



Swimming Club

Newsletter – September 2009

Dear All

Welcome to the Autumn newsletter and a particular welcome to any new swimmers who have joined us recently. There are a few things/dates we wish to draw to your attention

- Welcome to Mark Sheldrick our new chief coach
- Club Championships – Saturday 17th October 2009
- Land training starts at Small Heath on Tuesday 6th October from 6 – 6.45pm
- Diving courses – a new diving course will start at Solihull School on Saturday 26th September
- New Committee members
- Christmas swimming social – Saturday 19th December
- Term dates – see the final page

Coaches

I would like to formally welcome Mark Sheldrick to Blythe Barracudas as our new Chief Coach. Hopefully you will all have seen Mark Sheldrick coaching by now. Mark is a very experienced swimming coach and swimmer and he has some great ideas on how to develop the swimmers. I am sure your swimmers are already talking about the different training they are doing.

We would also like to introduce you to the other coaches, Holly, Sandra, Rachel and Lucy who will be helping Mark coach the development squad/younger swimmers. You may have noticed that Holly has reduced the number of sessions she is teaching this term as she has just started her teacher training course, and we wish her all the best. Congratulations to Lucy who has passed her Level 1 swimming course and will be helping Mark at some of the sessions.

Training

Mark Sheldrick is starting land training on a Tuesday evening at Small Heath from 6 – 6.45pm starting on Tuesday 6th October. This is a chance for swimmers to build up core stability and strength and will greatly improve their swimming.

Pool etiquette

Can we remind swimmers to arrive at the sessions with plenty of time to be changed and on poolside for the start of the session. Late arrivals not only mean that swimmers miss the vital warm up but also make it difficult for the Coaches. If you are late for a session please give your apologies to the Coach before you enter the water.

Swimmers, especially senior swimmers, are also expected to attend for a full session. If you leave a session before the end you will miss out on vital coaching.

In order to allow the coaches to concentrate on the swimmers please could parents direct any questions/queries to the Committee members. We have also been asked that parents do not stand/sit at the ends of the pool as this distracts the swimmers.

Increasing training sessions

At the start of the new term it is a great time to evaluate your swimming. All swimmers will notice a marked improvement if they increase the number of sessions they train each week. The cost of moving up a band is only £5 a month. If you want to change bands please contact any member of the Committee and change your standing order.

Club Championships

The Club championships is on Saturday 17th October 2009 at Tudor Grange swimming pool, warm up at 5.30pm gala starts at 6pm. This is a chance for everyone in the Club **and the teaching groups** to show how much they have improved and set new times for each stroke. These times will be taken into consideration when selecting the team for galas.

There is an application form attached to this newsletter and they are available on the website, or on poolside. Please can everyone get their entries in as soon as possible. Entries are £2 per race up to

a maximum of £6, all money raised will go towards covering the costs of the gala and any excess into Club funds. Within the gala is a parent's race, this is open to anyone who can swim 25m and is probably the best supported race of the gala – so get your trunks/costume on and show your children where they get their swimming genes from!

To boost club funds the Club is looking for anyone or any company organisation who would be willing to sponsor a race. More details from a member of the Committee. We are also arranging a raffle on the night – if you have any prizes you could donate please hand them in to any member of the Committee

Finally, to make the event a success we need people to help – if you wish to volunteer please contact any member of the Committee, all jobs are easy and don't require any prior knowledge of swimming!

Galas

There are also a number of friendly Galas planned over the next few months, for details of the dates of all the galas please see the website. Please could all swimmers make a note of these dates and keep them free. If you are selected for a gala you are expected to attend. Please can you also confirm your attendance as quickly as possible.

If parents are unable to take the swimmers to a gala there are always a number of spaces going in other cars. All Committee members are CRB checked through the ASA so if a swimmer and/or a parent needs a lift please ask!

We also encourage swimmers to enter some of the "Open galas". There is an open gala in November run by Boldmere Swimming Club, if you are interested in competing please see Sue Hurdman.

Competitive Starts and Beginners Diving courses

We will be running a competitive starts courses this term, as well as beginners' diving. The course will start on **Saturday 26th September** and runs until the end of term at Solihull School. As you are probably aware swimmers who want to compete competitively must have the correct legal starts on all four strokes and it can also improve your times. If you are interested in attending please email Christine at Blythesec@blueyonder.co.uk. or speak to a member of the Committee.

Swimming lessons

The Club is planning to increase the number of swimming lessons it runs after Christmas. If you know of anyone who is looking for lessons please ask them to contact Laura Farquhar on 01564 770197.

Committee members

At the recent AGM the following members were elected to the Committee:

Chairman:	Mark Thompson
Secretary:	Christine Austin
Treasurer:	John Vernon
Welfare Officer:	Clare Currie
Membership Secretary:	Laura Farquhar
Gala Secretary:	Sue Hurdman
Gala Secretary & Club kit:	Lucy Rigg
Parent members:	Lyn Lee
	Simon Greenhill
	Mark Wynn-Jones
	Gordon Farquhar

Pictures of all the Committee members are on the website.

If you have any issue about the Welfare of any child whilst at the Club please contact Clare either through the website or via any member of the Committee.

Club helpers

If you are unable to serve on the Committee but would like to help the Club we are looking for both official timekeepers and judges. The Club has to provide both at galas and it is a great way to help the Club and get really involved in the action at the Galas. We will be running a timekeepers course soon so if you are interested please contact Sue Hurdman or any member of the Committee.

Club night – Thursday night, Solihull School

At least one member of the Committee will be available at Solihull School to answer any questions you may have about the club, or listen to any suggestions you may have. There is also a folder available which includes lots of information about the club, the rankings lists, local swimming events and a copy of the Swimming Times. The folder will be on the table at Solihull School so feel free to come and have a look at it. If you can't attend on a Thursday there will also be Committee member's available at most training sessions.

If you require any Club kit please order through Lucy Rigg, **it will be available on a Thursday night for collection.**

Sponsorship

If you know of any individual or company who would be willing to sponsor the Club either on an ongoing basis or a one-off event please contact a member of the Committee.

Recruitment

Thank you to those who have helped to promote the Club. As a relatively new club we are still growing and are actively seeking new members. If you know of anyone who is interested in swimming and may wish to join the Club please ask them to get in contact with Laura Farquhar on 01564 770197. Alternatively if you are involved with any group of children whatsoever, or are willing to help promote the club via your child's school or youth group, please contact the Laura.

Swimming social

Following a request from some of the swimmers, Blythe Barracudas have booked Tudor Grange swimming pool for a **fun time in the pool** using the floats etc. on Saturday 19th December 2009. This is a chance for the swimmers, their friends and parents to enjoy themselves in the pool followed by some food. The times and price have yet to be finalised but it is expected to start at about 5.30pm and is unlikely to go on after 8pm. Parents do NOT have to swim, and there will be seating in the cafeteria for those who don't want to be on poolside, everyone is welcome so bring along your friends.

We see this as a chance to have an enjoyable evening and raise some funds for the Club. If you are interested in attending please could you let Christine know at Blythesec@blueyonder.co.uk with approximate numbers so we can gauge interest before we confirm with the pool.

Website

All the information about the club is on the website

<http://www.blythebarracudas.com>

Please look at it on a regular basis as it contains all the latest news.

Many thanks for your continued support.
Kind regards

Blythe Barracudas Committee

TERM DATES AND TRAINING TIMES

Small Heath:

Small Heath is open Monday, Tuesday and Wednesday throughout the term.

Christmas closures

There will be no training sessions from Monday 21st December 2009 to Wednesday 30th December.

Spring term 2010

Coaching will restart on Monday 4th January 2010

Solihull School:

Solihull School is closed for training and lessons on Saturday 3rd October 2009

Half term

The pool is shut for half term from Saturday 21st October to Sunday 1st November. Training recommences on Thursday 5th November.

Christmas closures

The last training session before Christmas is on Sunday 13th December.

Spring term 2010

The pool reopens on Thursday 7th January 2010.

Coaching and Teaching times

The times of the **Teaching lessons** are as follows:

Saturday	Solihull School	12.15am – 12.45pm	
Saturday	Solihull School	12.45am – 1.15pm	

Swimmers are allocated a lesson depending on ability.

The times of the **coaching sessions** are as follows:

Monday	Small Heath	7pm – 8.30pm	Everyone
Tuesday	Small Heath	6pm – 6.45pm	Land training
Tuesday	Small Heath	7pm – 8.30pm	Everyone
Wednesday	Small Heath	7pm – 8.30pm	Everyone
Thursday	Solihull School	7pm – 8pm	Juniors/Development
Thursday	Solihull School	8pm – 9pm	Seniors
Saturday	Solihull School	11.15am – 12.15pm	Everyone
Sunday	Solihull School	11.15am – 12.15pm	Seniors
Sunday	Solihull School	12.15pm – 1.15pm	Juniors/Development

Sessions times – can parents please note that we only have access to Solihull School pool for 15 minutes before and after the actual coaching/teaching session. Please can you ensure that your child is collected within these 15 minutes and encourage them to get changed as quickly as possible. Please can swimmers arrive promptly and be ready at poolside at the start time.