

DATES FOR YOUR DIARY

January 2011

Saturday 15th
Home Counties League Round 1

Saturday 29th
Chilterns League Round 1

February 2011

Friday 11th
Club Championships Awards Evening and Disco

Sunday 13th
County Distance Championships

Saturday 19th
Home Counties League Round 2

Sunday 20th
County Distance Championships

Saturday 26th
Chilterns League Round 2

March 2011

Saturday 5th
County Main Championships

Sunday 6th
County Main Championships

Saturday 12th
County Main Championships

Sunday 13th
County Main Championships

Saturday 26th
Home Counties League Round 3

April 2011

Saturday 9th
Chilterns League Round 3

Welcome

Dear Members,

Happy New Year and welcome to 2011. We hope that you all had a very happy Christmas (and enjoyed a short break from training!) and are all ready and looking forwards to the New Year and all the exciting developments that are in store for the club.

2010 was a very good year for Banbury Swimming Club. The Woodgreen open air pool opened for the second year and swimmers benefitted from not only swimming there on Wednesday's throughout the summer holidays, but we also piloted a scheme running an extra night's training on Monday

evenings. We also held the club summer gala at Woodgreen which was enjoyed by all. Perhaps the biggest update for 2010 was the opening of the new Spiceball pool. This is a vast improvement over the old pool and the electronic touch timing is a fantastic addition. The club hosted three galas in the new pool and all of them were a resounding success and the club was complemented by all the visiting teams on how well the galas were run. The club also now has a fully functioning web site that should become the focal point for any information required about the club.

For 2011, things are looking very good indeed. As well as all the standard training sessions, the club

is planning to run an extra session at Woodgreen as soon as the pool opens in 2011. Training in a 50m pool is a fantastic opportunity and should not be missed. We are also planning to hold a club gala at the open air pool (in a 'fun style') and hope to include families too. We are also hoping to include a BBQ. For home galas this year, we are also looking to improve our use of the electronic timing to further enhance the experience for spectators.

As a final note, I would just like to thank all our coaches, officials, assistants and all our volunteers – without whom, none of this would be possible. Thank you to you all and best wishes for the New Year. Happy swimming!

Club Championships Awards Evening and Disco

The Annual Club Championships Awards Evening will be held on Friday 11th February at Woodgreen Leisure Centre from 7:30pm to 11:00pm.

The evening includes the presentation of medals and trophies from the club championships followed by a buffet and disco. This year the buffet is being provided by the centre – so unlike previous years there is no need to bring a dish along with you! Tickets can be purchased from members of the committee from 6th January: £2.50 each or £10 for a family ticket.

ISIS Aquatics

ISIS Aquatics is a partnership of 9 of the main swimming clubs in Oxfordshire. It was formed in 2010 to provide high quality swim coaching for the most talented swimmers within the county. As a partner club, all members of Banbury Swimming Club are automatically members of ISIS Aquatics. Any swimmers who meet the entry criteria, will be invited to attend additional training sessions with ISIS for an additional subscription fee.

For more information, see www.isisaquatics.org.uk

County Championships We Need Your Help!

The 2011 Oxfordshire & North Buckinghamshire County Championships will be taking place over 6 days in February and March (see 'Dates for Your Diary'). In order to run the Championships in an 8-lane pool, the County ASA requires 45 officials per gala per day. For them to achieve this, each club in the county has been asked to provide a minimum of 1 timekeeper and 1 judge for each gala on each day of the championships. **Any clubs that do not meet this requirement will either be fined for each occasion on which they fail to provide an official, or will be excluded from entering the championships in the future.**

We would be grateful if anyone could volunteer to help out for any of the galas. Even if your child is not swimming this year, your support will enable swimmers from our club to continue entering the championships in future years. If you have never been a timekeeper before, you may still be able to help us as Sue is looking into running a course early next year. Please remember that the club is run entirely by volunteers and needs your help in order to operate – we look forward to your support.

Congratulations to all of our swimmers who have achieved accepted or considered times for entering this year's Championships!

Club Championships

We had a great club championships this year - thanks to all the officials and family who helped out with timekeeping and the scoring.

MEN'S OPEN EVENTS

The men's open events were very competitive with younger swimmers challenging adult members. Jack Homans won the 200m Individual Medley, Elliott Franklin won the 100m back crawl and 100m butterfly, Neil Crofts the 100m front crawl, 50m back crawl, 50m and 100m breaststroke, 50m butterfly and Matthew Measures stormed to victory in the 200m front crawl. Robert Cross won the 200m butterfly and Joseph Howarth pulled off a great win in the 200m breaststroke. Sam Spijkers-Shaw won the 200m back crawl. Many other swimmers including James Measures, Daniel Farrington, Harry Monk and Thomas Lockhart pulled off great personal bests in their races. We know Adrian would have swum faster if he hadn't been worrying about the electronic timing!

WOMEN'S OPEN EVENTS

The women's open field was very elite! Rebecca Seika won a number of events: the 200m Individual Medley, 100m back crawl, 100m breaststroke, 200m front crawl, 100m front crawl, 50m back crawl and 50m breaststroke, 100m Individual Medley, 50m freestyle and 200m breaststroke. Sarah Wyllie-Howkins won the 50m butterfly, 200m butterfly and 100m butterfly Elizabeth Wallace achieved personal best times in her events.

15 YEARS AND YOUNGER

In the 15 years and under age group Daniel Farrington won the 100m and 50m breaststroke, Jack Homans won the 100m front crawl and 100m individual medley, Sam Spijkers-Shaw won the 100m and 50m back crawl and the 50m front crawl and Robert Cross the 50m and 100m butterfly. Harry Monk, Sam Collier and Joseph Howarth all achieved good personal bests. Elizabeth Wallace won the 100m and 50m breaststroke and 100m and 50m front crawl and Bethan Taylor-Evans won the 50 metres back crawl and the 100m Individual medley.

13 YEARS AND YOUNGER

In the 13 years and under age group Luke Sexton won the 100m and 200m Individual Medley, 100m and 200m front crawl and 200m back crawl, Thomas Howarth won the 50m and 100m back crawl, 50m breaststroke and 50m butterfly and Jonathan Crawley won the 100m and 200m breaststroke. Harry Melling won the 50m front crawl and Samuel Lockhart, Louis Kirtland and Max Lilley all achieved excellent personal bests. Hannah Griffiths won the 200m individual medley and 50m butterfly, Annie Measures won the 100m and 50m back crawl and 100m butterfly. Kim Spijkers-Shaw won the 100m breaststroke, the 100 metres Individual Medley and the 50m and 200m front crawl. Rosie Western won the 200m back crawl and Michelle Tunstall won the 50m breaststroke. Lucy Griffiths, Abi Collier, Kathryn Pitts and Anzonia Carpenter all swam great personal bests.

11 YEARS AND YOUNGER

In the 11 years and under age group Zoe Hughes won the 100m back crawl, Katherine Wallace won the 100m Individual Medley, the 50m butterfly the 100 m front crawl, the 50m back crawl and the 50m and 100m breaststroke. Katherine also stepped up an age group to win the 200 metres breaststroke. Abi Collier, Erin Lilley, Ellika Guzenda, Madison Cook and Amy Charlton gained good personal bests. Louis Kirtland won the 50m butterfly, the 50m back crawl, the 100m Individual Medley, the 50m front crawl and the 50m breaststroke and stepped up an age group to win the 100m butterfly. Matthew Cross, Jake Dean and Benjamin Morgan swam excellent personal bests.

8 AND 9 YEARS AND YOUNGER

In the 8 and 9 years and under age group there were wins for Max Morgan and Zoe Hazel in the 25m butterfly. In the 9 years and under age group Emily Howarth and Blaine Carpenter won the 50m butterfly Ben Crawther and Zoe Hazel won the 25 metres back crawl and the 25 metres breaststroke and Zoe also won the 50 metres breaststroke. Edward Thompson won the boys 50 metres breaststroke. Alex Clarke and Blaine Carpenter won the girls and boys 50 metres back crawl. Jake Collier and Zoe Hazel won the 25 metres freestyle, Zoe also won the 9 years and under 50 metres freestyle with Blaine Carpenter winning the boys 50 metre freestyle. Logan O'Shea, John Tunstall, Edward Thompson and Riad Bouadi-Clifton all achieved good times and many of our younger swimmers improved their times or got their first official time for an event.

Coach's Tips: Nutrition

It is vital to eat the correct food before and during competitions.

Fatty food such as chips burgers, doughnuts take a long time to digest. Protein foods which contain fat such as meat (Chicken, beef and fish) take the longest time to digest.

If a swimmer consumes these types of foods before they compete, the blood rushes to the stomach to try and digest the food at the same time as the exercising muscles require their maximum blood supply. Carbohydrate food like pasta, cereals, bagels, bread, fruit and vegetables are digested the quickest. They can be out of the stomach in approx 2 hours. Carbohydrates ingested up to 3 hours before exercise may improve performance.

Snacks for before and after training and competing

Fresh fruit, dried fruit, fruit juice, tinned fruit, chopped carrots, yoghurt, low fat fromage frais, petits filous frubes, yoghurt drinks, milkshakes, smoothies, rice pudding, custard in ring pull tins, nutri-grain bars, pot tarts, scones – fruit and plain, Jaffa cakes.

Fluid Intake

The atmosphere in most swimming pools is extremely hot and humid. Training and competing in such conditions can lead to dehydration. If you do not want your performance to suffer it is essential to drink regularly during training and competitions.

Thirst is a very poor indicator of need to drink. By the time you are thirsty you may be dehydrated. Drinks which contain small amounts of carbohydrate and sodium replace fluid lost via sweating.

Masters News

What is Masters swimming? Masters swimming is swimming for adults aged 25 years and over, for either fitness or competition. Masters' competitions have five year age-bands starting from 25-29 with as many age groups as required (100-104 being the oldest so far!) Most competitions also have an 18-24 years age group.

Etwall Eagles held their 6th Masters Open Meet in Derby on Saturday 27th November. Adrian Sureshkumar and Sarah Wyllie-Howkins finished 3rd and 4th in their age groups, and Banbury was ranked 20th out of the 40 clubs who entered.

The next Open Meet will be the 2011 Midland Masters Championships at Leamington Spa on Friday 6th to Sunday 8th May.

The County ASA is also looking into the possibility of holding a Masters Championships and would like to put together a database of swimmers for selecting the Inter-County Masters team in the future.

If you are interested in taking part in any of these events or are an adult who would like to get back into swimming or knows someone who does, please speak to Adrian for more information.

Child Protection update

ASA members in a position of trust and/or responsibility (as defined in Wavepower 2009-2011 section 4 page 76) should not be in contact with young people through social networking sites if they hold such a position in respect of that individual person.