

Mansfield Swimming Club

June 2016

Club Championships

What a great few weeks we have had with the club championships, Lots of first timers, lots of championship records and hundreds of pb's set. It has been great to see all the hard work at training paying off and all those proud parents. Check out the results on our website page, follow the club champs link. All your times are also now on the ASA rankings so if you want to you can have a look at your times against everyone else in the country.



Midlands and Masters

Well done to all who have competed in the Midlands Long course events Fleur Beilby, Summer Kennedy, Heidi Marriott, Lewis Meade, Brendan O'Keefe, Ben Rees, Ben Sharrocks, Rhys Taylor, and also to Clive Brooks for swimming in the European Masters in the London Olympic Pool.

A FEW POINTERS REGARDING LANE ETIQUETTE

Always listen to your lane coach. They will give you the time gap you need to leave (this may not be the same for all swimmers in your lane) and the order you are to swim in.

You will sometimes be told to swim at different paces – Listen- this is for your benefit. Training is not

about being the fastest in your lane; it is to enable you to be the fastest in your race. Follow the drills you are asked to do and if you are not sure, ask how, rather than guessing.

If you catch the person in front – tap their feet gently- this lets the person in front know you are there, if this happens you can stop and let the swimmer past. DON'T pull their legs as

this can be dangerous as they may be carrying an injury. This doesn't mean chase to get to the front.

Remember the coaches give their time as they want to see you achieve your best, but you have to take your part by giving your best at each training session.



A Request for Help

We Need You (Please!)

You may not be aware but most positions at the club are done on a voluntary basis. We would like extra help with some of the positions and jobs that are currently done by a few of us. Here comes the list!

Team Selection, Team managers, Timekeepers/ Officials, Help on the door, Workforce coordinator, Organizing the bonus ball.

These positions are ones we need help with due to the commitments our current volunteers have, also the club is always moving forward and we would hate to be in a position that we couldn't serve our swimmers properly due to lack of volunteers.

We would like help with these from September and we will train up anyone who is willing to offer their time. Speak to door team or committee members and we will give you any information you require. Many thanks Sheila

Major Oak Open Meet

You may already have noticed that entry forms for the Major oak event are now available, this is the clubs major event of the

year and we would like as many of you to enter as possible. This meet has qualifying times so check this first. Please ask on the desk for more information.

We will also be having a winter time trial in December. This will be a licensed event to allow our swimmers the chance to gain qualifying time for the counties.

Presentation Evening

This year the presentation night is on Saturday 3rd September 2016. This will be at Forest town welfare, everyone who swims will get a trophy, and overall age group winners will be presented their perpetual trophies. So get your glad rags on and show off that summer tan. Some of you have already ordered tickets with your club champs entries, if not see us on the door for your tickets.

Swimmers are free and others are £2.50. If you have any perpetual trophies from last year can we have them back to the club by 5th July please?

If you are unable to attend the presentation evening your trophies will be waiting for you at the club from the

Summer closures

Water meadows:

Small pool

Last session Tuesday 19th July 2016

Return back Tuesday 30th August 2016

Main Pool:

Last session Friday 22nd July 2016

Normal Training resumes on Tuesday 30th August 2016

Limited training for later session swimmers between 7 and 9pm on the following dates in August Tuesday 9th, Thursday 11th, Tuesday 16th, Thursday 18th, Tuesday 23rd and Thursday 25th.

Lammas:

Last Session Wednesday 20th July 2016

Return back on Wednesday 10th August 2016

Harvey Hadden:

Last session Sunday 24th July 2016

Return on Sunday 21st August 2016

