



Maidenhead Marlins

www.maidenheadmarlins.co.uk

Newsletter 23, Spring 2008

Dates for Your Diary

Please ensure you note these in your calendar –full list on

www.maidenheadmarlins.co.uk



May

- | | | |
|----|--------------------------|---------|
| 17 | Internal Gala | Magnet |
| 24 | Wycombe Sprint Meet | Wycombe |
| 31 | South East Region Champs | |

June

- | | | |
|----|--------------------------|-----------|
| 7 | Milton Keynes 1 | Aylesbury |
| 14 | South East Region Champs | |
| 21 | Newbury Open | |

July

- | | | |
|----|---------------------------|--|
| 5 | Milton Keynes 2 | |
| 26 | National Age Group Champs | |

MASC Committee

HELP PLEASE

As a club we rely on the voluntary help and time generously given by our committee members and other parental helpers – the club couldn't survive without it.

At present we are desperately in need of volunteers to help out with a variety of activities which would greatly assist in the smooth running of and communications in the club.

If you think you could give up some of your time to voluntary activities please let one of the committee members know or please return the attached form .

SWIMARATHON

Once again Marlins swimmers took part in the Lions Club Swimarathon on Saturday 12th January 2008. As a result of all the hard effort the club raised a total of **£2,112.50** half of which will go to the Lions club and half to the Maidenhead Marlins.

Many thanks to all those that took part.

AGM

The Club AGM will be taking place on the evening of June 3rd 2008.

This is your opportunity to provide your input to the running of the club and to elect the committee members who make decisions on behalf of the club.

Your contribution is more than welcomed so please come along and have your say or just listen.

MASTERS SWIMMERS NEEDED

Do you know of anyone that would be interested in joining the masters side of the club.

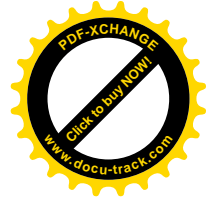
We are looking for children, keen to learn to swim, who we could potentially progress into coaching.

Quarterly Fees and ASA Membership

As you may be aware the number of swimmers in the club has increased over the last year and space is limited. So that we can utilise the water time as efficiently as possible please ensure that you pay your membership fees on time (i.e. before the start of each quarter) and also if you / your child stops swimming then please let me know. If you haven't paid then you will be unable to swim and the space may be offered to another swimmer.

The club is registered with the ASA (Amateur Swimming Association) and they provide insurance cover. So that all our swimmers are insured we must register them with the ASA. Therefore we are asking any swimmer who is not registered to do so. Coaches on poolside will either have forms or will be able to redirect you to someone who has.

Rod Hunt



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St pirans training - important

It is essential that there are parents present at the St Pirans training sessions for the purposes of safety and also child protection. This safeguards your children and our coaches. Unless there are parents poolside these sessions will be cancelled potentially at very short notice.

This is obviously a situation that we would wish to avoid but in order to do this we do need your support.

don't drop your child and run!



Want to learn to teach swimming?

The club regularly runs swimming teacher accreditation courses.

If you would like to get involved in a rewarding activity and learn a new skill then let us know!!

CLUB

TRACKSUITS!!!

The order form for club tracksuits is available from the club shop page of the Marlins website.
www.maidenheadmarlins.co.uk



Club Shop



If you wish to make a purchase please log on to the club website and visit the shop page

WEARING SWIMMING HATS

All swimmers attending training sessions at St Pirans MUST be wearing a swimming hat – this is a requirement of the pool and it is essential that we adhere to this.

Any child, in the stroke development or coaching sections of the club, whose hair is shoulder length or longer MUST be wearing a swimming hat at any training/teaching session. It is very hard to learn the necessary skills and to teach swimmers who are constantly bothered by their hair.

Club hats are available in green (stroke development) or black (coaching) at a price of £3.50 from the club shop. Named hats are available for those swimmers in coaching at a price of £5.50 – please see form below.

Named Swimming Hats

I would like to order ____ hat(s) in the names of;

Please note – Orders can only be submitted when 25 names are on the list so there may be a delay in receiving your hat(s). Please return this form to Jo Holden via your coach



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CLUB RULES and GUIDELINES

The club has a number of rules and guidelines in place. Some are there for the safety of participants and spectators and others are as a result of custom and practice.

These have more recently been formalised and are now made available to all new members of the club. If you weren't aware of them please take note of the following.

RULES FOR SWIMMERS

At galas, swimmers must:

- Remain poolside with the poolside helpers when not swimming;
- Ask permission before leaving poolside e.g to go to the toilet
- Wear regulation black swimming costumes (or body/other racing suits), hats and Club 'T' shirts;
- Stay on poolside until the end of the gala;
- Be supportive of their team members;
- Behave sensibly at all times.
- During galas taking place at the Magnet the toddlers pool and bubble tubs are strictly out of bounds
- All internal galas are run under strict ASA rules and guidelines

When training, swimmers must:

- Turn up 5 minutes before start of session and be ready to swim (i.e. hats and goggles on) at the start of the session;
- Not enter the pool until instructed by the coach/teacher taking the training session;
- Listen to instructions at all times. Do not chat with friends whilst instructions are being given;
- Observe correct lane etiquette as directed by the coach/teacher;
- Not chew gum when swimming or poolside;
- Behave sensibly at all times both in and out of the pool, and particularly in the changing rooms before and after training sessions.

Disciplinary issues:

- The club operates a 3 strikes policy which will be strictly adhered to during sessions
- All disciplinary issues will be dealt with promptly by the coach/teacher.
- Serious issues will be referred to the Committee for discussion and possible further action;
- Swearing, fighting, dangerous and disruptive behaviour will not be tolerated;
- Swimmers disrupting training sessions will be asked to leave the pool immediately;
- Consumption of alcohol and illegal and performance enhancing drugs is strictly forbidden;
- Persistent and serious breaches of discipline will result in suspension from the club.

RULES FOR PARENTS/CARERS

Attendance:

- Stroke Development – parents must remain poolside for the duration of the session, in case of emergency.
- Club Members under 11 – parents must remain poolside for the duration of the session.
- Club Members 11 and over – parents are advised to remain poolside for the duration of the session.
- St.Pirans – one adult parent must be present on poolside at all times. If no parent volunteer is present the training session will be cancelled.



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Poolside:

- No external footwear allowed on any poolside (Magnet, Eton or St. Pirans);
- No external footwear allowed in the inner showers/toilets at the Magnet;
- No coaching from the side of the pool during training sessions.

Emergency Contact Details / Medical Conditions:

Parents/Carers must:

- inform the coach at the start of the training session if their child has a medical condition;
- inform the coach at the start of the training session if their child is taking any medication;
- inform the Club Membership Secretary, in writing if there are any changes to contact details and emergency telephone numbers (Rod Hunt : 6 Kelsey Close, Maidenhead. SL6 3YW or email rodhunt@googlemail.com);
- inform the Club Membership Secretary in writing if there are any changes to medical conditions or medication taken by the child;
- inform the Club Membership Secretary and the coach if there is any other relevant information which the Club needs to know about their child, particularly if their performance would be affected during a training session or swimming gala.

Parental Swimming:

- On a Monday and Thursday morning, 6.00am to 7.00am, free of charge, in the far lane (if available), but only if their child is attending a training session at the same time.

Photography:

- Photography is only allowed if permission is obtained from the head coach;
- At internal and external galas, a permit must be obtained from the event organiser.
- NB: This includes the use of mobile phones for photography

Galas:

- Parents should remain in the gallery and not approach swimmers during the gala

FINANCE

Prompt payment of fees:

- Quarterly fees for club members are due for payment before the 1st day of the quarter;
- Quarterly fees for stroke development are due on the 1st day of the course;
- The 3rd swimmer in a family swims at a discount of 50% on the quarterly fee;
- Fees for swimmers attending university or boarding school will be set by the committee, on a case by case basis;
- Fees for Masters swimming once a week only at the Friday night session (9 to 10pm) will be set by the committee. The fees are payable by STO only on the 1st day of the quarter. This will include the ASA membership fee.

If you have any questions on any of the above then please contact a member of the committee.



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JUNIOR LEAGUES

The Maidenhead Marlins swimming club takes part in two junior leagues; Thames Valley and Milton Keynes. The Thames Valley league runs from January to march and the Milton Keynes leagues takes place in June, July and September.

We have just completed the Thames Valley league and were placed 5th out of the 10 teams – an improvement on last year when we were placed 6th.

The league has a number of rounds; in the first round we were placed 2nd with Amersham A 1st, Wycombe 3rd, Reading 4th and Chalfont 5th. In the second round we were placed 3rd with Windsor 1st, Wycombe 2nd, Reading 4th and Chalfont 5th.

Although we were placed 5th in the final we had some very good swims; Ruth Dow, Harriet Goodhew, Cameron Moffat, Sarah Nugent, Jack Riley, Joshua Rolls and Barclay Stenton all setting PB's.

On June 7th we will start the Milton Keynes league at Aylesbury. This league is of a much higher standard and is made up of 2 divisions. Division 1 has 18 teams and Division 2. Each year the top 3 clubs in Division 2 are promoted to Division 1 and the bottom 3 clubs in Division 1 relegated to Division 2. Last year we were placed 10th in Division 1 which means we will remain in Division 1 for this year.

Parental support for all those swimmers taking part is very much needed and appreciated.

Jean Ashworth – Junior Coach

Food Tips for Training

Before Training

This depends on the individual. Find out what suits you.

In general:

2hours before training have a light meal

1hour before training have a snack

30min before training have a drink or very light snack.

Light meal suggestions

Cereal with semi skimmed milk + toast and jam or honey

Sandwiches with lean meat or fat cheese /egg/fish/low fat vegetarian filling

Pasta with tomato based low fat sauce

Soup with bread

Baked potato with a low at topping

Baked beans/scrambled eggs on toast

Try to include a portion of fruit or vegetables

After training

Eat within half an hour of training- either a snack or meal.

Keep all snacks low fat and high carbohydrate

Eat at least 5 portions of fruit and veg per day

Drink plenty of fluids

Food Tips for competitions

Night before

Pasta with fish or beans

Rice with chicken or tofu

Jacket potato with tuna or cottage cheese

2-4 hours before

Cereal and low fat milk

Bread toast sandwiches rolls pasta

Potatoes

1hour before

Sports drink energy or sports nutrition bars

Dried apricots, fruit apples bananas grapes

Low fat yogurt

Rice pudding

During events

Sports drinks

Rice cakes, energy bars, bananas

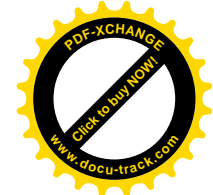
After the competition

Plenty of fluids, energy bars

Pasta, or rice dishes

Pizza.

Do NOT eat chocolate before or during competition!



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HOMEMADE ISOTONIC DRINKS

Number One

200ml of squash (not sugar free or low sugar)
800ml water
large pinch of salt

Method

Dissolve the salt in a small amount of warm water.
Add the remaining water and the squash and mix together.
Use within 24 hours.

Number Two

40-60g glucose powder
1 litre water
pinch of salt
low calorie squash to taste.

Method

Using half the water dissolve the salt and glucose powder.
Add the squash and make up to 1 litre with the remaining water.
Use within 24 hours.

Moving on, up and out of the Club

The Maidenhead Marlins is a competitive club taking swimmers who are able to cope with the coaching environment and providing them with the opportunity to participate in internal and external galas at a level appropriate to their times and ability. As such swimmers are graded according to their times and are thereby able to enter open meets appropriate to their grade of swimming. It is an expectation that children joining a competitive environment want to take part in such events and is a necessary pre-requisite of their membership of the club.

It is expected that children will;

- Take part in internal galas (age appropriate)
- Take part in at least 3 of the Club Champs sessions
- Attend training sessions on a regular basis
- Participate in at least 1 open meet a year.

We are under increasing pressure for space in the club and if you and or your child are not prepared to make the commitment that the club needs then please consider whether membership is right for you or whether you are taking a place that another child could make use of.

Thank you.



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Please send me this newsletter via email.

My email address is:

Name:

Parent/carer of:

I would be willing to help out in the following ways or would be interested to know more about;

Acting as a timekeeper at internal galas	<input type="radio"/>
Becoming an official timekeeper	<input type="radio"/>
Announcing events at internal galas	<input type="radio"/>
Acting as a recorder at internal galas	<input type="radio"/>
Undertaking the training and examination for an assistant teacher qualification	<input type="radio"/>
Selling programmes and raffle tickets at galas	<input type="radio"/>
Assisting in the organisation of children at internal galas	<input type="radio"/>
Producing the quarterly newsletter	<input type="radio"/>
Becoming a member of the club committee	<input type="radio"/>

Name:

Parent/Carer of:

Contact number:

Please return this form to Jo Holden via your teacher or coach, or email jholden@ciphr.com.