



**Chapelton & District Amateur Swimming Club**

Affiliated to ASA, NECSSA, YSA, S&D ASA, RLSS

Welcome back from the summer break and the start of the autumn activities at your club. We have much to look forward to, not least the annual Club Championships and the Presentation Night – certainly not to be missed. John Wincott has updated the calendar on the website and you might want to make sure that you keep the crucial dates free. The Championships are on **Sunday 4 November** and the Presentation Night is on **Friday 23 November**.

On the fundraising front, a big thanks to all who helped at the most recent supermarket bag-packing at M&S which again raised a magnificent amount! Please see the noticeboard and sign up for the next one which will be on 22 September at Ecclesfield Morrisons (can we break the £1000 barrier?).

Welcome to new swimmers Anna Baxter and Maddison Fowler (and I hear others might be joining as we go to press).

**Galas and events – Competition Calendar for 2012 now available!**

We now have an updated competition calendar to help you to plan out your year’s activities (attached to this newsletter, on website and on noticeboard). You could also read again the ‘guide to galas’ document to help you. Also, Geoff (and Lynne) would be really pleased if you could ask for advice and details. Geoff carries a folder with the details of events and will help to select those that are suitable for you, personally.

Keep an eye on the noticeboard for new opportunities to enter galas and get your entries in. The official closing dates for entries are important of course – but some galas are ‘first come, first served’ and we know from experience that if we leave it to the last minute, some popular ones are already ‘full’ and it is possible to be rejected. So we set our own ‘internal’ closing dates by which you should complete your entry forms and hand them in.

**Top tip of the month**

*The best way to swim fast is to improve your streamlining. The straighter you keep your body in the water, the less resistance and the faster you can swim with less effort (advice from Bill Furniss, Rebecca Adlington’s coach).*

**Dolphins at the races**

**Workshop Dukeries Open**

Hot off the press, the Dukeries was an all day event held at Ponds Forge using the ‘long course’ 50m pool and we had a great turnout with a total of 10 swimmers (Billy, Georgia, Megan (watched by her new brother!), Laurie, Maddison (Slythe), Tom ‘prolific’ Calverley, Jonty, Josh, Alfie and Ilia (who was pretty under the weather but managed to keep trying and encouraging his team from dawn ‘til dusk). It was a good supportive team yet again. There were 17 PBs (personal bests) with 7 of those going to Tom ‘where’s my goggles’ Calverley. Big PBs in freestyle were recorded by Georgia and Jonty and Josh deserves a mention for his three gained in a very powerful display against many older swimmers in the ‘14s and over’ category. Trophies were taken home by Laurie (one silver, two bronze) and medals for 4<sup>th</sup> to 6<sup>th</sup> places by Alfie, Ilia (2), Billie (2), Megan, Josh and Laurie. Most unfortunate swimmer award goes to Maddison who swam every race with her goggles across all parts of

her face except her eyes (the goggles seemed OK so it might be that this was due to the different type of diving blocks at Ponds Forge causing a slight change of technique on entering the water?).

**'Skins'?** Laurie's freestyle time put her in the top 10 fastest girls and that put her into the very exciting 'Skins' final. For this, the 10 girls race over 50m with the slowest two being eliminated. Then the remaining 8 race again, after walking quickly back to the starting blocks and doing without the normal 'get set' warning. This is repeated with more being eliminated each time until just two remain and, without any more rest, put on the final dual (their sixth 50m in quick succession, at 6.30pm after a long day, puffing and panting on the starting blocks). Well done Laurie for reaching that final dual, and hard luck for coming in as runner up in a creditable 31.07secs (the winner, of Chorley Marlins, received £50 whilst Laurie proudly took a trophy). So Bob's famous width repetitions in training served us well!

**Sheffield City Annual Open Meet** (report provided by Neil Bromley, poolside coach for the day at Ponds Forge)

Saturday 25<sup>th</sup> August, the date of the meet. Chapeltown have a small but very enthusiastic team of 5 swimmers taking part (Tom Calverley, Elliott Vaughan, Georgia Grayson, Maddison Slythe & Sam Bromley) with the two girls swimming in their first open gala they were both feeling nervous. Another debutant at poolside (Neil Bromley) was acting as Team Manager – would I be up to the task?

The day promised much with all the swimmers keen to post some PB's and hopefully a medal or two for "Team CB". However there was a great deal of competition with swimmers from a total of 39 clubs, some from as far away as Thirsk, Worcester and Wrexham as well as a very strong contingent from the host club.

The events were all over distances of either 50 or 100 metres with the pool set up at the 25 meter short-course length. After a brief warm-up session the races got underway and our Team experienced a number of highs:

- Numerous PB's
- 1 Gold (Georgia).
- 3 Bronze (Tom x 2 and Sam).
- All swimmers getting to the blocks on time!

And lows:

- Fire alarm causing confusion during Maddison's 50m fly.
- DQ for Sam in 100m fly when his time was good enough for Gold.
- Elliott missing a medal by 0.2 of a second after a brilliant last swim.

All the swimmers performed admirably, but I must give a special mention for Tom who swam in a mammoth 8 events yet consistently set PB's throughout. An excellent effort!

As a novice to the Team Manager role I must thank all the Chapeltown swimmers for their exceptional behaviour and attitude throughout a long afternoon which made my job very straight forward. They all displayed an excellent team spirit, giving lots of encouragement and support throughout the event, they were a real credit to the Club. I must also say to any other parents out there, should you get the opportunity to be poolside at future galas, please don't be put off, it's quite an easy task and there are plenty of people to ask if necessary. Also, and this is a big plus, it's not as hot poolside as it is in the gallery!

**Barnet Coptall Masters / ASANER Masters / FINA World Masters** On 14 July, our club

Chair and swimmer continued to impress in Masters' competition (ie for age groups for the more adult swimmers). Lynne came home with a first place in 200IM, second places in 400 IM, 800 free and 200 back along with third in the 200 fly. Great stuff again Lynne! Again? Yes, Lynne had been in action on the last day of June in the Regional Masters Championships with no less than three wins, two seconds and one third place. Again, again? Yes, there is more from Lynne Dawson who had to suffer a long period in sunny Italy for the world championships in Riccione! No medals this time (against vast numbers of swimmers from around the globe) but Lynne set a season's best time in 100m breast.

**Barnsley Summer Sizzler** CASC swimmers made the trip to Ponds Forge on 8 July for this 'long course' gala. Apart from the challenge (and fun) of such galas is the chance to gain qualifying times for county championships and so well done to Billy Chapman ('Yorkshire time' in 50m backstroke) and Ilia (times in 100 freestyle and 100 breaststroke). Our seven swimmers recorded 11 season best times during the day, mainly going to the less experienced swimmers. Gold (first) places went to Billy (who came in the top six in all five of her swims) and Ilia (who won the 200 IM as well as gaining a silver and a bronze). A bronze place also went to Sam. Well done all and thanks for inspiring other club members into entering competitions/galas!

**City of Sheffield No Frills** The No Frills event attracts the nation's top clubs and swimmers and is a great challenge. Ilia Zaiats and Laurie Monaghan competed in May and came back without medals but with 'Yorkshire' qualifying times (three for Ilia and one for Laurie).

**North-east Regional Championships** This year, our only swimmer at the regional youth and senior championships was Ilia Zaiats who entered the 50m freestyle (long course) and put in a creditable swim of 27.64 secs. It is great for Chapelton to be represented at these events so thanks to Ilia for carrying the flag.

**British Masters** Yet again we report on Lynne Dawson's exploits in Masters competition, but this time she was joined at Ponds Forge, on 4 May, by Bruce Dickinson (showing he can swim the swim as well as coach!) and Vanessa Grayson. Both Bruce and Vanessa set season best times, including 'Yorkshire' qualifying times. Well done you three.

**Stocksbridge Sprints** A group of 13 Chapelton 'Dolphins' made the short trip to the annual Stocksbridge Sprints on Sunday 22 April – along with a pool full of rivals from various other local clubs, many of whom we had recently seen in action at the Yorkshire Championships. It was pleasing for the watching parents and supporters that our boys and girls put on a great show for us with many impressive swims. Every single one of the thirteen defied any bad luck by producing at least one personal best (PB) time. PBs in all of their swims went to Ellie Brammer (10), Joey O'Connell, Josh Margerrison, Joshua Page and, outstanding with a full set of four huge PBs each, Nathan McCormick and Mollie Walker. The Stocksbridge Sprints (all four strokes at 50m available) consists of heats (with well over 30 entrants in some age groups) with the fastest six swimmers going on to the finals in each age group, and seventh/eighth being 'reserve finalists' in case of injuries/withdrawals. Reserve finalists included Billy Chapman (butterfly – more on Billy below!), Laurie Monaghan (back), Ellie Brammer (7<sup>TH</sup> out of 32 in the 10 year old backstroke event with an impressive PB), Josh Margerrison (fly and free), Molly Walker (8<sup>th</sup> out of 32 in the 12 year old backstrokers) and, Ilia oh-so-close Zaiats (breast, fly and free).

And what of those who made finals? These included young Lily Walker who fought through to 3<sup>rd</sup> in the breaststroke final; hardly any older Sam Bromley with a great 2<sup>nd</sup> in back, 4<sup>th</sup> in fly and 5<sup>th</sup> in free; three finals also for Billy Chapman (sorry for spelling your name wrong in part of the last newsletter, Billy) who came 3<sup>rd</sup> in 13yrs back and 5<sup>th</sup> in both free and breast. Josh Page was in just the one final – but what a final! The author of this newsletter, one of the

more veteran spectators at Chapeltown, witnessed a swim up there with the best as Joshua pulled off a big PB to take first in the heats and another PB to take gold in the final. Lessons from the event were numerous. First, it was good to see a good turnout with lots of fun, club spirit, mutual support and excitement all round. Second, younger swimmers mainly, hit the finish hard and fast. Third, it is a great experience for newcomers to be amongst other clubs and feel the adrenalin that helps gain those extra seconds and, for the older ones (Brandon, Ilia and Laurie) who have hit the age of 15 and no longer in age group categories, a bit of a shock as they grapple with competing with much older swimmers! It can feel a bit unfair but all three did well for their age and, in a sense, it is like a new challenge over coming years.

### Competition Calendar 2012

<b>September</b>		
BML event at Wakefield	9 Sept. BML (league) round 3.	<b>Team now selected (keep eye on noticeboard)</b>
BML event at Chapeltown	23 Sept. BML round 4	<b>Team to be selected</b>
Doncaster Darts Sprint A/B/C Grades	30 Sept. 25m Beverley pool. (Entries in and awaiting confirmation)	<b>A/B and C Grades</b>
<b>October</b>		
Winter Yorkshire Championships SC	13&14 Oct. Ponds Forge. SC.	For those with qualifying times. Lynne will identify swimmers and speak individually to them. Entries will go in early September (NB times set in recent galas might be eligible).
Retford 'Early Bird' (Licenced L3)	Sun 21 Oct. Retford Leisure Centre. SC 50free, 100s, 200s, 400free, 100IM, 200IM. (Entries now in)	<b>A/B and C Grades</b>
South Axholme Sharks B/C Grade Haloween (Licenced L4)	Sun 28. Beverley. SC. 50s, 100IM. (Entries in)	<b>B and C Grades</b>
<b>November</b>		
Barnsley Minors League – Individual Championships (Licenced L3)	3 <sup>rd</sup> November. Knottingley Pool. All 50's, all ages. (Entries now in)	
Chapeltown Club Championships	4 November at Chapeltown of course.	All swimmers!
Sheffield City B Grade Open (Licenced L3)	17 <sup>th</sup> Nov. Ponds Forge. LC	<b>B Grade</b>
Mansfield Major Oak Open (Licenced L3)	17/18 Nov. Mansfield Pool. SC.	Clashes with other event and is included for those wanting to do 200m and/or 400 free.
<b>December</b>		
North East Regional 'Winter' Championships (Short Course)	1 <sup>st</sup> and 2 <sup>nd</sup> . Sunderland. SC.	Youth and Senior and 'Bagcats'. For qualifiers only (Geoff has qualifying times)
City of Sheffield Snow Frills (Licenced L3)	1 <sup>st</sup> and 2 <sup>nd</sup> . (LC. 50s, 100s, 200s, 200IM)	<b>For all ages, check noticeboard for times – 'not faster than ...' times. A bit tough for the inexperienced</b>
Barnsley Xmas Sprint (expect Licenced)	8 Dec. Ponds Forge. Details to follow	<b>For all swimmers (unless swum Snow Frills)</b>
<b>January</b>		
Sheffield and Districts Grade A/B/C (expect Licence L3)	No details yet.	<b>A/B and C Grades</b>

**Our club closing dates for entries will often be earlier than 'official' dates where the event is 'first come, first served'**