



# REDDITCH SWIMMING CLUB



Newsletter No. 4, Date: October 2010

## DIARY DATES

### October

16 - RSC Girls Gala (9-open)

22-24 - Worcester SC Open Meet

### November

6 - RSC Diddy Gala (9-12)

6-7 - Midlands SC Winter Championships

13 - National League Round 2 (9-open)

27 - Northgate Open Meet

28 - Worcester County Development Day

### December

4 & 5 - Nuneaton Open Meet

11 - National League Round 3 (9-open)

19 - Worcester County Development Day

**PLEASE REFER TO THE WEBSITE FOR FULL FIXTURE DETAILS**

## RSC CLUB CHAMPIONSHIPS 2010

Sun 17, Mon 18, Sat 30, Sun 31 Oct

Mon 1, Sat 20, Sun 21, Sat 27 Nov

**SEE WEBSITE OR NOTICE BOARD FOR PROGRAMME OF EVENTS**

Register to receive latest news and updates on-line at [www.redditchswimming.org.uk](http://www.redditchswimming.org.uk), click on Receive Updates On-Line or e-mail [webeditor@redditchswim.org.uk](mailto:webeditor@redditchswim.org.uk)

## REDDITCH SWIMMING CLUB CLUB NEWS



### DIVISION 1 JUNIOR LEAGUE FINALISTS

For those of you who haven't seen the local press or heard the news, Redditch Swimming Club made history last month by competing for the first time in the Midlands top Division Junior League final held at Wolverhampton Central Baths. Newly promoted from Division 2, our team of 28 motivated 9-12 year olds proved to be the surprise package by reaching the Division 1 final, squeezing out 2009 Division 1 winners, Leicester Penguins.

In a highly-charged atmosphere, we took the early prize, winning the trophy for best-turned-out club, in the parade before the gala. In what was to be probably one of our hardest ever galas, the team were all too aware they would have to swim their very best to be in contention with undefeated Birmingham-based Boldmere 'A', Halesowen, Northampton 'A', Nuneaton & Bedworth 'A' and City of Coventry 'A'.

As in the qualifying rounds, we got off to a great start with wins from Rebecca Winn, 9 years 25 metres breaststroke and the boys' 9 years medley relay team - Ed Stone, Tom Page, Daniel Noke and Tyler Hartles. After 14, events the team were in equal 2<sup>nd</sup> place with Northampton and Halesowen.

The team continued to battle like Trojans and a further victory came from the girls' 10 years freestyle relay (Megan Moss, Maddie Hargreaves, Laura Cowley and Poppy McGourlay). Close to the half way point, after 24 events, Redditch were still holding their own just 9 points behind 2<sup>nd</sup> placed Northampton and 2 points behind 3<sup>rd</sup> placed Halesowen.

In the penultimate 3<sup>rd</sup> section of the gala, Daniel Noke (9 years 25 metres butterfly), Will Moss and Laura Cowley (10 years 50 metres backstroke) finished in excellent 2<sup>nd</sup> places. Entering the final section, Boldmere had stretched their lead and Northampton and Halesowen had scored well. Nuneaton & Bedworth and City of Coventry were close on Redditch's heels, just 3 and 7 points behind respectively.

## DIVISION 1 JUNIOR LEAGUE FINALISTS

Two further victories came in the final section from Poppy McGourlay (10 years 25 metres butterfly) and Daniel Noke (9 years 25 metres backstroke). After 51 events, everyone had given their all and the team slipped back into 6<sup>th</sup> place, just 4 points behind City of Coventry. As expected, the runaway winners were Boldmere 'A' with 234, Northampton 'A' 184, Halesowen 180, Nuneaton & Bedworth 'A' 161, City of Coventry 155 & Redditch 151.

This was another remarkable performance from all of our junior stars. Special thanks to Chris and the coaching team for all their continual hard work; and finally hopefully all the spectators have regained their voices following their fantastic support.

### SWIMMER OF THE MONTH AWARDS

#### SEPTEMBER

Ed Stone  
Development squad

Maddie Hargreaves  
Junior Competition squad

Justine Hughes  
Senior Competition squad

## PROFAB TROPHY GALA

RSC travelled to Wombourne on 18 September to compete in the Profab Trophy gala hosted by Stourbridge SC. Competing against Stourbridge, Haden Hill & Evesham, RSC finished in 3<sup>rd</sup> place, just one point behind Haden Hill. Seven individual 1<sup>st</sup> places from Jack Harding & Jessica Fern in 11 yrs 50m back, Issy Wilson 11 yrs 50m fly, Daniel Noke 11 yrs 50m free, Ricky Monk & Millie Tompkin 13 yrs 50m breast, Zac Gill 13 yrs 50m free. Four relay 1<sup>st</sup> places, double victories in free and medley from Ollie Thomson, Jack Harding, Ben Lewis & Daniel Noke in 11 yrs free and medley, Josef & Marcus Langmead, Ricky Monk & Zac Gill in 13 yrs section. In the individual races, Ben Lewis, Jessica Fern, Issy Wilson, Daniel Noke, Maddie Jarvis, Adam Fox, Justine Hughes, Stefan Kalik, Demi-Mae Drysdale, Ricky Monk, Millie Tompkin, Sam Lindsay, Taylor Hartley all recorded PB's. Well done everyone

## SWIMMER BEHAVIOUR

Redditch Swimming Club has just had one of its best ever years and we have a large number of fantastically talented swimmers. A major restructuring of squads in August has meant that many of our young swimmers have recently progressed from the Junior Competition squad into the Seniors. This, and the fact that some JC swimmers regularly train with the Seniors on Monday evenings, has made me even more aware of the possible negative effects that poor behaviour in the Senior squad could have on these young swimmers.

I am sorry to say that standards of behaviour, levels of effort and lane discipline in the Senior Squad are all too frequently unacceptable - and urgent improvements are needed.

With this in mind, I have spoken to the Senior Squad and reminded them of our expectations, which are clearly set out in the club's code of conduct (see the RSC website). Poor behaviour during training will not be tolerated and, after an initial warning, offenders can expect to be moved to another lane (if I believe that this might help) or told to leave the pool. Anyone who repeatedly misbehaves, refuses to train properly or is disrespectful to the coaches or helpers (most of whom give up their time voluntarily to help the swimmers) may be suspended from training.

All swimmers should be attending sessions to train, and have a desire to improve their technique and swim faster. If that is not their aim, and they perhaps see training sessions as a regular opportunity to mess about with their mates, then they need to ask themselves if they should be at the club at all!

All of the coaches want to help those swimmers who want to work hard and get better.

It does not matter to us if the swimmer is young and inexperienced or an experienced competitor at Midland or National level - all we ask is that they listen to what they are told and consistently perform to the best of their ability. At present, far too much of our time is being wasted repeatedly reprimanding a minority of swimmers who do not seem willing to follow simple rules and train properly. This is frustrating to the coaches and, more importantly, risks the development of our future star swimmers.

What are we asking for? I hope that all parents will do their best to reinforce the need for swimmers

- to be ready for the start of every session (and to stay to the end whenever possible)
- to listen carefully to their coach's instructions and follow those instructions to the best of their ability
- to always start and finish at the wall
- to do correct and efficient turns throughout every session
- to show respect to the coaches and helpers at all times.

I also hope, and expect, that our most senior swimmers will lead by example and show the younger swimmers how they should train.

I know that there will be a few swimmers who might think "I know I could focus a bit better and train harder, but I have been achieving good PBs consistently this year - so why should I bother?" To those swimmers my reply would be "Yes, but what might be possible if you really decided to work at your swimming?"

Chris Britt

Wishing Megan Moss a speedy recovery following her recent accident playing netball 😊

Good luck to RSC parents/members competing in the EDF Energy Birmingham Half Marathon on Sunday 24<sup>th</sup> October

**NO TRAINING AT KES  
SATURDAY 13 NOVEMBER**

If you have any views, features/submissions you think should be included in next month's newsletter, please email Jane Winn at [info@stevewinnauto.co.uk](mailto:info@stevewinnauto.co.uk) by 31/10/10