



City Of Oxford
Swimming Club

Newsletter No. 1 January 2011

NEW YEAR, NEW HEAD COACH, NEWS LETTER

Welcome Back

This Newsletter includes the presentation by our new Head Coach, Amanda Booth.

Amanda joins us after a very successful time at Plymouth Lyander, and in the words of our Chairman, Ian Smith, we "look forward to exciting times ahead".

Ed
Newsletter@oxfordswim.com

NEW LIFEGUARDS FOR COSC

I am really pleased to be able to inform you that we now have six new lifeguards available to the club:

Leanne Brooks, James Broughton, Tomas Chapel, Ryan Conway, Ciara Pringle & Pippa Smith all successfully passed their exam on 23rd December after a gruelling few days condensing a five day course in to four days because of the weather. Their final day turned out to be 12 hours long, 5 of which being under exam conditions and finishing at 9:30 at night.

Well Done!

Denise Conway

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Next deadline:
31st January 2010



THE CLUB CHAMPIONSHIP AWARDS

Sunday, 6th February 2011

11.30 to 2pm. Cumnor Village Hall

Medals will be awarded from the Club Champs

Awards for Top Girl and Top Boy

Guest Speaker: Michaela Breeze

Lunch and drinks will be available after the ceremony.

Tickets: £5 per person, £15 per family (up to 4 family members)
payable on the day

Contact Leila Lawrence at leila@which.net
if you are able to attend. Thank you

CLUB NEWS

**MEDICAL
DECLARATION**

Several members have enquired about the rules around declaring prescribed and over-the-counter medicines. The ASA states the following:

Anyone representing Great Britain or their Home Country internationally or competing in a British Swimming the ASA, SASA or WASA National event (all disciplines, excluding masters) and taking medication whether prescribed by a Doctor or purchased from a pharmacy or other retail outlet is also required to declare these details to British Swimming by completing a Medication Declaration Form. (Please note a new medical declaration form MUST be completed annually even if the medication prescribed has not been altered or if no medication is being taken and whenever the medication is changed), and further,

Medication (whether prescribed by a Doctor or purchased from a pharmacy or other retail outlet) includes supplements such as Vitamins, Creatine and Echinacea along with anything that you may apply to your skin or agents such as eye drops, ear drops, nasal sprays and inhalers.

So in summary, swimmers competing at local, county and regional level only need to declare prescribed medication i.e. over-the-counter vitamins, skin products are non-declarable. However, once they are representing their county and above, then 'everything' is declarable.

For example a swimmer who competes in the name of his/her club in a county and regional competition may use eye-drops or multi-vitamins without declaring them. Once chosen to compete for the county, then yes, these need to be declared.

If you think you may need to complete a medical form, please let me know and I will send you one. For more information, please visit the ASA website:

<http://www.swimming.org/britishswimming/swimming/medical-declaration-form/>

Leila Lawrence (leila@which.net)

MEMBERSHIP RENEWAL FORMS

A big thank you to all those members who have returned their membership renewal forms so promptly.

There are still a few missing - If you haven't already done so, then please send your form to me by the end of January.

All members renewals have to be sent to the ASA in one batch, so please don't delay, as this affects the whole club.

Many thanks

Leila Lawrence (leila@which.net)

CLUB NEWS

ENTRIES FOR EXTERNAL GALAS Thank you to Anne Wood and Sandra Morris for coming forward to take over from Claire Sharp after Counties. Claire has been handling the external meet entries for the past two years - and has certainly "done her time". Thank you, Claire.

AMANDA BOOTH'S PRESENTATION :

City of Oxford Swimming Club

Swimmers & Parents Meeting December 2010

My main aim is to develop a successful Team by trying to get everyone to work together to bring about Club & Individual success:

Swimmers require

- Commitment
- Determination
- Willingness to learn
- Organisation skills (So they can achieve academically & in the pool)
- Talent

Coaches Role

- Admin/ Planning: Competition Calendar , Training plan, Squad Criteria, planning sessions etc
- Technical Development
- Learning to train
- Learning to compete
- Specialisation

I will be developing a Squad Criteria with Objective Competition Performance markers and Training standards which will need to be achieved for each group. This will make squad allocations more transparent & fair so that swimmers have objectives to achieve for progression.

The Competition Calendar will be planned for the full twelve months so that everyone is able to plan ahead.

Parents essential supporting Role

- Health & Welfare
- Emotional support
- Provide Transport
- Financial support

Support Staff

- Running Club (committee)
- Those involved in running & organising meets
- Officials
- Catering Staff
- Team managers
- Those involved in fund raising

We need your help to run the club successfully so if you have any special talents which would benefit the club we would welcome your help.

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Coaches & Team Manager's responsibilities at competitions:

- Organise & run Warm-up
- Team managers to direct swimmers to coaches for pre- race talks. Coaches to discuss race strategy with swimmers prior to reporting for race.
- Team manager to send swimmers up to reporting area prior to race.
- Coach to analysis & record race details.
- Coach/ Team manager to monitor Swim-down.
- Coaches to provide Post race feedback following Swim- down.

Swimmers & Parents Responsibilities at Competitions:

- All swimmers to wear COSC Team Kit (new kit being ordered)
- Swimmers to sit with Team
- Maintain adequate Hydration
- Provision of healthy food (eating little & often during the meet)
- Ensure swimmers arrive and are on poolside prior to start of warm-up
- Swimmers to Swim-down immediately following their races before seeing coach for feedback.
- Racing suits should fit like a second skin. They are supposed to be tight. Baggy suits are a waste of money & serve as drag suits. Ask if unsure about size required.
- Appropriate behaviour & language.
- Parents to leave race analysis to coaches and ensure that swimmers can escape from swimming when they go home not live it 24/7.

Swimmers Information sheet

To be completed by every swimmer & handed into their group coach as soon as possible.

Sam Ewig *"Hard work spotlights the characters of people; some turn up their sleeves, some turn up their noses, and some don't turn up at all."* What type of Character are you? What will you do this Christmas?

Will Rogers *"Even if you are on the right track, you will get run over if you just sit there?"*

There is a lot of potential in the club but to improve & move the club & swimmers forward we need to make changes.

Amanda Booth Head Coach of COSC

GALA NEWS

Golden Georgina takes 50m race

City of Oxford swimmer Georgina King-Smith, 14, took the gold medal in the 50m freestyle in a time of 30.85 seconds in the Level 3 open meet held at Swindon on 4/5 December.

King-Smith added a bronze in the 100m backstroke in 1min 16.92 secs.

Clubmate Emma Sherwood, 14, also clinched a bronze in the 200m breaststroke, clocking 3.16.80, and Alex Chung, 13, touched third in 100m breaststroke with a time of 1:27:02.



David Rundle

Seven heaven for City three

Lizzie Oliver led the way with seven gold medals for City of Oxford at the Temple Cowley level 2 open meet held on 4/5th December.

Oliver, 13, stormed to victory in all the freestyle events: 50m (29.06 sec), 100m (1.01.36), 200m (2.12.17), and 400m (4.35.05). She added wins in 100m backstroke, clocking 1.10.27, 200m medley (2.31.99) and 200m butterfly in a time of 2.36.72, taking top girl of the gala.

Clubmate Emma Lomas in the 14 year-old age section also clinched seven first touches in all the freestyle races with times of 50m (29.99), 100m (1.04.38), 200m (2.15.83) and 400m (4.40.92). Lomas also bagged the breaststroke events of 50m (37.22), 100m (1.20.58) and 200m (2.54.75). The final gold was capped with a triumph in the 200m medley (2.33.14).

Twelve-year old Lucy Gaen landed her seven victories in the backstroke races of 50m (34.63), 100m (1.18.49), freestyle 50m (31.91), 100m (1.07.92), butterfly 50m (34.51) and 100m (1.15m14). Gaen notched up her final win also in the 200m medley clocking 2.44.36 secs.

There were also five golds for Lucy Smith, 13, in 50m butterfly (32.50), 100m butterfly (1.09.45), 100m breaststroke (1.25.85), 200m backstroke (2.34.71) and 400m medley (5.20.94). Team mate Sarah Gould took the top podium for 14 year-olds in backstroke 50m (33.16), 100m (1.09.04), 200m (2.28.30), adding golds in the butterfly races of 100m (1.09.97) and 200m (2.46.27).

In the ten-year old age group there was a solid performance from Maia Little who claimed the breaststroke top medals in 50m (45.35), 100m (1.39.58), 200m (3.28.01), adding the 400m freestyle (6.20.91) and 200m medley (3.13.60).

In the boys events Robert Youngs Do Patro, 10, was a four time winner in 50m backstroke (39.33) and 200m backstroke (3.03.34). He secured the 200m breaststroke in 3.19.520 and 200m medley finishing in a time of 3.01.46.

Josh Harrop, 15, was victorious in the backstroke competitions of 50m (30.90), 100m (1.06.51) and 200m (2.21.94), adding the 400m freestyle (4.28.44) to his haul.

Other City gold medals for the boys were: Thomas Panton, 15, 50m butterfly (29.49), 100m freestyle (57.19); Ryan Conway, 16, 100m backstroke (1.07.32), 200m backstroke (1.07.32); Hannes Hafstad, 11, 100m backstroke (1.28.48), 200m butterfly (3.16.99); Tommaso Pappagallo, 15, 100m butterfly (1.05.15); Harry Basterfield, 13, 100m butterfly (1.22.38); Nat Armstrong, 13, 200m breaststroke (2.56.05); James Broughton, 15, 50m freestyle (26.63); Guy Giles, 16, 200m butterfly (2.24.48); Connor Bryan, 10, 50m breaststroke (47.16).

For the girls: Alice Roberts, 12, 50m breaststroke (40.72); Annie Sharp, 10, 50m backstroke (40.58), 200m backstroke (3.11.79); Eleanor McNally, 11, 50m backstroke (36.08), 100m breaststroke (1.28.79); Leanne Brooks, 15, 50m

freestyle (28.62), 100m freestyle (1.01.24); Chiara De Vita, 9, 50m breaststroke (50.89), 200m breaststroke (4.04.84); Emily Wood, 11, 50m breaststroke (42.13).

Silver - Boys: Harry Basterfield, 13, 200m freestyle, 100m backstroke, 200m backstroke, 50m butterfly, 50m backstroke, 50m freestyle, 400m freestyle; Robert Youngs Do Patro, 10, 50m freestyle; Thomas Panton, 15, 50m backstroke, 50m freestyle, 100m backstroke, 50m breaststroke; Josh Harrop, 15, 50m butterfly, 100m freestyle, 200m freestyle; Ryan Conway, 16, 50m freestyle, 200m freestyle, 400m freestyle; Nat Armstrong, 13, 50m breaststroke, 100m freestyle, 200m medley; Hannes Hafstad, 11, 50m freestyle, 200m freestyle, 400m medley; Todd Giles, 13, 400m medley; Lewis Gilchrist, 10, 400m freestyle.

Silver - Girls: Lucy Millington, 12, 100m breaststroke, 100m butterfly; Isabel Brewster, 11, 400m freestyle, 200m freestyle, 200m medley; Lily Heron, 12, 200m breaststroke; Annie Sharp, 10, 100m backstroke; Eleanor McNally, 11, 200m backstroke; Lizzie Oliver, 13, 400m medley; Lucy Smith, 13, 50m backstroke, 200m medley, 50m freestyle, 100m freestyle, 200m freestyle, 400m freestyle; Emma Lomas, 14, 200m backstroke; Sarah Gould, 14, 50m freestyle, 200m freestyle; Leanne Brooks, 15, 200m freestyle; Maia Little, 10, 200m freestyle, 50m backstroke; Emily Wood, 11, 200m breaststroke.

David Rundle

Maxwell Swim Club – December Open Meet – 12th December 2010

The Meet started well, the atmosphere was buzzing as the kids waited with anticipation for their races, or was it the fact that “Christmas” was looming!!

Although the girls were only able to swim in the first session, the boys represented Oxford well for the rest of the day.

Congratulations must go first to our two Gold medallists: double first for Hollie Saunders (aged 11) who took both the Girls 200m IM (3 mins 7.79 secs) and the 200m Free (2:48.08), as well as achieving Bronze in the 50m Backstroke (42.07).

Also in the Girls 50m Back, Chiara De Vita, 9, took Gold with a time of 47.64 secs.

Meanwhile, Silver medals were achieved by Jordan Silvester (12), coming 2nd in the Boys 200m IM in a time of 3 mins 42.72 secs; Joseph McLean (10) – 3 mins 47.71 secs in the Boys 200m Breaststroke, and Henry Barlow (9), who came in at 52.92 secs in the Boys 50m Fly.

Bronze was achieved by Katie King Smith (12) in the Girls 50m Backstroke with a time of 39.85 seconds; Connor Bryan (10) gained bronze in Boys 100m IM in a time of 1 mins 41.43 secs and Joesph McLean (10) for the 50 Breast in a time of 50.33 secs.

I believe that Connor also got Speeding Tickets for 50m Breaststroke (48.02) and 200m Breaststroke (3:42.25); whilst Alissa Clarke (10) got a Speeding Ticket for Girls

200m IM (3:17.13). In the Girls 50m Backstroke Speeding Tickets were given to 10-year olds Annie Sharp (41.36) and Maddie Whitwell (42.53).

Our other swimmers at this Meet were:

Rachel Allen (11), Ben Choudhury (11), Maya Choudhury (10), Sophia Choudhury (10), Guilia De Vita (13), Elise Lawrence (11), Jamie Morris (12), Miriame Mostefai (11), Sophie Pomroy (11), Jade Saunders (13), Maddy Shannon (11), Christopher Wood (11), Jessica Ramsey (11).

Overall, I think a good time was had by all, with many PB's being achieved. Well done to all swimmers who participated.

Gail Saunders

The Committee

Chairman : Ian Smith (chairman@oxfordswim.com)

Vice Chair : Denise Conway

Treasurer : Martin Pringle

Membership : Leila Lawrence (Membership@oxfordswim.com)

Secretary : Rachel Rowe (secretary@oxfordswim.com)

Masters : Chris Scotcher

Fixtures : Fixtures@oxfordswim.com

Welfare: Athene Miller (athene.miller@btinternet.com)

Waterpolo Chair: John Buckley

Newsletter :

Editor : Sue Panton (newsletter@oxfordswim.com)

Squad Reps

The list of Squad Reps is currently:

Senior — Athene Miller

National/Junior National — Terri Brooks

Junior — Uloma Hafstad

Rising Stars — To be Confirmed

Blue 3 — Lorraine Butler

Blue 2 — Sandra Harding-Brown

Blue 1 — Claire Sharp

The role of the squad rep is to provide a communication channel between Parents (swimmers), coaches and the committee. If you have any questions or issues of concern, please contact your squad rep who will be able to help.

Swimshop



After a VERY successful opening on Weds 12th Jan, the swim shop will be opening on a fortnightly basis, 6.15 until 7.30 on Wednesdays, at Temple Cowley.

We have now completed the forms for ordering the named club hats, and these are now on order (apologies to those who were too late). We have stock of the xs hoodies that have been in short supply, and we also have a supply of costumes at a low cost and a small stock of mirrored speedsockets at a reduced price. We have recently trialled ordering in racing costumes for individual swimmers and have been able to supply at less than RRP, so if you need anything please do not hesitate to ask.

Please note that it takes us a little time to set up the shop and we do not sell anything until fully set up.

Julie and Sharon