qualifying time' (no slower than) but there is 'no upper qualifying time (no faster than)'. Times achieved at these meets can be used for qualification to Nationals, Regional and County competition.

License 2

These Meets have both 'lower qualifying times' and 'upper qualifying times' although this is usually much faster than a national qualifying time and there are not normally restriction to entry. The 'lower qualifying times' however can vary considerably from Meet to Meet. Times achieved at these competitions can be used for qualification to Nationals, Regional and County competition.

License 3

License 3 Meets have 'upper qualifying times' but not necessarily a 'lower qualifying time'. The cut-off can be anything up to a National Standard. Times achieved at these Meets can be used for qualification to County competitions.

License 4

Intended for club swimmers and those beginning to enter individual open competitions. These meets must have an advertised upper qualifying time. Electronic timing is not compulsory, although preferred. Times achieved at these meets may be used for entry into meets at levels two and three and into County Championships.

Dates to remember – 2008

Major Oak Open Meeting - 16th November 2008

Time Trial Dates:	15.9.08	7pm – 8pm 25m ASA speed swimming awards 8pm – 9pm 50m time trials
	06.10.08	7pm – 8pm 25m ASA speed swimming awards 8pm – 9pm 100m time trials
	10.11.08	7pm – 8pm 25m ASA speed swimming awards 8pm – 9pm 200m time trials
	09.12.08	7pm – 8pm 25m ASA speed swimming awards 8pm – 9pm Distance time trials

Please note that swimming lanes will be available during the 8pm – 9pm time trial sessions. ASA speed swimming awards – please see the board for target times. Awards available are Bronze, Silver & Gold. Badges will be available shortly at our reception for a small charge.

Christmas Holiday

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

Rainworth – Last session 19th December 2008



Happy Birthday!

Christopher Allman, Dominic Berry, Victoria Booker, Laura Collins, Emma Cotterill, Connor Crofts, Graham Davies, Hannah Davies, Matthew Gear, Samuel Gear, Michael Godson, Jamie-Leigh Hare-Dodds, Alex Harvey, Harveer Johal, Kate Langrick, Edward Lee-Cerrino, James Murdoch, Ellice Page, Shannon Scott, Bradley Slater, Jack Staley, Bethanie Ulyett, Caillin Vennard, Amos Wheeldon, Rhian Whitley.



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 July's newsletter.

And finally.....

What do you call a chocolate that teases small animals?

A mole-teaser! ☺

