

RET福德 SWIMMING CLUB

Established 1896

Affiliated Notts A.S.A., A.S.A. East Midland Region

Please reply to: retfordswimcoach@hotmail.co.uk

19th February 2011

Dear Members and Guardians,

I would like to firstly say a huge thank you for making me feel so welcome on my return to the club, I am fully enjoying every minute of being back on poolside. We have some fantastically talented swimmers in the water but more important for me is that everyone is enjoying the sport and we a great buzz around the club. There are a number of things I just want to update you on, I guess this is like a newsletter.....

Wednesday Evening Width session, 6.00pm-6.30pm

Every swimmer in this session is invited to attend the 6.30pm – 7.00pm lengths session on a Sunday, my idea would be that on a Wednesday night the swimmers would get the technique work over the shorter distance and then on Sunday be introduced to lengths by swimming further than 10m at a time. This is a short term arrangement to give the widths swimmers a chance to progress before the new squad system is in place.

Friday Night Time Change

From now on the Friday night session will start at 8.15pm till 9.15pm. The reason for this change is that there are younger swimmers in the session and 9.30pm is a very late finish, hopefully 15 minutes earlier to bed will make a difference to the swimmers and guardians alike.

Sunday Night 8.00pm-9.00pm Session

Starting from Sunday 6th March I would ask all swimmers in the 8.00pm-9.00pm session to attend the 7.00pm-8.00pm sessions, this is a short term change and will be reviewed on a monthly basis but my main aim is to produce a busy training environment with all members of the club learning from each others. I cannot do this when the pool is half empty. As a swimmer you will be better technically skilled if you can train in a lane with 8 to 10 other swimmers.

Assessment Nights

This is where I am asking for help from every member. Keep spreading the word that the first Wednesday of every month at 6.00pm is assessment night for any new members, I do ask for the time being that they can swim a minimum of 50m. Thank you to everyone that has already spread the word, I believe we will have a busy first assessment night on 2nd March. The master group keeps expanding so anyone interested can just come along on Wednesday at 8.00pm or the Friday evening session.

Notice boards

We have had a small change to the notice boards, the downstairs board that is covered will now be used for advertising the club and general information that does not change often. There is a new member's board in the corridor behind the spectator gallery. I ask you to check this board every time you come to the club as this is where team sheets, training alterations and messages will be.

PTO

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Easter Training Arrangements

The following alterations will occur over the Easter period. All other sessions are as normal so try not to miss.

Friday 22nd April – Good Friday – NO SWIMMING – The leisure centre closes at 5.00pm

Sunday 24th April – Easter Sunday – NO SWIMMING

Friday 29th April – Royal Wedding – NO SWIMMING – The leisure centre closes at 5.00pm

Leisure Centre Relationship

The club has always had a great relationship with the leisure centre and their staff, I just ask we keep that up and make sure we respect all aspects of the centre by not leaving clothes/belongings in cubicles during sessions and make sure we don't leave a mess. If we act professional at all times we will swim professionally and then race professionally.

Swimmers Corner

Wow what a great start, I have seen a huge improvement over the last 3 weeks so a big well done. Our targets 3 weeks ago was to make sure no one stood up half down the pool and finish every time on the wall, also to make sure we swim with your best technique over every metre. Now we must keep this up but also keep progressing, every time you push off you need to have the best streamlining possible and remember your butterfly underwater kicks. Remember you always race with your worst skill so make sure your worst skill is the same as your best skill!!

What a fantastic start to the County Championships, well done to everyone. We have already started making an impact on the rest of the county by showing we are a team that has fun, enjoys the sport and race fast. You need to realise your dream should be your goal so make sure you do everything you can to achieve your goal and you need to learn from every race to improve the next one.

Coaches Corner

I am sure everyone will join me to say a huge thank you to the whole coaching team they give up so much time and effort to help the swimmers improve, I have never worked with such a friendly nice group of coaches so thank you for making me feel so welcome.

Hopefully news updates will not be as long in the future, if you have any questions then just come and see me or use the email in the header.

Kind Regards

Retford SC – Coaching Team