

BIRMINGHAM MASTERS

October 2015 Newsletter

Edited by Steve Langford (stevelangford@blueyonder.co.uk)

Coach's message

Hi all...

Firstly I would like to give a warm welcome to the swimmers that have joined the club in the last few months/weeks. We have had a testing year with pool closures etc, but as we move forward to 2016, I hope that we can push to ever greater achievements! I know that a lot of swimmers just want to keep swimming to keep fit, but a lot of you have the talent and skills to compete...so while I'm trying to get you to push yourselves in training and put an extra session in...you should also look at entering some open meets?? Or even Nationals in 2016?? Everything is possible! Which leads me to the 2015 Nationals in Sheffield - Good luck to all that are going, let's put all that good training to the test!

"You need to have a lot of Good swims to have a Great swim"

IAN

Coaching feedback

To assist with coach development, we welcome any feedback on the coaching and training. Please feel free to provide this directly to Ian or to Edmund (Coaching Coordinator) - Edmund_salt@hotmail.com.

KE Pool Closures and Parking restrictions

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

- Saturday 14th November - Open Morning

There will be no training over the Xmas period - specific dates to follow.

Parking on school site

There is no parking permitted on the school site on the following date:

- Friday 6th November - KES awards evening

The Chief Master has specifically stated that under no circumstances should any person park their vehicle on the double yellow lines throughout the site, at the Ruddock Performing Arts Centre and most definitely not on the grass verges.

When no parking is allowed on the main school drive or the Parade Ground, club members may park at:

- Sports hall
- Parking bays leading up the Chief Master's drive (but not in front of the CM's house and garage)
- Playing field off Bristol Road (please remember although it may look like the gate is closed, it is not)
- Birmingham University multi-story car park in Pritchatts Road, directly opposite the KEHS entrance

Forthcoming Meets

Best of luck to everyone competing in the Nationals in Sheffield next weekend. Make us proud!

There are other opportunities to compete - we especially recommend the Shrewsbury New Year meet, which is a great incentive to keep up with the training over the festive season.

Where there are enough club members competing, we will seek to put together relay teams. If you are entering one of these meets, please inform our team captains Katie Walker-Stabeler (katiwalkersta@hotmail.co.uk) and Mark Pitts (markpitts13@gmail.com), who will arrange relays if there are enough swimmers available.

Etwall Eagles Meet (Derby) - Saturday 28th November 2015

Closing date: 31st October 2015

Website for entries: <http://www.swimming.org/asa/calendar/etwall-eagles-masters-meet-2015>

Shrewsbury New Year Gala (Shrewsbury) - Saturday 9th January 2016

Closing date: 30th November 2015

Website for entries: www.shrewsburymasters.com

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/.

The Club is also likely to join in with the T30 again this year. Further details to follow...

Xmas party

The annual BMSC Xmas party is on Saturday 5th December, at Piquant Indian Restaurant in Moseley. Further details to follow...

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 now has all the personalised and plain swimming hats that have been ordered. Please pick them up from him - he is at most sessions except Fridays. If you have not yet paid him - shame on you - asap please. No payment, no hat.

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!

Twitter, Facebook and the Web

There are now three ways to find out the latest BMSC news on the web (between highly informative newsletters, that is).

Twitter: Go to <https://twitter.com/birminghammast1> to find out the latest news about the club. You don't need to have a Twitter account to see this page, though if you do join, you can have the latest updates sent directly to your smart phone.

Facebook: Join the online Facebook community by requesting to become a member of Birmingham Masters Swimming Club Facebook group.

Website: Go to www.birminghammasters.co.uk for full details of the club, session times, previous newsletters and more.

A small group of eight of us made the journey to Llandudno for this enjoyable and well run meet. It was good to see Christine Bertram (40-44) doing her first meet and not only picking up useful points with wins in three events, but taking the overall Gold in her age group. Elaine Bromwich (70-74) won 50m and 100m Breast and 100m and 200m Free and was pleased with her swims. Kate Chase (55-59) was doing the comeback meet after a long absence through injury, winning 50m and 100m Back and Breast with a second place in the 200m Free. This age group was hotly contested and Kate finished overall second. Steve Langford (45-49) was the star of the meet with 7 first places and 1 second in the scoring events and 3 first places in the 25 sprints, his 13.51 Fly being a PB. Alison Peakman (35-39) won 50m and 100m Free and Back - the 100m Back of 1:09.62 being the fastest she has done for several years. Diana Steele (30-34) has been out of action for most of the year and, though not at her best, won all five of her events. Katie Walker-Stabeler (25-29) is not a sprinter but won all five scoring events and then followed with a really good 800m Freestyle masters PB of 8:47.59. I completed with reasonable swims to add four first places to the tally. We comfortably won the Trophy for the best visiting club adding to the similar achievements at Shrewsbury and Gloucester.

A small group of us stayed on for a lovely sunny weekend in one of the numerous inexpensive small hotels and B&Bs with sea views. We enjoyed a meal together on Saturday evening and a few beers whilst watching the less enjoyable spectacle of England consummating their exit from the Rugby World cup. At least the locals enjoyed it!

Meet the Members

This month we introduce our two newest committee members. Ed Salt is a very familiar face, having swum with the club for several years and even coached a few sessions this summer. He has taken on the role of Coaching Co-ordinator. Also we introduce a fresh new face, Joanna, who is bubbling with enthusiasm for the club!

Name: Edmund Salt
Age-group: Category B
Swimming origins: I joined the local swimming club - Stafford Apex because my older brother swam, aged 7. Still a member today via swimming at Uni and then masters in both UK and Oz!
Proudest swimming moment: This is out of the pool - Western Australia Coach of the Year 2014.
Sporting Hero: Andy Booth
Favourite Drink: Westwinds Gin & Tonic
Claim to fame: Ex- world record holder!
3 words: As a new father - tired, patient and sleepy!

Name: Joanna 'definitely not cool enough for a nickname' Cox
Age-group: Senior - under 25
Swimming origins: I learned to swim in Kingsdown Swimming Club in Bristol and then moved over to Clevedon Swimming Club in North Somerset where I trained until the age of 16. I loved swimming in open meets and Somerset county championships, but became a bit lazy when it came to training! I then moved to Birmingham when I was 18 for university, and barely swam at all for the entire 6 years! I've just qualified as a doctor and decided that I want to get back into swimming so joined Birmingham Masters in August this year. Slowly but surely I am getting back into it, and have felt very welcomed by everyone at the club!
Proudest Swimming moment: Swimming for South West Region Air Cadets at the Corps National swimming competition at RAF Cranwell.
Sporting Hero: Jessica Ennis-Hill
Favourite Drink: Before work - tea. During work - tea. After work - g+t
Claim to fame: I once met some of the British Swimming Team on a plane back from Turkey, and chatted to Rebecca Cooke and Caitlin McClatchey in the queue for the toilet!
3 words: Crazy, honest, chocoholic