



Wellingborough Amateur Swimming Club

NEWSLETTER

Issue 167

MAY 2011

In this issue:

- **Club 50m Championships**
- **Tumble turns – faster times**
- **Fun things**
- **Poolside lost property**
- **Squad photos**
- **Young swimmers' awards**
- **Raise funds every day!**
- **Results**

CLUB 50m CHAMPIONSHIPS

On Saturday 21st May we will not be allowed in the changing rooms until 1.45 p.m. so please do not arrive at the pool before 1.30 pm. Registration is between 1.30 pm and 1.45 pm. Registration for swimmers who have only entered the 50m Freestyle is from 5.30 pm to 5.30 pm.

The Technical Team will start to finalise entries at 1.45 pm for the afternoon session and at 5.45 pm for the evening session. Please remember that once entries have been finalised no re-instatement will be possible – Club Championship Rule number 10. Meaning if you are late to register or forget to register in the meeting room off the Foyer you may not be able to swim.

Warm up for the afternoon session will be at 2.00 pm. There will be a warm up for the evening session at 5.30 pm. The afternoon session should finish around 5.00 pm giving everyone a half hour break between sessions. The evening session should finish by 8.30 pm. All presentations will take place during the evening session.

At previous championships, a number of parents were unable to pay their admission fee having not brought any money with them. The door money and raffle money all go to help pay for pool hire and essentials like watches for our timekeepers; if we are to keep the cost of entries down while pool charges are going up by more than 20% we need you to pay the admission fee and support the raffle.

FUN THINGS

We have once again been asked by Just Racing UK, to provide them with stewards at their triathlon events this year. Those WASC members that assisted last year very much enjoyed the experience and helped raise £900 of much needed funding for WASC.

Seven volunteers went to the Duston Triathlon on Sunday 17th April to act as Stewards – others went to take part in the Triathlon – all had fun.

We have been asked for 10-12 WASC Stewards for the Triathlon at Grendon on Sunday 8th May. This is a great event with the swimming and running taking place in and around the lake.

Make it a family event. For those of you that fancy a camping weekend, Just Racing will be holding a two day event at Belvoir Castle near Grantham on 28th & 29th May. They would welcome support from WASC for either one or both days and the stewards and many of the competitors camp near the castle grounds and eat, drink and make merry in the evening, so if this appeals, please let us know.

If you are interested in volunteering, speak to Craig Brown, our Chairman, or email us at wascswimming@hotmail.com

TUMBLE TURNS – FASTER TIMES

We are often told that at galas our swimmers win the swimming and fall behind other teams at the turns; often giving us 2nd or 3rd place when the swimming warranted a 1st. So let's see if WASC can make a real difference to the speed of their turns over the next few months.

What time should you aim to achieve? From the moment your hand enters the water just before the turn to when your feet leave the wall should take approximately 0.9 seconds – that is just about as long as it takes you to say "Tumble Turn"!

Most of you lose a massive amount of time on your turns. This builds up and, when added to a weak push off the wall and poor streamlining, it could make the difference of 12 or more seconds on a 200m Freestyle swim.

Below are five links to some excellent videos on You Tube. They are in the order that you need to watch them. Note, the swimmer leaves the tumble on her back and spirals onto her front, so no more twisting over onto your fronts before pushing off please! Also note the position of the arms throughout the turn and where the feet land on the wall.

<http://www.youtube.com/watch?v=YFQpLyihI5M>

<http://www.youtube.com/watch?v=ryN-4R1E8d8&feature=relmfu>

<http://www.youtube.com/watch?v=fHXNBbLFiJs&feature=relmfu>

<http://www.youtube.com/watch?v=KNQh2SqA2Ck&feature=relmfu>

<http://www.youtube.com/watch?v=Ss6-htcF9mA>

Even without the woggle you can work on your turns every training session. Keep your hands still, look at your knees, leave on your back, streamline and do not breathe on the first arm pull.

Thanks to Mike, Junior Squad Coach, for researching this for us.

POOLSIDE LOST PROPERTY

Small items left on poolside at Wellingborough on Monday or Thursday nights are normally picked up by Sandra so please ask her if you left something behind. If lost items have a name, she will do her best to get them back to you. She will not pick up bottles that have no name on them.

SQUAD PHOTOS

Please wear your blue WASC polo shirt

Sunday 5th June

Training Squad at 5.00 pm

Monday 6th June

Junior & Competitive Squads at 6.40 pm

County, Performance & Midland at 8.40 pm

YOUNG SWIMMERS' AWARDS

For our youngest and newest swimmers who cannot yet achieve the ASA Competitive Performance Awards that so many of our swimmers proudly display on their blue shirts, there are WASC 25m certificates for Fly and Breaststroke and WASC 50m certificates for all four strokes available from the Awards Table on most Dash nights. These certificates can really encourage young swimmers and are not expensive.

Qualifying times are on page 41 of your hand book. The ladies who run our Awards Table are always happy to help you.

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.

RESULTS

8th – 10th April – Guernsey Masters Meet Five swimmers enjoyed the annual visit to Guernsey and achieved four first places and six second places.

22-25 April – Birmingham Open Meet – Five swimmers took part. Two achieved 8 Midland Qualifying times between them.

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

Useful information:

Child Protection Swimline 0808 100 4001 or WASC Welfare Officer

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.
