



# Grantham Swimming Club

## Wavelength

Contact us:

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Issue No 4  
October/November 2005

### CHAIRMAN'S REPORT

Hello again. Well summer is all but over and the nights are beginning to draw in, attention now turns to the Club Championships. You may recall that this year, GSC celebrates its 80<sup>th</sup> Anniversary as a competitive club. To mark the occasion, the club is organising an Anniversary Gala. The 4 evenings, usually dedicated to the annual champs galas, will run as normal but the Presentation Evening will start with a fun gala. We hope many of you will be able to come along the event and support our swimmers; also present will be local dignitaries and some key past members too. It's on 18<sup>th</sup> December in the Meres bar/trophy room; swimming will begin about 5pm, with the presentations following until 10pm. A number of parents & committee members are working hard to make the series of events a success, if they ask for your help, please consider giving a little of your time to ensure all runs smoothly. Watch for posters etc with details.

The training team can take a well-earned rest, now that Sacha has taken the post of Head Coach. A number of you may have heard that changes to the training are afoot. Well, more swimmers now attend the morning sessions and everyone is being encouraged to swim more often than before. There MAY be some re-organisation of the training/squad structures but we do not expect anything major until at least January 2006. We understand

that many of you need to balance the more sporty pursuits of your children with their schooling and other commitments, Sacha is looking at the whole training structure and finding ways to further improve the swimmers' performance is a priority. If you are in a position to bring your children along for more sessions, please ensure that the coach is aware which sessions will be attended (to confirm that the lanes will not be too crowded) and arrange for the extra payment at the desk.

Finally, thank you to those who have taken the time to offer constructive comment, in response to the Consultation Paper. Results are being collated and will be published in the coming weeks. Any specific issues raised will be answered to the individual, as well as contributing to the overall result. Thank you too, to those who have also offered assistance in a number of areas of the running of the club. The bottom line is that with a limited pool of people, there must be a limit to what we can achieve and support in this area continues to be vital element of the club's success.

Until next time

Stu Gould.

### GALA REPORTS

22<sup>nd</sup> Dukeries Open Meet, Sheffield.  
3<sup>rd</sup> September

This was held at Ponds Forge and was good experience for those swimmers who have not competed or swum in a 50-metre pool. The club was well represented at this event with a total of 76 swims. Those who took part were Thomas Ballaam, Lea Crompton-Harris, Hannah Devine,

Callum Gould, Collette Guy, James Harrison, Louis Lai, Jake and Hollie Mason, Karl Morgan, Paul Otter, Daniel and Elliot Potter, Joe Scarborough, Chelsea Strickland and Sam Warner. Thomas won a 5<sup>th</sup> place medal in the 9 and unders butterfly event.

Fenland Junior League at March  
10<sup>th</sup> September.  
Grantham 3<sup>rd</sup> with 13 PB'S.

Simon Hansard Trophy Gala at Newark.  
10<sup>th</sup> September.  
Grantham 4<sup>th</sup> with 8 PB'S.

Lincs Junior League at Yarborough, Lincoln.  
17<sup>th</sup> September.  
Grantham 6<sup>th</sup> with 10 PB'S.

Well done to all the swimmers and thanks to the many people who helped the club at these galas.

### CLUB CHAMPIONSHIPS 2005

Hope you have all got your forms in and are looking forward to this year's events. **GOOD LUCK TO EVERYONE** let's hope for lots of club records and county times.

If any parents are willing and able to help at any of the events please fill in the form on the notice board or see Emma-Jane Perkins. Remember that the more people that help the easier it is for everyone.

We are hoping to run a swim shop during each championship evening. We had asked Allen's of Kingsbury if they would like to attend however due to the

lateness of the events they are unable to come themselves. They are, however, going to send a box of costumes/goggles etc for us to sell on their behalf and we, as a club will get 15% of the profits. Those of you who have swum in the county champs or at various open meets will recognise it from those. This is a good opportunity for you to stock up on much used equipment and you will be helping the club at the same time.

As usual we will be holding a raffle at each event. We have written to a large number of companies asking for donations and are receiving lots of replies and donations. We would however be grateful for donations from you. These can be left at the signing in desk on any training night. If you know of any company/business that might like to donate a prize or alternatively place an advert in the programme please let Sally or Karen know via the desk if you can't find us. THANKS.

You will all have noticed from your forms that age group trophies are awarded at the Club Championships; here is a quick run down, courtesy of Rachel Williams, of how the points are calculated. A more detailed explanation will be in the programmes. To compete for these prizes the swimmer needs to have entered at least one event in each of the different categories as was highlighted on your entry form. The actual scoring events for any swimmer will depend on their age and sex. For each swim the time is converted into a number of points called the BAGCAT score-the faster the swim the higher the score. The best BAGCAT scores for each category are then added to give a total BAGCAT for the championships, which will determine the swimmers ranking in their age group. The trophies will be presented at the Presentation Evening in December.

## RULE CHANGES

There have been several rule changes that took effect on 1<sup>st</sup> October. The main ones of concern to swimmers and officials are given below.

1. This one concerns backstroke. Swimmers are now allowed to have their toes above the water at the start. Standing on the gutter or bending the toes over the lip of the gutter is still **NOT** permitted.
2. This one concerns breaststroke. Swimmers are now permitted “ **A SINGLE DOWNWARD DOLPHIN KICK FOLLOWED BY A BREASTSTROKE KICK IS PERMITTED WHILE WHOLLY SUBMERGED FOLLOWING WHICH**” all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
3. This one concerns distance swimming. There is no longer a requirement for swimmers to be given a warning signal when there are five metres and two lengths left to swim in a 400 metre freestyle race. The requirement for a warning signal still exists for 800 and 1500 metre freestyle races.
4. This one concerns relays.” In relay events, the team of a swimmer whose feet loose contact with the starting platform before the preceding team-mate touches the wall shall be disqualified.” In other words if you do a flyer your team **WILL** be disqualified. The chance to return to the wall and start again has been removed.

The rest of the changes are mainly concerned with administration of swimming and the running of galas. I hope this helps.

Chris Dowd.

## LOUGHBOROUGH

A number of junior and senior swimmers have been to Loughborough University to some training in their 50-metre pool. This was subsidised by the Herbert Pacey Memorial Fund, this was set up with a bequest to the club when Mr. Pacey, Collette Guy's grandfather, passed away last year. All appeared to enjoy the experience. Here's a few comments made by some of the swimmers.

When I went to Loughborough to swim in the 50m pool I had a fantastic time. It was my first time swimming in a pool that big and I didn't know what to expect. I enjoyed just doing distance as you could think of stroke work. I can't wait to swim in another pool this big. It was a one in a lifetime experience! Catherine

When I went to Loughborough I thought it was a good experience for me, I had a great time, I found it hard to keep up with the rest of them. Laura

I liked swimming at Loughborough and it didn't seem as big as the pool when I swam at Sheffield. I thought backstroke was hard because I kept looking for the second lot of flags, it took ages to get to them the other strokes felt the same as at Grantham. Sam

I really enjoyed the training set and found benefit from it. I'd like to go again. Anon

## CLUB CAPTAINS

The training team and the committee have made their nominations for this years club captains and the results will be announced at the A. G. M. in December. As soon as we know who they are we let you know so watch this space.

## HEAD COACH

Sacha hopes that you all enjoyed his talk on Sunday 9<sup>th</sup> October. If you have any questions as a result of the meeting or were unable to make it on Sunday he will be happy to speak to you before or after the sessions.

## PAYMENT OF FEES

We would like to remind you that you can pay your fees by standing order through your bank. This can be done on a monthly or quarterly basis. All you need to do is collect a form from the signing in desk fill it in, hand it in to your bank and then sit back and relax. By paying this way there will be no more trying to remember when fees are due and best of all no late payment charge.

## PRESIDENTIAL Ponderings

As everyone should be aware by now we have a new coach. Sacha started with us at the beginning of September and from what I have seen things are going very well. Everyone seems to have responded well to his way of doing things. Swimmers especially appear to be enjoying training more of late. Could we please have a little patience until he is fully "up to speed" regarding our swimmers names and what their capabilities are? Having listened to his talks to the various squads I think that in a very short time this club will be a major force in Lincolnshire and the district.

The AGM is coming up in December and I would ask all voting members to keep watching the notice board for details of the time and place. There will be a requirement for a number of people to stand as committee members. There will also be a number of the club officers' positions to be elected. The club can only operate with a full and functioning committee. If any of you are considering standing then please speak to any current committee member to find out what is involved. If you are not

satisfied with the way the committee operates then please feel free to stand at the AGM. No one will be offended.

Finally, if people have any concerns then please tell us. If you don't tell us then as far as we know you are satisfied with the way things are going. I can promise you that your concerns will be addressed. What would help us is if you could give us some idea as to how you see your concerns being dealt with. Parents Reps go a long way towards this giving even greater access to the committee; please use them. Please take time to fill out the consultation document that is available at the desk each training night.

THANK YOU  
Chris Dowd (President)

Don't forget if you would like to contribute towards the newsletter please do not hesitate to let us know. You can leave any information at the desk on training night or you can e-mail us at [chris\\_warner244@hotmail.com](mailto:chris_warner244@hotmail.com).  
Karen and Sally.

## The Committee for 2005

President	Chris Dowd
Chairman	Stuart Gould
Vice Chairman	To be appointed
Treasurer	Louise Simpson
Hon. Secretary	Mandy Potter
Fixtures Secretary	Brian Gibson

## *General Committee Members*

Ivan McCallin  
Robert Oxborough  
Trevor Ogle  
Ann Williamson  
Jean Bowen

*Child Protection Officer*  
Emmajane Perkins

*Club Captains*  
Vacant

*Vice Captains*  
Sarah Blakey                      Alice Pembridge

Dan Korcz                              Bradley Baker

*Junior Captains*  
Grace Williams                      Thomas Mendham

*Fenland Captains*  
Vacant

## *Non-Committee Members*

*Gala Secretaries*  
Vacant – Whites Only  
Emma Jane Perkins – Blues Only  
Rachel Williams –  
Webmaster/IT and Statistics Support  
  
Sandra Otter      ASA Registration  
Officer

## WORD SEARCH

Many thanks to Chris Dowd for producing the attached word search. Please return completed to Karen or Sally by the 13<sup>th</sup> November. All correct forms will be entered into a prize draw and the winner will be notified by 26<sup>th</sup> November.