



Freestyle

Issue 15

July 2007

Quarterly Coach Award

Congratulations to;

Boy

Sam Henman

Girl

Frances Henman

Junior Boy

Andrew Ward

Junior Girl

Shannon Odell

These trophies are awarded by the Head Coach to swimmers who have show outstanding dedication and effort in both training and competitions

A new competition was started at this years County Championship. The winner was the swimmer with the fastest cumulative time over 50m, 100m and 200m in one stroke. Congratulations to Sam Henman who won the 13 year old Breaststroke category.

Club Captains

Claire Humphries and Andrew Clarkson are standing down as Team Captains. The club would like to thank them for the dedication over the last few years. We wish them well for the future.

Club Secretary

After a number of years helping the Club, Helen Pinnock has decided to stand down as Secretary. We would like to say a big 'Thank You' to her for everything that she has done over the years.

Recent Competitions

St Neots Open Meet

On Saturday 23rd June a large contingent of swimmers from our club made the arduous journey, through flood filled roads! to St Neots to take part in an open competition. This competition allows swimmers of similar abilities to race against each other.

We had a very successful day with 24 swimmers competing in a range of time banded events. At the end of the day we came away with 27 trophies ranging from 1st to 6th place and 8 speeding tickets for those who swam too fast for their entered time band.

Well done to all those who took part.

County Presentation Gala

Our first trip to the new Waendel pool in Wellingborough was for the County Presentation Gala. This was always going to be a tough gala for us as there were not cut off times.

However all of our swimmers tried their very best. It is evident from the results that we are improving as a team. Despite being up against such stiff opposition we managed 4 second and 5 third places, we also had 18 PB's on the night. We even managed to beat Kettering into 4th place in the 10/u age group. Final result; Northampton 271 Wellingborough 205 Corby 174 Kettering 134 Rushden 106 Daventry 78

Club Time Trials

Last Saturday we held very successful time trials at Rushden Swimming Pool. Several of our younger swimmers had their first taste of competitive swimming, setting what we hope will be the first of many personal bests.

Other swimmers took part in 200m races, which for many was the first time. Several of these swimmers have now achieved County Qualifying times.

We had 60 swimmers take part and between them they achieved 120 PB's!!

Congratulations to all swimmers who took part. We look forward to seeing them all take part in the Annual Club Championships.

Club Championships

The Annual Championships are changing this year.

Why are they changing?

- because our swimmers are improving and need challenging further. There will still be 25m and 50m but the new format will also include 100m and 200m events.

These changes will enable more swimmers to attempt different distances. As a result we hope that a greater number of swimmers will be able to qualify for the County Championships held in March each year.

The dates for our Club Championships are;

Saturday 29th September

Saturday 10th November

Saturday 8th December.

Warm up for all sessions will be 5.30pm

Please keep an eye open for entry forms.

Question - In a relay takeover, when do you leave the block?

Answer - Not until the incoming swimmer has touched the wall

We can loose valuable points if a swimmer is disqualified for starting too early!!

Don't forget if you order Swimwear or accessories on line at www.mailsports.co.uk And use the promotional code RUSC103 you can get a 5% discount. The club will also receive a small amount of commission.

Summer Sessions

Don't forget that training continues through the summer for the Development and Senior Squads. If you want to take part and have not already registered please see Yvonne.

Diary Dates

- 3/9/07 New term starts
- 22/9/07 Springfir Trophy Gala
- 29/9/07 Club Championships
- 6/10/07 Autumn Trophy Gala
- 10/11/07 Club Championships
- 24/11/07 Sheffield Open Meet

Goggles

We all need them when we swim. They help us to see more clearly in the water and protect our eyes from pool chemicals. But you have to find a pair that suits you, then you have to look after them and despite your best efforts they will still fog up sometimes!

Finding a pair of goggles

The best goggle is the one that fits comfortably without leaking. Everyone has a different shaped face, and what works for one person isn't necessarily going to work for another. You need to find a pair that will suit

the shape of your face. So how do you know which goggle to choose?

(1) A quick test - take the goggles out of the packet. Lean over, so your face is facing down towards the floor. Press the eye cups into your eye sockets and let go - they should stay in place if they are a good fit. You can make adjustments to the spread of the eyepiece, but if the goggles don't hold without the strap, at least for a few seconds, they probably will need a very tight strap to keep the water out. Don't be tempted to

compensate for a bad fitting pair of goggles by tightening up the head strap. This can lead to sore eye sockets after a swim (we've all seen those tell-tale goggle marks), so you need a pair that are watertight with only a low tension in the strap.

(2) Try before you buy - find someone at swimming who has a different pair to you and try them out, it will give you a good idea as to whether they will suit you even if the adjustment isn't perfect.

Breaststroke Camp

On Saturday 8th September we have arranged a fantastic opportunity for swimmers to train with and learn from the European and Commonwealth Gold Medalist Adam Whitehead.

This is an ideal chance to improve your Breaststroke with guidance from one of the countries leading competition swimmers for only £15

We would like to invite all club swimmers to attend however places will be limited and if the session is over subscribed the Head Coach will make the final decision as to who will attend.

Please note swimmers will need to be reasonably proficient at Breaststroke.

See poster for more details.



The Club has recently purchased a race starting system. This will be a real bonus for those swimmers who are new to racing as they will be able to have practice sessions before their first gala. It will also be used for all home galas.

Start Awards

Several swimmers have recently gained competitive start awards. This enables them to dive either from the side or from starting blocks at the shallow end of a pool. The Club plans to arrange more courses over the coming months. Congratulations to; Georgina, Nicola, Gaby, Ian, Ally, Evie, Jon, Ashlee, Andrew, Jasmine and Jessica,

POOLSIDE DRINKS

All swimmers in the Development & Senior Squads are reminded that they should always have a drink available during their training sessions.

Can parents please be aware that the little clear plastic tops on some drinks bottles are dangerous and should be removed before entering the pool area.

T Bag Shirts

Unfortunately there is a 6 week delay on the delivery of these shirts. We will let you know as soon as they arrive.

If you have any articles that you would like to contribute to the next Quarterly Newsletter please let Linda know, either by leaving a note at the front desk or e-mailing rsc_newsletter@btinternet.com