



**Wellingborough Amateur Swimming Club**

# NEWSLETTER

**Issue 164**

**FEBRUARY 2011**

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## **CONGRATULATIONS**

### **NEW CLUB RECORD**

Ellie Evans – Under 12 years 200 Butterfly – 3.11.00

### **NEW CLUB CHAMPIONSHIP RECORDS**

Gemma Cook – 25 Butterfly 17.45 secs

Gemma Cook – 25 Breaststroke 20.46 secs

Matthew Spencer – 1500 Freestyle 19:49.23

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## **CAN YOU USE A COMPUTER?**

We are looking for parents who can use a computer from every Squad to learn to operate the electronic timing system for galas.

NO you do not have to be a computer genius and

YES it is very easy to use once you have been shown how.

Advantages of you volunteering?

- You get to sit in an air conditioned space instead of the hot spectator gallery during the gala.
- You will probably only be asked to help if your child is swimming.
- You make it possible for the swimmers and spectators to see the finish times on the score board.
- You have another skill and meet new people.
- If you have a go and decide it is not for you, no one will hold it against you!

Please let's have a band of people who can work together to give our swimmers the advantage of electronic timing. If your child swims for the Club at galas – we need your help. Interested? Email us, or give your name to our Secretary, Jean, our Chairman, Craig or Ian Manning.

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## **TURN UP & SWIM**

Saturday 5<sup>th</sup> February – warm up 5.30 p.m. finish by 8.30 p.m.

Just turn up and take part in any of the events on the programme you feel like doing on the night – 200m of any stroke, 50m Back, 50 Breast, 100 Individual Medley.

An excellent opportunity for our youngest swimmers to gain experience of competition swimming, and a chance for our more experienced swimmers to test out their racing skills just before County Championships.

Swimmers from every squad should enter at least one of the 200m events – if it is a first, then try the 200m Freestyle.

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## **CERTIFICATES FOR YOUNG SWIMMERS**

Did you know that if you do not achieve a time for an ASA Award, you may still qualify for a WASC certificate for 25m Fly and Breaststroke swims and 50m swims in all strokes.

Go along to the ASA Certificate & Badge desk in the foyer on the first Monday of most months and they will be happy to tell you which certificate you have qualified for.

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## **READING THE PACE CLOCK is more important than you may think**

"Leave on the top."

"Go on the 15."

"Go on the bottom."

"On a turn round of one and a quarter"

Whaaat?! It's pace clock-code. Nearly everything we do in training is based on the pace clock. You'll be asked to do swims, kicks, pulling and drills on a turn round or with a rest of \*\*seconds; so knowing how to read the clock with the single black and red hand on the wall at both ends of the pool is very important to you – if you can't read it, you may be missing out on rest, and certainly can't get as much from your training as you should.

The pace clock is divided into 12 equal 5-second sections just like a normal clock but marked with 5,10,15,... on up to 60 instead of 1 to 12. It has just one big hand, red at one end and black at the other – you can use whichever colour you like, unless the Coach tells you to use a particular colour.

To learn to read the pace clock, start by always looking at the pace clock before you set off on your swim and remember where the black or red (your choice – but I'm going to use red from now on) hand was pointing. When you have finished your swim, see if you can still remember which number the hand was pointing to when you left.

Once you can do that, you can then go on. Now always look at the red hand number as you push off from the wall, and again when you touch the wall at the end of your swim, kick, pull, drill – make sure you read the number where the red hand is when you touch the wall.

Now you are ready for a bit of "maths" – I hear a lot of groans, but actually it is the easiest form of "maths" you are ever likely to come across. Draw yourself a circle and cut it into four sections with your pen. Each section has 15 seconds in it. If you left the wall on red 15 and came back on red 45 (directly opposite and 45 comes after 15) that was 30 seconds. If you left on red 30 and came back on red 15 – because the 15 is before the 30 that will be 45 seconds. Play around with it on your drawn circle and see how easy it is.

Oh yes I hear you say, but my lane coach always tells me to go on the red 25! OK, same thing, the big red / black hand cuts the clock in two – or in 2 sections of 30 seconds – so opposite the 25 is the 55 – that is 30 seconds – easy! Remember every 3 sections (3 numbers on the clock) is 15 seconds.

Once you can read the clock to the nearest 15 seconds, it is very easy to add or take off 5 or 10 seconds and then you really can read the pace clock and time all your training for yourself – get the right amount of rest no matter what the rest of the lane does and go home knowing your times for all the swims you were given, so that next time you can see if you can beat them. It's fun trying to keep your times the same or faster – so learn to love the pace clock and add a new dimension to your swimming.

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## **RAISE FUNDS EVERY DAY!**

Please use the search engine at <http://wellingboroughasc.easysearch.org.uk> and shop on line through <http://www.easyfundraising.org.uk/wellingboroughasc> and raise money for WASC.

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## **RESULTS**

### **LEICESTER AUTUMN LEAGUE – FINAL LEAGUE POSITIONS :**

1<sup>st</sup> Leicester Penguins "C" , 2<sup>nd</sup> Lutterworth "B" , 3<sup>rd</sup> Kettering "B" , 4<sup>th</sup> Wellingborough "B" , 5<sup>th</sup> Loughborough "B" , 6<sup>th</sup> Melton Mowbray "B" , 7<sup>th</sup> Enderby "B" , 8<sup>th</sup> Market Harborough "B" , 9<sup>th</sup> Coalville "B" , 10<sup>th</sup> Knighton Fields , 11<sup>th</sup> Burton , 12<sup>th</sup> Braunstone "C" , 13<sup>th</sup> Shepshed , 14<sup>th</sup> Leicester Neptune "B" , 15<sup>th</sup> Swadlincote "B" , 16<sup>th</sup> Oadby & Wigston

### **LEICESTER WINTER LEAGUE - 15 JANUARY 2011 - 29 PBs**

#### **At the Wellingborough Gala**

1st WASC "A" 259, 2nd Kettering B 187, 3rd Burton 176, 4th Knighton Fields and Shepshed 143, 6th Market Harborough 110

#### **At the Melton Mowbray Gala**

1st Melton Mowbray 246, 2nd WASC "B" 217, 3rd Coalville B 166, 4th Braunstone C 158, 5th Leicester Neptune B 129

### **WILKINSON SWORD TROPHY GALA - 29 JANUARY 2011 - 17 PBs**

1st Northampton 149, 2nd Kettering 130, 3rd Rushden 105, 4th WASC 90, 5th Daventry 58

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*The use of mobile phones including the taking of photographic images is strictly prohibited in the changing rooms and on the poolside.*

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#### *Useful information:*

*Child Protection Swimline 0808 100 4001 or, WASC Welfare Officer*

Drugs banned in sport: [www.Didglobal.com](http://www.Didglobal.com)

Food for swimming: [www.wasc.info/Nutrition.shtml](http://www.wasc.info/Nutrition.shtml)

Asthma & the competitive swimmer:

<http://www.sportcentric.com/vmgt/vfilemgt/page/filedownload/1,8202,5157-51138-125076-0-file.00.pdf>

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WASC Sponsors

Isis Business Solutions, Accountants Tel: 0845 345 7785

KDK Business Consultancy Limited Tel: 01933 228091

WASC is run by volunteers and seeks support from parents, friends and local companies.  
Please contact our Secretary if you would like to join our volunteers or business sponsors.

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