

BIRMINGHAM MASTERS
January 2016 Newsletter
Edited by Steve Langford (steve.p.langford@gmail.com)

Coach's message

Hi all...

Happy New Year to you all and welcome back! It's good to see the numbers are up at the sessions. I would also like to welcome the new swimmers that have joined the club since our last newsletter. We have some important events coming up this year and hopefully 2016 will be your year, for either competing for the first time or even dusting off those race suits and getting back to competing?? It's always good to set yourselves some goals/targets to achieve. I hope that I can help you achieve them along the way... so if you can get an extra training session in a week then do it.

"Swimming Masters - Earn your way every session."

IAN

Training programme 2016

Our training programme, led by Ian, is based on a simple 4-week cycle throughout the year. A different focus each month maintains variety whilst providing the opportunity for all members to improve all skills and strokes.

The 2016 training programme is focused around two major targeted meets and four local meets (though the Shrewsbury Meet is already swum), which all Club members are encouraged to compete in (further details below in "Forthcoming meets"). Two other major meets are also accommodated within the programme for members who wish to race Long Course.

You don't need to compete in any meet, as sessions are geared to offer technique improvement and opportunities to keep fit, but this is as part of the structured programme, focused around competition.

If you would like to understand more about the 2016 training programme, or if there are any other events that you are aiming towards, please speak to Ian and he can look to accommodate your needs.

Xmas party

Put it in your diaries now - the annual BMSC Xmas party will take place on Saturday 26th November 2016, at Edgbaston Golf Course!

Brunch at Boston Tea Party

All members are invited to join in with brunch at the Boston Tea Party, Harborne, this coming Saturday (23rd January), 10am - straight after swimming. Please let Harriet Undery know you're coming, via the Club Facebook page or email Harry on harrymoss@yahoo.com. Check out this lovely venue at:

http://www.bostonteparty.co.uk/our_cafes/harborne.php

Membership renewals

You should have received an email from Alison Peakman, with details of how to renew your annual membership. Don't forget that fees have been frozen from last year, except there is now a late payment fee of £5, for anyone re-joining after 31st January. For further details, please contact Ali: alison_peakman@hotmail.com

KE Pool Closures and Parking restrictions

Swimming sessions on the following dates have been cancelled by the school:

- Friday 29th January - Senior production
- Tuesday 23rd February - KES Evening for 11+ Parents
- Sunday 6th March - Choral and Orchestral Concert
- Wednesday 16th March - Dance production
- Friday 25th to Monday 28th March - Easter weekend

Parking on school site

Members should only park on the Parade Ground, by the pool - entrance via Bristol Road. Parking permits have been issued, although it remains to be seen what will happen if a permit is not displayed...

T30 competition

Congrats to everyone who took part in the T30 swim in November. It's not too late to enter the national competition. Complete the online entry form under British Swimming/Masters/T30 Challenge. The closing date is Thursday 4th February. On the entry form, under the section "Certification" please put Luke Swain's name as the Recorder:

Contact No.: 07736321804

Email: lukeswain83@googlemail.com

Forthcoming Meets

Major Club Targeted Meets:

Midlands Masters (Leamington Spa) - Saturday 1st + Sunday 2nd October 2016

Closing date: tbc

Website for entries: <http://www.swimming.org/asa/calendar/midland-open-masters-seniors-championships-2016>

National Short Course Championships (Sheffield) - Friday 28th to Sunday 30th October 2016

Closing date: tbc

Website for entries: <http://www.swimming.org/asa/calendar/asa-national-masters-and-senior-age-group-championships-2016>

Local Club Targeted Meets:

Staffordshire Masters (Stafford) - Saturday 19th March 2016

Closing date: 1st March 2016

Website for entries: <http://www.swimming.org/asa/calendar/staffordshire-masters-15-17-18-24-senior-open-meet-2016>

Gloucester Masters (Gloucester) - Sunday 8th May 2016

Closing date: tbc

Website for entries: <http://www.swimming.org/asa/calendar/gloucester-master-sc-open-meet-2016>

Etwall Eagles Meet (Derby) - Saturday 26th November 2016

Closing date: tbc

Website for entries: tbc

Other Major Meets:

British Masters Long Course Championships (Sheffield) - Friday 1st to Sunday 3rd April 2016

Closing date: 9th March 2016

Website for entries:

<https://www.swimmingresults.org/events/bsmasters16/index.php>

European Masters Championships (London Aquatics Centre) - Wednesday 25th to Sunday 29th May 2016

Closing date: tbc

Website for entries: <http://euroaquatics2016.london/masters/>

For the European Masters, there are qualifying times - referred to as "standard times". While you don't have to prove in advance that you can meet that time, if you

do swim and fail to come within the standard time, you may be stopped, and you will not have a time recorded in the official results.

Other meets that may be of interest:

Bracknell Masters Open Meet (Bracknell) - Saturday 5th March 2016

Closing date: 10th February 2016

Website for entries: <http://www.swimming.org/asa/calendar/bracknell-masters-open-meet-2016>

Swim Wales Open Masters Championships - Long Course (Swansea) -

Saturday 5th to Sunday 6th March 2016

Closing date: 17th February 2016

Website for entries: <http://www.swimming.org/asa/calendar/swim-wales-open-masters-championships-2016>

Barnet Copthall Masters Distance Meet (Barnet) - Saturday 9th to Sunday

10th July 2016

Closing date: tbc

Website for entries: <http://www.swimming.org/asa/calendar/barnet-copthall-masters-distance-meet-2016>

With the European Masters coming to London, there is likely to be heavy demand for all meets over the next five months, so you are urged to get your entries in early - don't wait until the closing date, as some meets may fill up and refuse further entries.

Details of meets around the country are available at:

<http://www.swimming.org/britishswimming/calendar/> .

Open Water events can be found at the website of the Long Distance Swimming Association, at www.bldsa.org.uk/ and there are further details on the "Great Swim" series of events at www.greatswim.org/.

Team captains

Huge thanks go to Mark Pitts, who has served as the Men's Team Captain diligently, promoting galas, marshalling relay teams and overall being a good egg. Due to shift changes at work meaning he will be unable to swim and compete as much as hoped, he has stepped down from this position. Big feet have arrived to fill those big shoes, as Stuart Kirk is the new Men's Team Captain, joining Katie Walker-Stabeler.

In forthcoming meets, where there are enough club members competing, we will seek to put together relay teams. If you are entering one of the meets listed above, please inform our team captains Katie Walker-Stabeler (katiwalkersta@hotmail.co.uk) and Stuart Kirk (stuart.p.kirk@gmail.com), who will arrange relays if there are enough swimmers available.

Kindly sponsored by PTL

A huge thank you to our sponsors - Portable Toilets Ltd - who have been supporting the club for over four years now. If you are in need of a portaloos, these are the people to see, and don't forget to mention that you heard of them thanks to Birmingham Masters!

<http://www.portabletoiletslimited.com>

Kit sales

Jim is able to order all manner of kit, with the club logo emblazoned upon it. If you can imagine it, he can probably source it! See the attached flier for some beautifully modelled examples of a small part of the range available and speak to Jim for all your kit requirements:

jim.p.hunt@birmingham.gov.uk

Please note that Jim will not be able to give out any kit without receiving the money upfront - even just a hat at a swimming meet. No money - no kit!

Shrewsbury New Year Meet - a report by Keith Ingram

The first gala of the year is always a bit tricky, following so closely after the Christmas excesses, but serves to show us where we are in our preparation cycle. Any notions that we would retain our Best Visiting Club award were dispelled by the discovery that our nine swimmers were well outnumbered by the Nottingham Leander team. The home team scored 480, followed by Nottingham Leander on 288 with us on 171, placing 5th just behind two other clubs on 170 plus scores.

Joe Marsh was our star performer with 25 points from five 1st places, with Stuart Kirk scoring 23 points in the same 25-29 age group. Stuart is at the top of this age range and will be more of a force next year at the bottom of the 30-34 age-group. Steve Langford is a canny campaigner and netted a solid 20 points in the 45-49 age group. Keith Ingram suffered a DQ for one of the turns in the I.M. and could only muster 18 points for 2nd place in the 75-79 age group. Luke Swain and Jim Hunt also picked up good points. Jim had been dreading the 100m Fly on the back of nil training over Christmas, but produced a time almost identical to last year. The grimace on his face during the last few strokes is familiar to everyone who has ever swum this race! Sara Gamble was doing her first event for us and came second in the 25-29 age group, with 18 points. Had she entered a Backstroke event, she could well have won her age group. It is difficult to swim a stroke where you cannot see where you are going. If only god had put an eye in the back of our heads! Suzanne Hurst and Christine Bertram also picked up useful points. Does the handy 50m Fly result mean that Suzanne is cleared for a Fly leg in a relay if required?

Given the limited numbers, the relays went well. The male 4 x 25m 120+ Freestyle relay, giving away 15 years, achieved an excellent 47.61 to see off Nottingham Leander in style. We were fortunate that Joe brought his girlfriend Shona along. She

very sportingly agreed to help out, even though she had not swum in years and demonstrated a very impressive turn of speed in borrowed kit, to assist in 2nd places in both formats of the Ladies 120+ category, where our team was giving away a lot of years to other teams.

The meet was well run and very enjoyable, even if the foul weather made the journey home best forgotten.

Meet the Members

A treat this month, as we have three members' profiles. Although strictly speaking, only one of them is a member of the club, they all feel like honorary members to us!

Name: Anna "coffee woman" Binns

Age-group: Category A

Swimming origins: As well as swimming for Birmingham Masters, I swim for Orion Orange Group, which used to be known as West Midlands Disability Swimming Squad but merged in January. I started with WMDSS/Orion nearly 4 years ago, after going to the para games to watch the swimming in London 2012 and decided I wanted to swim for a club rather swimming on my own at Harborne.

Biography: As you probably already know, I am visually impaired and I have a mild learning disability which affects my memory a bit, but I get there in the end. I have a guide dog called Emily who is the best guide dog in the world. I live with my partner Dan and we live in Harborne. I am not from Birmingham - I was born in Doncaster and then moved to the Isle of Man with my dad and brother when I was 14, as my dad got a job over there, where he still lives. I then came to Birmingham in 2006 to study Health and Social Care at the Queen Alexandra College, where I met Dan. In my spare time when I am not swimming, I like to do Zumba and ten pin bowling, for which we take part in the British blind sport league. I am always beating Dan at the moment, which he hates. I love going to the cinema, watching lovely films, though Dan always falls asleep in them. We go to concerts at the NIA and NEC/LG Arena, go to the theatre and watch the soaps on TV.

Proudest swimming moment: Every time I get a medal in a Masters event, as I never expect to get one, as I am always up against able-bodied swimmers. In the disabled competitions, I came first in the 50m free in Manchester in the short course champs in December 2014.

Proudest achievement on dry land: In the bowling, me and Dan won the national summer league pairs competition in Swindon in 2013.

Favourite Drink: I love going out for food and drinking when I am allowed. I do like a glass of wine or vodka and diet coke.

Aim for 2016: To qualify for the para British internationals in Scotland in April.

3 words: Funny, loveable, always got a smile.

Name: Daniel "Dan the man" Evans
Age-group: Just moved up to Category B
Swimming origins: I swim for the Orion Orange Group, same as Anna, but just as a learner. I am not a very good swimmer and sometimes wonder why I put myself through it. I do sometimes enjoy it when the coach is kind.
Biography: I am visually impaired and have less sight as Anna, but we work as a team as she is my eyes and I am her brain. I am not from Birmingham - I am from a little town called Burnham in Berkshire and came to Birmingham when I was 16 to study at the Queen Alexandra College, where I studied Admin and Customer Services and I have a level 3 in English speaking board for speaking and listening. I met Anna in my last year of college, when she was interested in joining the bowling club and always needed help in filling in her forms and from then, we have been together now for 9 years.
Hobbies: Apart from swimming, I train in the gym up to 5 times a week and I have a personal trainer who is also visually impaired and has a guide dog. I go to keep myself fit and in April I am doing the London marathon for the 2nd time with a guide for guide dogs in support of Anna and Emily. If you would like to sponsor me please visit: www.justgiving.com/dantheman1. Also I do athletics training on a Monday and Wednesday evening and I do shot put and discus. I also do ten pin bowling and I run the club for the Birmingham team so we can complete in the British blind sport league. I love my sport - I am a big Newcastle fan, a big Lewis Hamilton fan and a big Phil the Power Taylor fan - I would love to meet them.
Best achievement: Winning the ten pin bowling summer national pairs league and walking the London marathon in 2009 in 9 hours 15 minutes. I set off at 10:10am and got across the finish line at 7:25pm.
3 words: Funny, silly, quick-witted.

Name: Emily the guide dog
Age-group: 2 years old
Swimming origins: I'm not allowed in the swimming pool ☹️
Proudest moment: I guide Anna around and make sure she is safe and try to get her to where she wants to go in a safe manner.
Hobbies: When I am not working, I like to sleep or I like it when Dan or Anna get my toys out, so I can have a play.
Claim to fame: I have a good memory and I always remember which pubs Dan and Anna like and try to take them in.
3 words: Loveable, kind, excitable.