

Amersham Swimming Club Weekly Bulletin

30th September 2016



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Dear Members,

I wanted to draw your attention to the recently published Chiltern District Indoor Sport and Leisure Strategy 2015 -2045. It's worth a read since it outlines some recommendations for a new pool complex on the current Amersham site while maintaining the existing capability until its completed (<http://www.chiltern.gov.uk/article/5917/The-Indoor-Sport-and-Leisure-Facility-Strategy-for-Chiltern-District-Council-2015-2045>). The next phase is a public consultation of the proposal and we intend to input the club perspective for what the new facility should offer and happy to hear any thoughts/perspectives poolside. Its early days, but this is an exciting and much needed proposal which will be fantastic for our community/swimming club if we can make it a reality.

A few bits and pieces. A belated birthday congrats to our head coach Jason, who spent his birthday evening coaching masters last night (now that's commitment!) and on a completely different note many congratulations to Jamie Irwin who competed in the Serpentine Swim last Saturday, coming 3rd out of 4,000 swimmers. Result! Also, please note our AGM date which will be Sunday November 13th at 4.30-6.00. More details to follow in subsequent newsletters.

See you this weekend at Club Champs and good luck to all our swimmers.

Simon

chairman@amershamswimmingclub.co.uk

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Note from the Head Coach

Hi All,

It was great to see everyone competing at club champs last weekend and I'm looking forward to seeing how everyone does this weekend as well. Club Championships is a great opportunity for race practice no matter what level you are at, to help with both pacing the longer races but also ensuring that the technique and skills that have been practiced in training are also then used in racing. For those aiming for County qualification we have a further 3 or 4 opportunities to qualify and having another opportunity for race practice prior to these is invaluable.

Last Sunday I held an open meeting for parents and I am aware that some couldn't make it, so I have outlined what I discussed below and if there is anything you would like to discuss in more detail please don't hesitate to contact me.

- I started by outlining that my overriding philosophy in coaching is that swimming performance is an equal combination of technique, work ethic and mind set. This is something that I will expect from everyone.
- I am aiming to increase the number of Regional and National swimmers that we have at Amersham and as the performance swimmers know, I believe that the best way of doing that is ensuring that everyone has the right work ethic and mind set and that they then use that in training for specific goals, whether that is making sure they are streamlined every single turn, keeping the head still on breaststroke, or making sure their stroke count is one less than the previous session.
- For the future, I am planning on developing the “learn to swim” section and I will continue to work with the whole club with the support of some great coaches, which will also include the addition of some new coaches. Between Gemma and I we will mentor all new coaches.
- I will be holding parent education/talks during this season to include, nutrition and time management, dos and don'ts of motivation & pressure and preparation and recovery for open meets/racing weekends.
- I announced that I will like to do Team bonding days for Performance Squads, Competitive Development Squads and Junior Development Squads which will also incorporate education for the swimmers and potentially parents - the example I gave on the day was going to the Rush trampoline park in Wycombe, but the exact details have yet to be discussed.
- I announced that there would be October squad moves and I said that I am currently reviewing the squad expectations and will get them finalised by the end of this term, the theme of these squad expectations will shift towards training and as I mentioned above become more what they are doing each session to help them move towards becoming Regional/ National swimmers in the future.
- Every swimmer will have training that is focused towards what is best for them, this includes technique, intensity and volume.

Kind regards,

Jason Keeler

Head Coach - Amersham SC, coach@amershamswimmingclub.co.uk

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Note from the Assistant Head Coach

Luton Level 3 open - October 15/16th

Please find all accepted/rejected entries and confirmed meet details online. Please note that 3 of the girls events (200m fly, and both 400m events) have moved sessions. I emailed all directly affected this week but please check the confirmed schedule on the website. Start times for sessions are now confirmed.

Please also note that for all those not competing at Luton, a restricted training schedule will be running at Amersham. On Saturday 15th, training will run as normal for Academy at Amersham and Maltmans is to be confirmed. On Sunday academy 1&2 will be as normal with academy 3 likely brought earlier to 4-5pm in the main pool. All JD and CD training on that weekend will be confirmed next week.

Novice Gala - Saturday 5th November

Please find the team for our novice gala on Saturday 5th November on the [website](#). The gala is held at our home pool, Chiltern pools in Amersham, and swimmers must be on poolside by 5.15am. Training will run as normal that morning and swimmers will be advised what they are swimming when they arrive for the gala in the evening. Estimated time of finish is 8pm latest.

Please can all swimmers tick their names on the team list posted on notice board at the pool if they can swim, and cross them off if unavailable. Please can any parents able to volunteer also either write their name on the board or email me to confirm. No experience is necessary. Please email me if you have any questions.

Kind regards
Gemma Jones BSc
Assistant Head Coach - Amersham SC
assistantcoach@amershamswimmingclub.co.uk

Club Championship Update

This weekend we have the third and fourth sessions of our Club Championships.

These were going to be Level 4 Licensed galas, however, regrettably at the moment we have not been able to secure the required level of officials and so have no alternative other than to run the galas as unlicensed. We have explored the option of moving the galas to a future date, but there are no suitable dates before the County Championships.

What does this mean?

Swimmers will still get valuable competition experience as the gala will still be run under ASA rules and regulations.

All results will count towards Club records and the award of medals and cups. However, times recorded will not be eligible for entry into County Championships or Meets at Level 3 and above.

Please see the [Website](#) for the event details.

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Masters Training Changes during Club Champs

Saturday 1st October

There will be no training at Chiltern Pools, however this has been moved to Maltmans Green School from 8-9am. The address is Maltmans Lane, Gerrards Cross, Buckinghamshire, SL9 8RR.

There is a code (which has been emailed separately last week) to get into the school grounds and then you have to follow the covered path to get to the swimming pool entrance.

Sunday 2nd October

No training.

Fundraising - The 100 club is back for 2017!!

Three years ago we launched the 100 club which has raised nearly £600 each year for ASC and paid out the equivalent to the participants of the scheme. THANK YOU.

The scheme is simple, sign up to £1 per month to purchase a number to have the chance to be selected for one of the monthly cash prizes. There are three monthly cash prizes. Forms will be available at Club Champs tomorrow and will be placed on the ASC notice board as well as attached to future newsletters. Alex Castello-Cortes (Academy swim parent) has kindly offered to organise the scheme this year. Good Luck!

Please note that if you are currently involved with the 2016 scheme you will still need to complete a new form for 2017 when you pay your £12 (ie £1 per month).

A great deal of effort is made by volunteers to ensure that funds are raised to help support the future of the Club - please do support where you can.

ASC Committee

Do you have a query for the committee?

On Saturday Sarah Hortop (current committee member) will be available during Club Champs to answer any general questions that people have about life within a Swim Club. If you are one of those parents who has recently had a swimmer join the Club and you are wondering when your swimmer can start attending Meets, or you want to understand how you can find County qualification times or what the County Championships are, or you are just a parent who wants to understand what may be around the corner for your swimmer then please come and ask!. We can also help to explain where information can be found on the ASC website.

ASC Committee

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Missing Red Named Tops

Please can all swimmers and parents check their red Amersham named tops to make sure they have the right one as a few went astray last week-end.

Club Shop

The club shop will be open this Sunday during the Club Champs.

An order will be placed in October for both named poolside shirts and TYR bags. If anyone would like one of these please come and visit the shop as this will be the only order before Christmas.

Mailsports - 10% discount for ASC members;

You can get a 10% discount on full price items from Mailsports either at the shop or online (not at meets). The club will also be given 5% commission on all sales (off the full price items). The code you need to use at checkout is AMSC498.

<http://www.mailsports.co.uk/>