



# Maidenhead Marlins

www.maidenheadmarlins.co.uk

Newsletter 24, Winter 2008

## FIXTURES LIST 2008/09

8th	November	Speedo Round 2	
22nd	November	Club Champs 3	Magnet
27th	November	Club Champs 4	Magnet
6th	December	Club Champs 5	Magnet
13th	December	Speedo Round 3	
20th	December	Pool Party	Magnet
10th	January	Swimarathon and Thames Valley Round 1	Magnet and Amersham/ Newbury
24/25th	January	Windsor Open Meet	Magnet
7th	February	Thames Valley Round 2	Amersham or Reading
28th	February	South Bucks & Berks Counties	Magnet
7th	March	Internal Gala	Magnet
21st	March	South Bucks & Berks Counties	Magnet
28th	March	South Bucks & Berks Counties	Magnet

### Training session at Magnet by Olympian Chris Cook

On Saturday 20<sup>th</sup> September the Maidenhead Marlins and the Magnet leisure centre played host to Chris Cook fresh from the GB swimming team at the Beijing Olympics.

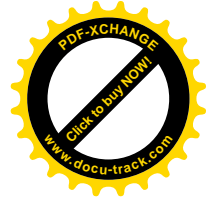
35 of our swimmers were treated to a short presentation about him and his successes and failures in swimming. The swimmers then took part in an in pool coaching and training session with Chris during which he provided lots of hints, tips and guidance for improvement in all aspects of breaststroke. It was a really brilliant evening and a fantastic success.



## SWIMARATHON

Once again we will be entering a number of teams for the Swimarathon event which is organised by the Lions Club and is taking place at the Magnet Leisure Centre on Saturday 10<sup>th</sup> January 2009.

If you would be interested in entering as part of a team or in helping out on the day – please let us know by completing and returning the reply slip at the back of this newsletter.



# Maidenhead Marlins

www.maidenheadmarlins.co.uk

Newsletter 24, Winter 2008

## IMPORTANT

### No ASA registration = NO insurance cover = NO SWIM!!

We have made significant progress in insuring that all club members are registered with the ASA. It is important that you are registered because then you have insurance cover.

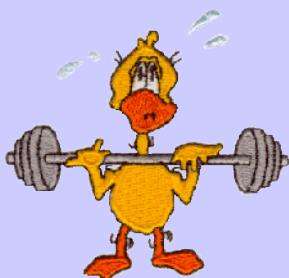
If you have recently joined and not completed (and returned) a pink ASA registration form then please ask your coach for one to complete. The club pay the registration fee so there is no additional cost to you.

We also have 70 membership cards to hand out to those that have registered this year.

We will be chasing the remaining unregistered swimmers and will soon be reaching the point where non-registered swimmers will, as with non-payment of fees, not be able to swim as we do not want to compromise our insurance cover.

Thank you for your help.  
Rod Hunt (Membership Secretary)

## Gym Discount for Marlins members



Get 20% of your gym membership at the Magnet.

Simply take your ASA registration card to the desk when you sign up for gym membership to receive a 20% reduction in the membership fee.



## Xmas training

The last training date at the Magnet will be on Sunday 21 December 2008 and will restart on Saturday 3 January 2009.

St Pirans will be closed from Sunday 14 December 2008 and will re-open on Monday 12 January 2009.

Eton closes on Wednesday 3 December 2008 and re-opens on Wednesday 14 January 2009.

## Volunteers needed

There are a myriad of jobs that need to be done in order to make the club run smoothly. Whilst we have a number of people that do volunteer for activities already we need many more so that the burden of work can be spread.

As an added incentive we have introduced a shop discount for those people that do help – teachers, coaches and committee members will be offered a 20% discount on items and all other helpers 10%.

There is a sign up sheet at the back of this newsletter with a brief description of the roles and duties – please help us to keep the club running by completing and returning the form.



# Maidenhead Marlins

[www.maidenheadmarlins.co.uk](http://www.maidenheadmarlins.co.uk)

Newsletter 24, Winter 2008

## COACHING STAFF

The Maidenhead Marlins swimming club is very fortunate to have a reliable base of trained coaches and teachers, most of whom give their time on a voluntary basis. Our club is, for example, extremely lucky to have 4 level 3 qualified coaches; Jane Cox, Jean Ashworth, Ian Jennings and Jo Holden. This strength in our poolside team enables us to work to a well planned scheme of work which covers strength, stamina and endurance development, stroke technique and speed. This scheme of work is prepared by our Head coaches, Jane, Jean and Julie, and is worked to by all our coaches and teachers to ensure there is maximum focus on swimmer development.

More latterly our team has been supplemented by the addition of Paul Hussey. Paul is taking over responsibility for junior sessions previously run by Jim Cannon, our Masters Coach. Jim will still be involved with the Masters section and we are all extremely grateful for the fantastic work he has done over the years for the numerous children that have passed through his groups.

Although we have strength in numbers in our coaching team we are always looking for new teachers to supplement those moving on. We have been successfully running teacher training programs for a number of years now and this has enabled some of our older swimmers to gain a teaching qualification and to give back some of their swimming experience to our younger members. If you think you would be interested in becoming a teacher then please let us know. The club will generally cover the cost of the course if there is a commitment back to the club.

All that said we do still need many, many more volunteers to relieve the workload on our existing volunteer team. Like many voluntary organisations we have a few helpers who seem to carry the burden of many responsibilities. If we had more people involved the workload could be spread and made much easier. Again please contact us if you feel you could help.

Finally whether you teach, volunteer or just bring your children to swim, we do need your support. It is essential that the children come with the right attitude, that they don't impede other swimmers and that they work in partnership with the coaching team. You'll get better value for money, the swimmers will develop faster and the coaches will be able to spend much more time coaching and less time on discipline.

Many thanks for your support.  
Jo Holden  
Chair



## POOL PARTY!!!!

*Saturday 20th December*

*6.15 to 8.15pm*

*Magnet Leisure Centre*

**All club swimmers and teaching groups 4, 5 and 6 – families welcome.**

**No charge but please bring a contribution of food;**

**All swimmers with surnames beginning A – M please bring savoury contribution, all N – Z please bring something sweet.**



# Maidenhead Marlins

[www.maidenheadmarlins.co.uk](http://www.maidenheadmarlins.co.uk)

Newsletter 24, Winter 2008



## CLUB TRACKSUITS!!!

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

[www.maidenheadmarlins.co.uk](http://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

## Masters News

The 2008 competitive season got off to a great start with Anne Cork setting a new long course British record in the 55+ 200m backstroke at the South East Regional championships.

Duncan McCreddie was crowned 2007 National Decathlon champion in the new ASA annual event, winning by the smallest of margins, just 19 points.

Angela Wilson came 6th in the ladies Decathlon.

Duncan travelled his furthest yet in pursuit of World Championship medals, Perth Australia. Duncan now in his 4th year of the age group won three silver medals in the 200m IM, 200m Freestyle, and the 400m freestyle (the winning time broke Duncan's own World record).

Bridget Bewick set 3 club records in the 800m freestyle, 100m and 200m breaststroke, and Ben Bradley (25+ age group) set two club records in the 50m fly and 100m freestyle.

Bridget, and Elaina Franklin have both qualified for the World Triathlon championships in June which is being held in Vancouver, Canada.

## Master Swimmer Profile

Bridget Bewick joined the Masters in January 2007, and competes in three sporting disciplines. Triathlons is Bridget's first sport, and this year travelled to Vancouver, Canada to compete in the World Triathlon championships, and came 7th in the Masters age group (came out of the swim in first place).

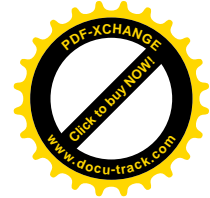
This was followed up by winning the hugely popular and well attended Windsor tri annual event. As a distance swimmer Bridget also takes part in open water swimming, and for the past two years has won the Isle of Wight pier to pier swim. In 2007 Bridget took part in the biggest Masters European championships held so far, and won her first European medal (bronze) in the 200m Individual Medley, and came 4th in the 5KM open water swim.



# Maidenhead Marlins

www.maidenheadmarlins.co.uk

Newsletter 24, Winter 2008



## JOINING THE MAIDENHEAD MARLINS SWIMMING CLUB

When joining the swimming club you will need to have the following equipment;

1. A tight fitting costume or trunks, preferably Marlins standard uniform. If the swimwear is loose it creates more resistance and makes it harder to swim.
2. Swim Hats – should be worn by both girls and boys if you have long hair. Long hair can get into your eyes and mouth and make it much more difficult to swim – it's a requirement of the St Piran's pool that swimmers MUST wear a hat at all times.
3. Goggles – these should be tried and fitted at home so they do not require adjustment at the pool. Please ensure these are checked regularly and replaced as necessary, keep a spare pair in your kit bag!
4. Kick board, fins and pull buoy will need to be purchased within the first 6 weeks of joining. The club has a few spares but time is wasted during the session giving out equipment and collecting it on.
5. Drinks bottle – swimmers MUST bring a non fizzy drink with them to every training session and it must be kept poolside. Please ensure that the bottle is sterilized or washed in a dishwasher between uses.

**ALL EQUIPMENT MUST BE NAMED!!** Swimsuits, bags, T-shirts and tracksuits can all be purchased via the club website [www.maidenheadmarlins.co.uk](http://www.maidenheadmarlins.co.uk) Once you have all your equipment you can train properly. Not every piece of equipment will be used at every session but you should use it at least once a week. Please make sure you are on time for your session. Every session starts with a warm up and it is essential that this part of the training is completed in order to reduce the risk of injuries. If you arrive after the warm up has been completed you may not be allowed to swim.

## Drills

### What are they and why do we do them?

In stroke development the swimmers do a number of single or double length practices to improve their strokes after each they are normally corrected. This is very time consuming and is only practical for small groups.

Once the swimmers move into the club we start to introduce drills, which are designed to correct and improve the stroke whilst the swimmers are swimming. As the swimmer move through the groups it is very important that the swimmers improve their fitness and stamina whilst maintaining their stroke. It is quite normal for a swimmer to lose their strokes when they first move up into a new group therefore the swimmers do drills or sets of drills to improve their fitness and keep their stroke.

For example to encourage the swimmers to swim with a high elbow the swimmers are taught finger trailing, to increase the length of the stroke we do superman etc. Once the swimmer's has the basic strokes then we are able to improve and maintain their strokes without keep stopping them and correcting them.

There is no point of having swimmers swim perfect strokes for 25m and then when they race longer distances they lose their stroke we must improve their stroke and at the same time improve their fitness this can only be done by swimming continuously and doing the drills they are set correctly.

Jane



# Maidenhead Marlins

www.maidenheadmarlins.co.uk

Newsletter 24, Winter 2008

## Volunteer – please let us know what you could do to help.

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 <b>timekeeper</b> at internal galas – no experience required, stopwatch provided – instruction provided on the day	<input type="radio"/>
Becoming an <b>official timekeeper</b> – learn the role of a chief timekeeper, prove your accuracy and take a short test.	<input type="radio"/>
<b>Announcing</b> events at internal galas – safety instructions, event title and number, ongoing results and raffle ticket number announcement.	<input type="radio"/>
Acting as a <b>recorder</b> at internal galas – points and times recording for swimmers and teams	<input type="radio"/>
Undertaking the training and examination for an <b>assistant teacher</b> qualification – learn to teach and gain a transferable skill and qualification	<input type="radio"/>
<b>Selling programmes</b> and raffle tickets at galas – manning the door and collecting the monies	<input type="radio"/>
Assisting in the <b>organisation of children</b> at internal galas – getting swimmers in the right place at the right time for the right event	<input type="radio"/>
Producing the <b>newsletter</b> – collation of articles and contributions, production and distribution	<input type="radio"/>
Becoming a member of the <b>club committee</b> – taking on one of the official roles in the club and making decisions on behalf of the club	<input type="radio"/>
<b>Swim shop</b> – ordering and maintaining stock. Responding to enquiries and selling club kit at internal galas.	<input type="radio"/>
<b>Fixtures</b> – communicating with meet organisers, providing information to swimmers and collating entries	<input type="radio"/>
<b>Gala refreshments</b> – provision of refreshments to officials during a gala	<input type="radio"/>

Please return this form to Jo Holden via your teacher or coach, or email [jholden@ciph.com](mailto:jholden@ciph.com).



# Maidenhead Marlins

[www.maidenheadmarlins.co.uk](http://www.maidenheadmarlins.co.uk)

Newsletter 24, Winter 2008





# Maidenhead Marlins

www.maidenheadmarlins.co.uk

Newsletter 24, Winter 2008

## Club hats order form

I would like to order _____ named club hats in the names of;		
<p style="text-align: center;">Price £5.50 each.</p> <p>Please make a cheque to MASC and give this slip with the cheque to Jo Holden.</p>		

" .....

## Swimarathon entry slip

The club teams will be swimming between 8:00 and 10:00 on Saturday 10<sup>th</sup> Jan 2009 at the annual Swimarathon.

Please can you indicate whether you would like to swim in a parent team, a child team or if you would be prepared to help out on the morning with organising children and lap counting.

We need as many swimmers as possible to make up as many teams as possible and raise as much money as possible for the Lions Club and for the Marlins.

Many thanks

Name	Parent of	I'd like to swim (tick)	I'd like to help (tick)

My contact details are;

Phone	Email