

SwimExcell

SEPTEMBER / OCTOBER 2011

SWIMEXCELLESHER SC - KEEPING YOU UP TO DATE WITH ALL THE NEWS

www.swimexcell.co.uk

CLUB NIGHT - SUNDAYS

ANNUAL CALENDAR – OCTOBER/NOVEMBER 2011

OCTOBER	SAT 1 st	Technique session 8-9am @ Shrewsbury House School
	SAT 22 nd	ASA S.E. REGION Coaches Conference & Special Technique Session-selected swimmers
	SUN 30 th	Time trials 7-9pm @ Hurst Pool
NOVEMBER	SAT 2 nd	Technique session 8-9am @ Shrewsbury House School
	SUN 13 th	Dorking Open Meet L3
	SAT 23 rd	Swimmers night out

SEPTEMBER BIRTHDAYS

ESME COSHAM, PHILIPPA CROOK, NATHAN DIXON, JAMES HARVEY, LUKE KANG, WILLIAM SHARLAND, ZOE SUMMERELL, BEN WOOLHOUSE



OCTOBER BIRTHDAYS

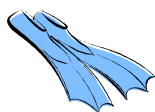
NATASHA ASTLEY, THEA COSHAM, ISABELLE DAVIES, CHARLOTTE DOS REMEDIOS, AMY NORRIS,

Club Secretary Vacancy

Would you like to become more involved in the running of the Club?
I have been Club Secretary for SwimExcell for 4 years and due to a house move and a career change I will be retiring from the role in June 2011. I have enjoyed my time with the club and the role of Club Secretary allowed me to have a link with the Club members and the ASA. The official job description says that "The Secretary of a club provides the central point of administration, information and communication. It is the Secretary who initially deals with all correspondence and communications, and is a key person to the smooth running of a club." You can find out more by visiting www.swimming.org/library/document/good-club-guide-secretary-bw. It's a role I recommend and if you are interested please speak to Penny or myself.



Karen Woodland



FINS WANTED

Have you outgrown your fins or have a pair of unwanted fins lurking at home then get in touch with Penny Shand as Sofia Popovich wants a pair size 3-4 and Luke Mellors wants a pair size 7. Reasonable amount accepted.

SWIMTAG

A BIG THANK
embraced the
Although there
downloading
is proving
week on week
remember to



For those of
SWIMTAG is all
out on 8th

YOU to all those swimmers who have
pilot scheme which is being run at Xcel.
have been some teething troubles when
some of the data, nevertheless the data
useful and the more data produced
the more valuable the data is. Please
forward the data to me at
ps@shspost.co.uk.

you who are unaware of what
about , here is a copy of the email sent
September.....

Elmbridge Xcel has asked the Club if we will take part in the SWIMTAG pilot scheme. Swimtag is an electronic monitoring system which involves data being collected from a wrist band you wear during your training session at Xcel on Mondays and/or Thursdays. The data produced includes : No. Of lengths swum/ Stroke rate/ Stroke/Time taken per set. This data is then downloaded onto a website and by means of ID and Password controls you access the website for the information. You then email me with the information.

On training days come to the front reception at Xcel and show the receptionist your SWIMEXCELL Membership card, you will be given an electronic wrist band which you wear while training. At the end of the session hand back your wrist band which will then be put on the docking station. When at home retrieve the data collected by accessing the SWIMTAG website (www.swimtag.co.uk) and then send a copy to me.



SWIMMER OF THE MONTH AWARD SEPTEMBER 2011

Went to DANIEL MARRIOTT for a variety of reasons and there were a number of swimmers who were in contention . The deciding factor was for his 50m frontcrawl swim at the Inter Club Gala at Godalming where his time was just 13 hundredths of a second off a county qualifying time for 2012. WELL DONE DANIEL.

STAINES MEET AT ELMBRIDGE XCEL WATERSIDE DRIVE, WALTON 7th/8th JANUARY 2012

You will all have seen the invitation sent out to swimmers to swim at this Open Meet. This will be a good Meet for EVERYONE to attend even if it is for just one session, swimming in two events. This is a popular meet hence the long lead time, so providing you are 9 years old or over that weekend see any of the coaches who can help you decide what events to enter.

WARM WEATHER CAMP

THANKS TO THOSE OF YOU WHO SENT BACK THE QUESTIONNAIRE FOR A WARM WEATHER CAMP SENT EARLIER LAST MONTH. HOWEVER IT WAS STILL ONLY THE MINORITY OF MEMBERS WHO RESPONDED. EVEN IF THIS PARTICULAR WARM WEATHER CAMP WOULD NOT BE POSSIBLE CAN YOU LET ME KNOW IF YOU WOULD BE WILLING TO PARTICIPATE IN A LONG WEEKEND CAMP AWAY SAY MILLFIELD OR STIRLING. PLEASE LET US KNOW BY EMAILING US YOUR VIEWS.

TIME TRIALS

.....are on Sunday 30th October 2011 at Hurst Pool starting at 7pm. We shall need 6 timekeepers / chief timekeeper/an Announcer/recorder/referee/starter. So parents do come forward and volunteer while watching your son/daughter compete.....



TYPES OF COMPETITION

As a club we enter OPEN MEETS. These are hosted by individual clubs and enables swimmers to gain times which they can then use when entering higher quality competitions including the County Championships, regional and national championships. OPEN MEETS are usually graded 1-4, the lower the grading number the higher the quality of meet. To make sure the correct standard of swimmer enters, there are upper limit times given for every event. Should a swimmer swim faster than the time allowed then SPEEDING TICKETS are issued.

INTER CLUB GALAS AND LEAGUES are arranged between clubs and are team events, with all swims earning points. Usually there are trophies presented to the winning team.

COUNTY CHAMPIONSHIPS are for most clubs the pinnacle of their year with the most talented swimmers going onto swim at the REGIONAL CHAMPIONSHIPS and NATIONAL CHAMPIONSHIPS held late July/early August.

The SWIMEXCELL philosophy is to use a multi stroke and distance approach, therefore swimmers should enter the whole range of strokes and distances during the course of a year. The full range of events is as follows:

FC: 50m/100m/200m/400m/800m/1500m

FORM STROKES ie BC/BST/BF: 50m/100m/200m

IM: 100m/200m/400m

WANTED FROM SWIMMERS

A Report on the BBQ held on 5th September – please send in your contributions

FOR SALE

2 pairs of fins size 39-40 and 42-43 £5 each – hardly used, if interested text 07881505722

