



Nottingham Leander Newsletter

June 2003

SUMMER POOL CLOSURES



<i>Pool</i>	<i>Last Session</i>	<i>First Session</i>
Noel Street	Mon 21st July Fri 25 th July Mon 28 th July	Mon 1st Sept Fri 5 th Sept Mon 8 th Sept
Small Pool		
Rushcliffe	Mon 28 th July	Mon 1st Sept
Southglade	Tue 22nd July	Tue 2nd Sept
Lenton	Wed 23rd July	Wed 3rd Sept
Victoria	Open throughout for all senior & intermediate swimmers	
Keyworth	Fri 25 th July	Fri 5 th Sept
Cotgrave	Tue 22nd July	Tue 2 nd Sept
Portland	Open throughout for all senior & intermediate swimmers.	Except Sunday 24 th August
High School	Tue 22nd July Wed 23rd July Fri 25 th July	Tue 9th Sept Wed 10th Sept Fri 12 th Sept
Beechdale	Open throughout for Water Polo	Except Sun 24 th Aug

It would be nice to see a good turnout at the club champs this year especially amongst the older swimmers and swimmers on Nova. Could Nova Swimmers please make a special effort as it is nice for your fellow club competitors to see you attend these events. Make a note of the dates in your diary.



ANYONE WONDERED WHAT IS GOING ON IN MICKS' LANES LATELY. T.I.?

T.I. stands for Total Immersion, which is a relatively new method of learning to swim, which has world-wide acceptance and is fast growing in reputation. It has been around in the USA for some 15 years and the Australians are enthusiastic. Here in the UK the ASA are ignoring its existence although a number of the senior ASA Tutors and Coaches are now embracing its principles.

AGM



This year we have decided to hold our AGM on a Monday night at Rushcliffe Leisure centre. Please make a note in your diaries of the date of which is 24th November.

Over the last few years, we have struggled to have enough people at the AGM to make a quorum and vote on important issues in the clubs e.g. fees.

Coffee/Tea and biscuits will be available.

Please support us this year.

CLUB CHAMPS



Please note Leanders club champs are to be held on the following dates Nov 21st, 22nd, 28th and 29th.

After attending a seven-day teaching course leading towards certification as a T.I. Teacher, Mick has changed his drills to those promoted by Total Immersion. The argument is for fewer metres that are careless, thoughtless, non-specific and divorced from high level skill. Every length should be used to improve our efficiency by focusing on technique and fluency. Excellent swimmers have a high skill level. 2% of us are born to be great swimmers. The rest of us struggle along unnecessarily, working hard mainly to make our bad habits permanent. But it doesn't have to be.

T.I. teaches some very simple but major skills which will improve a swimmer's speed and efficiency and grace in the water, rather than fighting our way through it. Balance and rotation are the key to great improvement, which then link to the propulsive actions of your arms and legs. I have stopped using kick boards and pull buoys but have encouraged my swimmers to wear 'fist

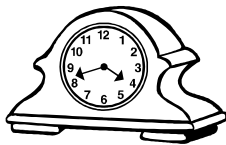
gloves'. This is one of the simplest and quickest ways to learn balance and encourage more finesse whilst swimming.

The swimmer has a choice each time they arrive at the pool. You can spend all your time training hard and long, to muscle up your propulsive force and inflate your aerobic capacity. Or, you can spend some time reducing the sheer physical effort it takes to swim, by increasing your focus on minimising drag and reducing the energy spent battling with the water.

Alexandre Popov does an astonishing amount of slow speed, exquisitely efficient swimming and a shockingly small amount of fast swimming in his 70,000m weekly training schedule. But when he swims fast it is with astonishing precision and smoothness. This also applies to van de Hoogenband; de Bruin and Thorpe. So the best swimmers concentrate on their technique. Training sessions are not about swimming fast at every opportunity. They are about learning perfection. **Practise makes permanent**, not perfect. Perfect practise makes great swimmers.

Mick Dean

LATE FOR TRAINING AGAIN!



For some reason swimmers are now beginning to arrive late for training. I have had swimmers turning up ten or fifteen minutes into the session. Not only is this bad manners but it is also unacceptable. The training sessions are designed to cover the one-hour or one and one half-hour time slot and warm-up is an important part of that training schedule which obviously takes place at the very beginning. I, along with all the other coaches expect swimmers to be ready on poolside for the start of the session. It is not right to disrupt a lane of swimmers to try to fit late arrivals into a lane and explain sets and warm-up. **I shall not let swimmers into the pool who arrive late and miss the warm-up, as it is disruptive and could lead to injury.**

Mick Dean

CLUB KIT



To purchase club kit please contact Dawn via info@leandersc.com

WEBSITE



Please note we have changed our website address, it is now www.leandersc.com

CLUB SWIMMING FEES

Could we please remind you that the year your child becomes **nine years of age they are classed as a Full Member** which means their fees will be £14 a month instead of £9. Paying full membership means your child can swim as many times a week as they want and are not restricted to once a week. If your child still only swims once a week we are very sorry but there is no reduction.



For swimming purposes a Child's age is what they age will be on the 31st December.

Thank you for your co-operation in this matter.

Congratulations!

The following people have just completed and passed the Teachers Rescue Course and are now qualified Lifeguards.

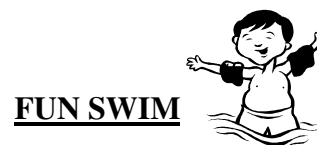
Congratulations go to: - Mick, Gary, Wendy, Paul, Pete, Jill, Bob and Liz.

Pool Contacts



In order to make distribution of newsletters and correspondence easier, we are looking to have a contact person at each pool. Communication is one of Leanders hardest roles to overcome and we desperately need people at each pool to help.

I would be very interested to hear from anyone who would be willing to do this small job. If you take the register perhaps, you might consider being this person. If you would like to know more please contact me Sue via info@leandersc.com



Unfortunately the Summer Fun Swim will not take place this year due to the fact we have no one to organise the evening.

If you would be interested in taking this small role on twice a year we would love to hear from you.

Contact
Sue via info@leandersc.com



		
<u>Fixtures 2003</u>		
June	21st	Reeves Trophy Gala (northern) Hucknall Pool
	28 th	Fruit Bowl, Sherwood SC at Mansfield
July	5th	Junior Gala High School Warm up 1pm
	12 th	Novice League(2)
August		Closed for the Summer
September	13 th	Sutton in Ashfield B team Trophy Gala
	13 th	Whiting Trophy Gala A (Speedo format)
	20 th 27 th	Minor Gala League(4) Junior Gala High School 1pm-4pm
October	4 th	Minor league gala(5)
	11 th 11 th	Speedo League Notts and District (1)
November	8 th 8 th	Notts and District(2) Speedo
	15 th	Minor Gala League(6)
	21 st	Club Championships, High School
	22 nd 28 th 29 th	Club Championships, University pool Club Champs High School Club Champs University Pool
December	6 th 13 th	Notts and District Speedo

COMMITTEE

Would you be interested in joining the Executive Committee? We meet once a month on the second Tuesday 7.30 pm at Rushcliffe Leisure centre, meetings usually last between 1^{1/2} and 2 hours. Being on the committee does not mean you have to have a specific role but there will be roles up for grabs if you are interested.

For more information, please speak to any committee member

DATES OF FORTH COMING COMMITTEE MEETINGS

If you are a committee member or you would like something raising at the committee meeting please make a note of the forthcoming committee meetings date: -

Tues July 8th
Tues September 9th
Tues October 14th
Tues November 11th
Tues December 9th





AWARDS

Watch this space for a new incentive scheme the committee are working on for the children.

The idea is to award tokens for each PB a child does, the tokens can then be exchanged for an item of club kit eg. 2 tokens for a hat etc.

More details in the next newsletter.

COMPETITION ROUNDUP

County Championships:



Leander had a very successful County Championships this year, with a good entry across the ages. The events finished on a high with the County relays, with Leander Winning 50% of the trophies available and numerous silver and bronze medals.

Ladies open- freestyle and medley.

Men's open - freestyle and medley.

Girls 16yrs- freestyle and medley.

Boys 14yrs- medley

Girls 12yrs- medley

Thank you and Congratulations to ALL the swimmers that took part!

Watch out for the trophy cabinet at Rushcliffe!

Minor Gala League:

In March Leander won the spring round of this competition with a team of 10yrs-13yrs age group. A great follow up to the win in November of the Minor gala league autumn round.

A Grand day out!

Back in December 2002, Leander made the National 'B' final of the Speedo League, at Ponds Forge, Sheffield on Sunday 29th April.

In January we received notification of the arrangements. A 'Speedo' committee was formed and a huge amount of organisation was set in motion led by Tony, Glynis and Pete.

Two coaches left 'The Village' at Chilwell at 7.30am. (One coach for the team and one for the spectators)

We arrived at Sheffield- the atmosphere was tingling.

During the parade, Leander looked fantastic in the new club kit.

The team did the conga; the spectators did the okay kokay! -What next?

The swimming was superb; Kathryn Evans started the gala in event one, swimming against Karen Pickering! Kathryn was leading all the way and was just pipped at the finish.

What a morning, Jon H looked green by lunchtime.

ALL the swimmers did brilliantly. Our overall position was fourth- out of eight teams.

We all arrived back at 'The Village' for a superb three-course meal.

A fitting end to a fabulous day.

The supporters can't Thank Tony enough for 'A Grand Day Out'.

The Spring Competition.

Leander entered two teams into this competition for the first time.

Our aim was to reach the 'A' final with both teams.

Both teams were drawn against each other in the first round with other strong contenders. Leander finished first and third- a good indicator that we could achieve our goal. However, in the second round the 'B' team had a very unlucky draw against some very good competition. Both teams were affected with absence and illness- The 'A' team went to Worksop and had a brilliant win. The 'B' team went to Hucknall, despite some very good individual swims, the overall position was fifth.

The 'A' team went to the 'A' final at Mansfield on May 10th with a comfortable lead and a strong team. We won comfortably with a lead of 32 points.

Leander A 171,
Calverton 139
Mansfield 137

GALA SELECTION

If you are picked to swim for the club in a gala, you will receive a slip with the details of the gala on. On the slip you will also have a contact name and telephone number along with a date in which to reply as to whether you are available or not, it is of utmost importance that you do reply by this date so that team managers can re-arrange the teams accordingly.



The Executive Committee would like to wish all
Leander members and their families a lovely
summer break.