



SWIMEXCELL ESHER SC - KEEPING YOU UP TO DATE WITH ALL THE NEWS

www.swimexcell.co.uk

Can you see yourself in the photograph – Page 56 Swimming Times Magazine January 2011?

RESTING HEART RATE

Knowing your resting heart rate is a useful piece of information which you can use not only for training purposes but also as a broad measure when you are feeling under the weather. To obtain your RHR you need to plan the night before. Place a watch with a second hand or a stop watch on your bedside table. When you wake up the next morning before you sit up or indeed roll over, reach out and pick up your watch. Find your pulse and count your heartbeats for 1 minute. That's all there is to it. Now just remember the number and use it to compare when training as indicated by your coach.

WANTED – MEMBERSHIP SECRETARY FOR SWIMEXCELL

This job would suit someone who is computer/Microsoft literate and would like to know who's who in the club and is welcoming to new club members. It would probably take up one hour of your time per week – if that. The principle role of a Membership Secretary is as follows:

- Holds database for all members of SWIMEXCELL ESHER
- Responsible for processing new members pack including membership cards.
- Submits annual return to the ASA in January.

Call Penny Shand for a chat on 020 8399 8535 or email her on pennyshand@blueyonder.co.uk

E-MAILS A USEFUL TOOL

Over the last few weeks especially you have probably noticed that the email form of advising all the swimmers and parents of events etc has been used increasingly. This form of electronic communication can only work properly if the emails are opened and read, and in some cases pulling off a hard copy for future reference.

Its suggested that as the swimmer you open a file either in electronic form or as a hard copy to save information like competition/time trial results. Its important for you to know when you have swum a personal best time to motivate you to train harder, smarter and consistently so the next time you race you aim for even faster times.

Although the emails are addressed to your parents, they can then forward it onto your own email address if necessary. Needless to say it is you the swimmer who should make sure you are receiving all the information which is being sent out so on a regular basis do look at your inbox.

COUNTY CHAMPIONSHIPS 2011

These take place annually during February & March. For most clubs they represent the highlight of the swimming calendar and for SWIMEXCELL its no different. As a swimmer in a competitive club the aim is to compete approximately 12 times a year and between Diane Capon-Competition Secretary and your coaches we endeavour to provide a good selection of Open Meets and Inter club galas both individual and team events.

The 2011 Surrey County Championships will start over the next few weeks culminating in the Team Championships on 26th March 2011 at Crystal Palace. The Club has 3 swimmers who have gained qualifying times in addition SWIMEXCELL will be entering both girls and boys teams. A decision on the

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team members is being considered now based on the time trials held on 2.1.11 and the Staines Meet on 8.1.11. There will be swim offs taking place in the next couple of weeks as well. So watch out for those emails.

CLUB NIGHT

Its a year now since the club took on the two hour training session at Hurst Pool. There is a definite buzz about this session with a SWIMFIT lane, a SWIMSTARS PRESQUAD and ADVANCED lane. If you haven't scheduled in Sunday nights as a regular training session please do so and you will see a marked improvement in your strokes and times. For those of you who haven't yet come along on a Sunday night, we have the whole pool and it is the ideal opportunity to catch up with each other. As a result Sunday nights has officially become SWIMEXCELLs Club Night.

SIZE 1-2 FINS donated – see Penny if interested.

If you have anything you wish to sell or donate like outgrown fins then let me know. Penny

WANTED

Would you like to give a bit of your time by looking after the club shop. There are various items for sale all bearing the club motif. With Sundays now officially club night it means the club shop can be made available but we need someone to run it. Speak to any of the coaches for details.

NEW BAGS are now part of the swimexcell shop. They are backpacks cost £17.50 each and includes an embroidered logo.

STAINES OPEN MEET

The annual Staines Open Meet took place on Saturday 8th January 2011. As it is held at one of our training venues and has a separate swim down pool, it is an ideal venue for SWIMEXCELL. Twenty swimmers entered this year albeit flu and other various nasty bugs took its toll and from 14 swimmers that swum the Club gained 22 top 8 positions which included 6 speeding tickets 3 golds, 5 silvers, 1 bronze and 7 4th – 8th places. In addition there were 29 pbs from 38 swims.. Quite a collection and everyone who swum can be proud of what they achieved.

Bethan Davies swum in her first open meet enjoying her 50fc and taking 4 seconds off her time 'toboot'. Meanwhile it was apparent that Natalie Leyland had taken on board much from her last 50 bst swim and took off .7sec as well. It was evident from Morgan Gregorys' swims that she was mentally 'in the zone' taking off a good 7 secs from her 100fc and over 4secs on her 50bf. Paige Belstead despite injury and sickness keeping her out of the water much of December took 2 secs off her 50fc finishing 5th and nearly 8 seconds off her 100IM finishing 8th. For me one of the best swims of the day came from Krystyna Sawicki 50bst when she took off 5.38 secs to win gold and missed out on a county qualifying time by just .9 sec. And where did she loose it – you'll need to ask her.....

If there is any parent who would like to help out in anyway such as organising the editorial and distribution of the club newsletter please please speak to me.

**PENNY SHAND
07763765233**