

BIRMINGHAM MASTERS

January 2011 Newsletter

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Happy New Year (Is it almost February?)

Back for almost 4 weeks in the water now but it has been interesting times. A number of us have been laid low with one or other of the winter viral problems and the pool access problems means that we are getting a varied amount of walking to and from the building. Some of the new swimmers are tri-athletes and maybe do not see this as too big a problem.....!

The building work at KE is due to continue for some time and access to parking and to the pool may be re-arranged at short notice. I shall try and keep everyone informed but we are told about changes sometimes with little notice partly I guess because the builders have to make decisions on the basis of their needs and the inevitable need to take account of 'health and safety'.

Dates for your diary

Pool Closures

As yet we have no notice of any new dates of pool closures. Please keep your email scanned as we do sometimes get short notice of closures and sometimes if there is too much notice I can forget (apologies again for the Saturday missed a couple of weeks ago!).

Competitions

The club tries to target meets at which we try and compete as a club with maximum numbers of entries. At the recent committee meeting the following meets are scheduled as targets:

- Gloucester Masters Open meet: 3 May 2011 (closing date 3 March 2011)
N.B. Last year we won the cup for overall best team performance so please note the date carefully. The website link is <http://www.gloucestermasters.com/2011ouropenadobe.pdf>

- Midland masters swimming championships: 6 May 2011 (closing date 4 April 2011). The website link is http://www.westmidlandswimming.org.uk/swim/index.php?option=com_docman&Itemid=74
- British Gas and Senior age group championships: 17 - 19 June 2011 (Leeds details to be announced)
- British Gas ASA National Masters and Senior Age Group championships 28 - 30 October (Sheffield, details to be announced)

Now although these are targeted there are a number of other events and these can mostly all be found on the British Swimming masters web site

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

For your information there are a number of other events in which interest is shown by some of the club members and these are:

- Staffordshire masters: 20 February (Wolverhampton, closing date 7 February) <http://www.staffsasa.co.uk/Staffordshire%20ASA2010.pdf>
- Bracknell Masters: 5 March (Bracknell, closing date 5 February) http://www.bwsc.org.uk/Competitions/BWSCMasters2011/BWSCMasters2011_InfoEntryForm.pdf
- French Short Course Masters: 10 - 13 March (Cannot get the entry details from the French web site {my French is not that good} but for those who can: <http://www.ffnatation.fr/webffn/calendrier.php?idact=mtr&month=3&year=2011&idcal=&idtrt=>
- Open Water Swim at Bosworth. Details to follow later in the year (Brrr!)

Swim 21 Presentation

The club is, with Orion, to have a presentation of its 'Swim 21' accreditation certificate on February 8. Please come along to celebrate this event in the Pavilion @ KE between 8.00 to 8.30 pm on February 8 but please attend dressed in team kit (photographs beckon). Soft drinks available.

Swimming Technique

Andrew is giving us lots of tips to improve our technique. "Free" speed is available from the walls and hydrodynamically we do a lot better to stay under the water than induce drag above it. Butterfly (dolphin kick) is very efficient (and requires good core strength!) and to show just how good this can be, link to the site on *You Tube* to see Michael Phelps in action. It is not just his incredible underwater technique but his leg kick (as they say in the USA) is awesome. Enjoy..... and then try and do just three kicks off the wall and do not twist all the way on the turns and hold your breath for 3 strokes (and all the 'older' swimmers {like me} will say.....how!).

http://www.youtube.com/watch?v=ax77_hHq9Dc

British Masters: you did not know this but.....

On the very last event of the day Alison Peakman, Diana Steele, Caroline Williams and Rachael Hares swum in the 4 x 100 freestyle relay in the 100+ years age group. They were second to Otter in a time of 4:26:13. A good result but....because there was a swimmer for Otter who was non-British (if I have this wrong in detail Keith can correct me!) although the team Otter time was faster it does not count for British record setting. So our women's team although second are British record holders in this event! Well done.

Hats

Time to order your new swim hat with your name (or anything else that you want within reason!). Details poolside (see Jim).

Membership fees (including ASA registration)

If you have not got your envelope from Keith it will be coming. Please pay your Membership fees ASAP. It does make Keith's life a lot easier and remember that he will submit the registration fees to the ASA to ensure that you are eligible to swim in competitions!

End of season dinner: feedback

Harriet has asked for feedback and previously we emailed a questionnaire to all. Not a lot of feedback has come her way so far but for those who missed the opportunity to complete it please fill out the questionnaire that is available on the poolside.

And finally the website....

Our special thanks to Laura who got our website up to speed a couple of years ago. She has handed the reins over to Peter Undery who will now take up the task as web master. Please look at it regularly and give Pete some up-to-date information where necessary.