

Competitive Swimming

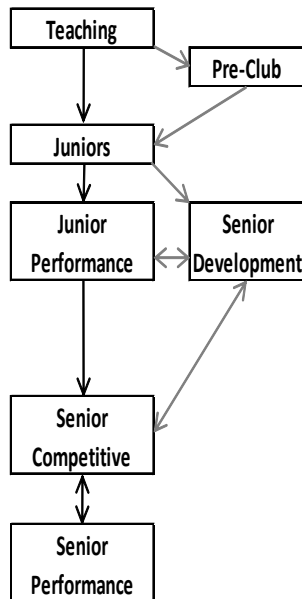
The continued development of the Squad structure takes another step in September with the change to 3 Senior Squads;

Club Swim merges into
Senior Development

Seniors becomes **Senior Competitive**

Performance becomes
Senior Performance

This new structure reflects the developing nature of the club with more Juniors coming through into Junior Performance and then up through the Seniors Squads. They are raising the standards and the news squads will reflect that rise in numbers.



Squad Meetings

Junior Performance & Senior Squads - Tuesday 7th September 6.00-7.00pm

Junior Squad - Friday 10th September 7.00-8.00pm

There is also an *Introduction to Competitive Swimming & Galas* at 6.00pm on Friday the 7th directly before the Junior Squad Meeting.

Results

Firstly Congratulations to our two new Midland Age Group Champions in the 10 year 200m Freestyle, Kathryn Lythgo & William Foster, Kathryn was also 2nd in the 400m Freestyle. William also made the final of the 200m IM. Olga Hall made the 200m Freestyle & Backstroke finals and was 7th in the overall 10yr BAGCATs. Well done to all the others who qualified for the Midland Youth & Age Group Championships. George Brear, Joe Evans, Mike Ankrett, Becky Tame, Olga Hall, Chris Clements, Lucy Castle, Kathryn Lythgo, Sandy Forysiak, Josh Walker, William Foster & Ysabelle Caswell.

Competitions

The new Season starts in September with the first competition a Junior Friendly on the 4th. Open competition starts in earnest in October with the Coventry & District Primaries, second only to the County Championships in local importance. This is a Level 2 meet and has stiff Qualifying Times but all swimmers should be entering if they have the times.

As an alternative for those swimmers who can't meet the entry criteria we've added the Level 3 Worcester Open Meet on the 22/23/24th October mainly for the Juniors but all swimmers are welcome to enter.

The National Arena Swimming League starts on the 9th October with the next two rounds the 13th November & 11th December, this is the toughest Team Competition any club takes part in, Ages are as at 31st Dec2010 - 11/Under, 13/Under, 15/Under & Open.

There is a new Competitive Calendar now on the web site showing the competition structure for the first part of the season and more competitions will be added as they become available.

Club Championships

Details will be published in August of this years competition, the format will be very similar to last year.

Training News

Following on from the last Newsletter's advice about minimum training levels and sessions the record number of Age Group swimmers who qualified for the Midlands reinforces that advice.

All those who qualified trained a minimum of 4 to 5 times a week, the younger swimmers consistent 4-5 sessions, enough to win a major title. Consistency of training is the key, along with good habits such as streamlining, good turns and a good level of effort & quality in training. The current swimmers in Junior Performance have set a high standard for those that follow to aspire to and will raise the bar for the Senior Squads as they move up.

This is great for the overall standards in the club and is the first tangible benefit for the change in Squad structure and the introduction of Junior Performance 2 years ago. Having a group of peers train together and push each other has seen real benefits, no-one wants to be last in the lane or the last to finish a set and while not everyone can be the fastest they have all raised their levels and seen big improvements in their performance.

It has been very satisfying to see the large increase of swimmers training in the mornings over the last 3 months, we often have over 20 competitive swimmers in the pool on Fridays mornings along with the Masters, well done to those bleary eyed parents who volunteered (ha ha) to get up before 5.00am!

Triathlon

Sharks fight to retain their top slot in Midlands's league events.

Young triathletes fought hard to win top places in two recent Midlands races, as the Stratford Sharks triathlon team compete to retain last year's winning position in the British Triathlon Federation's West Midlands League. There were plenty of great performances at the Black Country Triathlete's Junior Triathlon in Wolverhampton on the nineteenth of June. This was closely followed by the

Stafford Junior triathlon this weekend, where despite a depleted team they maintained their good form. Nearly a hundred competitors took part in both races, drawing keen young triathletes from across the region despite the allure of World Cup football on television.

The Black Country triathlon was the third triathlon race of the series. The indoor swim took place at Colton Hill's School swimming pool. Both the run and bike course were on an enclosed grass track in the school site. The Stratford Sharks girls gained the most points for the club and several top places in this race. In the girls' Tristar 1 category, newcomer Alexandra Keays showed promise by taking second place. Helen Jubb came second in the Tristar 2 girls category. If her winning form continues she shows promising signs of being selected to represent the West Midlands in BTF Inter regional competition. Sian Rainsley took top place in the Tristar 3 girls, also looking like a very strong contender to win a place in the Inter regional competitions. Caroline Furey, Annie Cox, Ailsa Gavan Mcharg and Alice Rainsley all gained top ten positions in their categories, gaining valuable points for the club. There were no winning slots for the boys, but Dominic Furey, Gregor Kelling and Jonathan Furey were all in the top ten finishers.

Last weekend the Sharks travelled to Stafford for the fourth race of the series. This took place at Cheslyn Hay Leisure Centre, near Cannock. Despite the scorching heat, the few Sharks that entered this race did very well. Top five positions were gained for Gregor Kelling and Annie Cox in Tristar 2, plus Caroline Furey and Matthew Newman in Tristar 3.

Andy Smith, Sharks' triathlon coach, said, "Conditions were very tough for our young athletes at the weekend, to complete three disciplines in scorching temperatures is a true test for their stamina and determination. Let's hope that these strong performances continue for the British Triathlon Federation's qualifying race this weekend and that some of our athletes are selected to represent the West Midlands."



BIG 2010 Sponsored Swim

We are again helping [The Shakespeare Hospice](#) with the Big 2010 Relay Swim, this year it takes place on the 17th July. Last year we helped raise £7,000.

Sharks 100 Club

Numbers are still available for the 100 Club so get your form in now and give yourself a chance to win. Forms are available on the web site on the Downloads page.

Club Shop

Orders taken at the club desk on Friday evening or email: clubshop@stratfordsharksasc.co.uk and cheques via club coaches.

Learn to Swim

Learn to Swim Gala Friday 16th July.

Next Test dates:

Teaching Pool
September 24th

Main Pool 6.00pm
September 17th (No Lessons 24th)

Main Pool 6.30pm
September 24th (start at 6.00pm)

Teaching Certificates in July

<u>Stage 1 –certificates awarded</u>	<u>Stage 7a. continued</u>
Mayuko Bosley	Sam Rawles
	Sofia Hodges
	Tom Buckley
<u>Stage 4a</u>	
Alexandra Barrie	
Emily Harrison	<u>Stage 7b –certificates awarded</u>
Nina Pemberton	Chloe Smith
Leon Rasgauski	Emily Talbot
	Connie Hodge
<u>Stage 4b –certificates awarded</u>	Jake Ashfield
Hannah Penny	Zoe Hung
Oliver Wear	
Alex Whitelaw	<u>Bronze -certificates awarded</u>
Calan McIntosh	Jai Hermolle
Lewis Wilkins	Anya Hermolle
	Charlotte Brown
<u>Stage 5a</u>	Gregory Moore
Charlie Watson	Lydia Brigden
Eleanor Rawles	Alannah McKie
Seb Breckon	Jacob Long
William Waters	
Eleanor Tomecek	<u>Silver -certificates awarded</u>
	Cavan O'Doherty
<u>Stage 5b –certificates awarded</u>	Oliver Evans
Morgan Evans	Tom Watson
Tom Beamer	Maya Wear
Michael Feasey	Jamie Connor
John Bosley	Archie Casamassa
Stefan Holub	
Guy Joseph	<u>Gold -certificates awarded</u>
James Bexson	Charlotte Ledden
Jay Newcombe	Gwilym Davis
	Matthew Vickers
<u>Stage 6 –certificates awarded</u>	Oliver North
Ailsa Dobbie	
Cole Lyson	<u>1,500m -certificates awarded</u>
Harriet Buckley	Rebecca Plant
Harry Coley-Smith	Darcey McIntosh
Charlotte Perry	Rebecca Ramsey
	Georgia Edmonds
<u>Stage 7a</u>	Ella Vickers
Charlotte Lythgo	Charlie Warden
Beth Harvey	Eleanor Gotrell
Emer Flanagan	Rachel Joseph
Ciaran Craddock	