

Solihull Splash

The Newsletter of Solihull Swimming Club



Issue 7 January 2014

Following feedback from the various issues of the Parents Information Sheet during 2013, it has been decided to combine its contents with those of our newsletter, Splash, and issue on a quarterly basis. We therefore hope to provide not only information about the workings of the Club, swimming terms and jargon, but also news items about gala/open meet successes, future meet dates, Swim Shop dates and other relevant Club news. We hope that you continue to find this useful. Previous issues can be found on the Club website. Email secretary@solihullswimmingclub.co.uk to submit questions for future monthly issues.

Happy New Year to All Club Members

We wish all swimmers and water polo players every success during 2014.

Train hard, listen to your teacher or coach and do your very best at galas/open meets and matches.

Success at Sheffield Open Meet

Congratulations to all the swimmers who took part in the annual Sheffield City SC B Grade Meet at Ponds Forge pool on Saturday 16th November.



30 swimmers made the trip to Sheffield and were rewarded with 3rd place visiting team out of 22 teams. Many excellent swims despite the early morning coach trip to Sheffield! Well done to all swimmers.

Children in Need 2013

As in previous years, the Club supported the BBC Children In Need appeal on Friday 15th November. A big thank you to all who organised, donated and bought cakes. A total of £345.48 was raised on the night.



Swim21 Reaccreditation



The Club has successfully achieved reaccreditation under the ASA's revised swim21 Club scheme in December 2013.

Swim21 is the Amateur Swimming Association's aquatic quality mark (or kite-mark) for the development of effective, ethical and sustainable ASA affiliated clubs.

New Official's Qualification

Congratulations to Derrick Dyas for completing his Judge Level 2 Starters qualification.

Water Polo Success

Congratulations to our Men's water polo team for clinching promotion for the second successive season in the British Water Polo League.



Proud coaches, Phil Powell (holding trophy) and Jake Vincent (white t-shirt), celebrate their success with the team.

They won their final two matches of this year's campaign at Marlborough on 14th/15th December and will be competing in Division 3 next year having joined the BWPL in Division 5 only last year. With a large proportion of the team still being juniors the potential is there to continue their upward trend.

Feedback from the Annual General Meeting

The 2013 Annual General Meeting took place on Monday 18th November at the Solihull Methodist Church Hall.

The Club's activities were summarised in the Chair and Secretary's annual report. The Golden Jubilee celebrations were highlighted with reference to the various events that took place during the year.

Overall 2013 had been a very successful year for the Club in both swimming and water polo disciplines. This was highlighted by promotion to Division 1 of the West Midland Division of the National Arena Swimming League and water polo section winning 12 trophies together with bronze medals for our Junior (under 18) team and silver medals for our Youth team (under 16) in the ASA National Age Group Championships.

2013 also saw the arrival of our new Head Coach, Dean Barguss. In his annual report, he recognised the hard work and progress made by his predecessor Kate Hill.

The financial accounts were presented and we were pleased to report a small surplus. The proposals to keep the monthly membership fees unchanged for 2014 and to introduce a new annual subscription fee were approved by those present.

The 2014 Committee was voted in and welcomed Karen Green (as parents' representative) and Amanda Pemberton (as social secretary) as new Committee members.

Steve Hughes, in recognition of his many years of teaching and coaching with the Club, was awarded the Harker Volunteer Trophy.

The 2014 AGM will take place on Monday 17th November. All members and parents are welcome to attend.

2014 Monthly Membership Fees and the new Annual Subscription Fee

Hopefully, you have all received the letter explaining the membership and subscription fees for 2014.

The Club maintains a very strong grip on all expenditures whether it be on pool hire (now totalling over £90k per annum), ASA registration fees or cost of training our volunteer workforce.

To summarise the situation for 2014:

- The **monthly standing orders payable for each class of membership will remain unchanged for 2014**. Therefore all current membership fee standing orders remain in place and no action needs to be taken.
- It was agreed at the Club's Annual General Meeting that an **annual club subscription fee be introduced and payable on 1st January of each year. It was further agreed that the subscription fee for 2014 is set at £10 for all members falling into ASA Categories 1 and 2 (this includes all swimming, including teaching, and water polo groups)**. No fee will be payable by ASA Category 3 members who are non-swimming volunteers and help on a regular basis.

Payment of the £10 annual subscription fee is due by 31st January 2014 and payment methods can be found detailed in your membership letter. If you are unable to make this payment in time, please speak to the Membership Secretary, since non-payment may result in exclusion from club sessions.

What training do Club volunteers receive?

Training depends upon the role of the volunteer. The following examples will hopefully illustrate the type of training received:

Swimming Teacher or Coach

- ASA teaching or coaching qualification (e.g. Level 1, Level 2 and Level 3)
- Safeguarding & Protecting Children course (updated every 3 years)
- RLSS National Rescue Test for Swimming Teachers and Coaches (updated every 2 years)
- Specialist courses (e.g. introduction to disability swimming, improving breast stroke, teaching turns and land training)

Gala Official

- Training to become registered ASA official (e.g. timekeeper, judge, starter) which includes written test papers and practical assessments)
- Regular updates on changes to rules and regulations

The Club takes all opportunities to obtain grants towards the cost of these training courses. All teachers, coaches and officials are also encouraged to become licensed through the ASA (some Open Meets require licensed officials).

Future Gala/Open Meets 2014

Date	Gala/Open Meet	Location
Sat 19 th January	City of Coventry Open Meet	Coventry
Sat 1 st February	Coventry & District Team Races	Coventry
Sat 22 nd February	Junior Trophy Gala (friendly)	Tudor Grange
Sat 1 st , Sat 8 th , Sat 15 th March	Warwickshire County Championships	Coventry
Sat 22 nd March	Senior Trophy Gala (friendly)	Tudor Grange
Sat 5 th April	Nuneaton and Leicester Junior League Round 1	Venues to be confirmed
Fri 18 th – Sun 21 st April	City of Birmingham Easter Open Meet	Stechford Cascades

Please check the website or speak to the Head Coach for more information regarding closing dates and entry conditions for open meets.

How to get the most out of training sessions

- Arrive in good time before the sessions and be on poolside changed ready at the start of the session
- Have all your equipment with you (kick boards, pull-buoys, fins and goggles)
- Listen to your teacher and coach
- Always swim to the wall as you do in a race (do not stop short of the wall)
- Do not stop and stand in the lane
- Do not sit on the lane ropes
- Always inform the coach if you need to leave the pool during training
- Do not skip lengths, you are only cheating yourself
- Check that you have not left anything before when you leave the pool.

Time Trial Dates 2014

Club time trials will be held on the first available Sunday of each month at Tudor Grange Leisure Centre.

Each group will aim to complete at least 3 timed swims and the programme will rotate through the strokes and distances (each month will have a 200m IM (100m for Level 6 Teaching, Pre-Junior and Junior 1) 200m Front Crawl or 200m Form, a 50m stroke and a 100m stroke). Extra swims will be accommodated at the end of each session time permitting.

The times achieved are used for team selection and sprint award badges, so it is important that as many members as possible attend regularly.

Swimming Group	Warm-Up	Session End
Junior Squads, Pre-Juniors & Level 6 Teaching Groups	5.00pm	6.30pm
Senior Squads, Pre-Seniors, Junior & Senior Intermediates, Masters	6.30pm	8.00pm

5 th January 2014	200m Ind. Medley / 50m Fly / 100m Front crawl
2 nd February 2014	200m Front crawl / 50m Back / 100m Breast
2 nd March 2014	200m Form / 50m Breast / 100m Back
6 th April 2014	200m Ind. Medley / 50m FC / 100m Fly
11 th May 2014	200m Front crawl / 50m Fly / 100m Front crawl
1 st June 2014	200m Form / 50m Back / 100m Breast
July 2014	No time trial
August 2014	No time trial
7 th September 2014	200m Ind. Medley / 50m Breast / 100m Back
5 th October 2014	200m Front crawl / 50m FC / 100m Fly
2 nd November 2014	200m Form / 50m Fly / 100m Front crawl
7 th December 2014	200m Ind. Medley / 50m Back / 100m Breast

Swim Shop Dates 2014

The dates for 2014 are as follows:
Sundays 5.00 – 6.30pm and Fridays 7.45 – 9.30pm.

Sunday 5 th January	Friday 17 th January
Sunday 2 nd February	Friday 14 th February
Sunday 2 nd March	Friday 21 st March
Sunday 6 th April	Friday 25 th April
Sunday 11 th May	Friday 23 rd May
Sunday 1 st June	Friday 13 th June
	Friday 29 th June
July no time trial / no swim shop	Friday 18 th July
August no time trial / no swim shop	
Sunday 7 th September	Friday 19 th September
Sunday 5 th October	Friday 17 th October
Sunday 2 nd November	Friday 14 th November
Sunday 7 th December	Friday 19 th December