

News Letter – May 2010



Squads

As some of you may be aware, the club is going through a period of re-building its structure with regards to the Seals, Dolphins and Sharks. To utilise pool space and time, the majority of eleven and over swimmers from the upper three lanes of the Seals have been moved into the Dolphin squad. This will give them slightly more pool time per week for them to develop.

The Seal session now has the space needed for additional Transition swimmers and we are now able to keep the younger age-group swimmers together and improve their development.

Junior League

Due to the re-building of the club, we have so far, struggled in the league. We have a number of age-groups with the bare minimum number of swimmers. Some of the spaces left have to be filled with swimmers from the age-group below, which is where the problems start. Because of swimming swimmers up an age, they swim more races, thus they become what is termed as 'Over Swum', where they are not capable of swimming to their best in their own age-group. It is therefore important that we are able to field a full team.

The next round of the league is on: **Saturday 26th June**

Training

Over the next few months training will start to include elements of the Diving Award and elements of the ASA's Stages 6 onwards. This is so

we can award the swimmers the necessary certificates and continue with the National Teaching Plan. This will be carried out throughout the weeks training sessions i.e. Monday to Sunday.

Also, with the pending closure of Aston University's pool for refurbishment, the club are in negotiations with Sandwell Leisure and also with the local clubs for pool time to compensate. Once all have been finalised you will all be informed.

There is also the possibility of running a land training session on Tuesday evenings at one of the local schools. A notice will shortly be placed on the notice-board for those interested to write their names on.

Attendance

Attendance is starting to improve, but there are still a number of sessions which are poorly attended. We need to utilise all the pool-time we have as it is an expensive waste.

At the end of each month the registers for the Seals, Dolphins and Sharks will be posted onto the notice-board. Un-registered sessions will not be included in the final percentages and this will be adjusted (as is the norm) to reflect this.

Coventry

The training session at Coventry Olympic pool will be on:

Saturday 19th June from 10.30 am to 12.30 pm

This will be an invaluable experience for the swimmers who attend. The younger swimmers may struggle and thus, we'll be limiting them to approximately 1 hour, depending on how they cope.

If there are any problems or issues with regards to training or competitions, please ask a coach!

