

Club modernisation

Since the start of the year the club has embarked on a modernisation programme to improve the way the club is run and managed. Our aim is that the operational side of the club should mirror the excellence demonstrated in the swimming and coaching side of the club.

The Executive committee and Parent Focus group have concentrated on 3 main areas: the club website, new club kit and office administrative issues.

New Club Kit



In September 2015 the club will be introducing a new kit for the Coaches, Swimmers and Water Polo Players. We are very excited to be working with G-Force a UK company based in Leicestershire who will design and manufacture kit for us. Here's a little taster of the new look kit.

The kit will have a new colour branding which allows our swimmers and coaches to stand out poolside. The fabrics will wash and dry in a superfast time and be comfortable for the swimmers both on and off poolside.

Our partnership with G-force includes a one stop online shop which will be easy to access directly from our club website. Swimmers and or parents will be able to order and pay G-force direct for kit which will then be dispatched to your home and arrive 3-5 working days after your order has been placed. Kit will also be able to be personalised with names for an extra cost. The club will be issuing more advice on this in due course. During the summer holidays on Friday night club night at the main pool we will have samples of the new kit and sample sizes for you to touch and feel and try on. Further information will be available during the summer including a list of kit available and prices.

All old kit will be for sale at reduced prices until the end of July, but will cease to be club kit from September 2015.

Club Organisation and Procedures

COCSA have teamed up with Sport England's Club Matters Programme which offers advice and help on the organisational side of sporting clubs. COCSA have extended the hand of friendship to other Swimming Clubs from across the West Midlands to join us in a series of Club Matters workshops.

We hosted the first workshop in May addressing the issue of PAYE and Employment Status. As a result of this and work already done by the club all of our Coaches will be classed as employees of the club in line with HMRC rules. The next workshop is planned for July and will look at Club Structures including charitable status.

How can you help?

The Club Matters representative has suggested that we seek help from our parent body and try and find out if any of you have the skills needed to help us with various issues as we progress on our modernisation journey.

Please let us know if you have skills or experience with setting up pensions for small businesses, or a personnel or human resources background.

Please call 02476 252579 or email: joanne.deakins@coventry-swimming.org.uk



The Club's new website

In response to views from parents and swimmers and various calls to update the website we are pleased to announce that a new improved much more user friendly website will be launched this summer.

The site is already looking great and hopefully will be easier to navigate to get the information you are looking for. We've been able to brighten up the pages and add in photos making it look and feel much more professional as befits a club of our pedigree.

The launch date is expected to be **September** so keep a look out for it.

England Open Water team

Tom Stacey who swam for the England Open Water team 2 weeks ago in Majorca.

He was away for 8 days with the England Talent Team and raced in a 1.5k, 5k and 7k Open Water races as well as training alongside Senior Internationals like Keri-Anne Payne and Dan Fogg.

He managed Top 20 finishes in all his races so swam very well too.

Midlands (11/12 - 14yrs) round up

Here's a round up of the Midland District Championships held at our very own Olympic 50m pool.

Madeleine Hoare had an excellent two weekends swimming, picking up an impressive 3 silver medals in the 13 years age group for 400m and 200m Freestyle and also in the 50m Freestyle swimming a personal best time for the 50m Free. Madeleine also made the finals of both the 200m IM and the 100m freestyle, swimming strong heats to qualify 6th in the IM and 1st in the freestyle. Madeline held her heat position in the 200 IM final and finished just outside the medals in the 100m freestyle final placing 4th overall.

Tom Mitchell, competing in his first Midland final, took almost a full second off his personal best in the 13 years 50m Backstroke to finish 7th in the final. He also put in an excellent performance in the 400m IM knocking 4 seconds off his previous best time. Tom swam a life time best in the heats of the 200m backstroke to qualify for the final and then swam faster still, lowering his lifetime best again to finish 6th overall and qualify for the ASA Summer National Championships. Tom also achieved PB's in both the 200m freestyle and the 100m backstroke.

Ronnie Harvey also had an excellent Championships. He started by taking 5 seconds off his previous 200m IM best time. He then went on to smash his 400m IM PB by taking off a staggering 26 seconds. Next he stepped up for the 200m Breaststroke with the aim of making his first Midland final in this event. In the heat he swam a 4 second best time qualifying for the final in 4th place in a time of 2.55.84. In the final Ronnie pulled out all the stops, again finishing 4th, in a time of 2.50.71. Not only did this mean Ronnie achieved a 9 second personal best time that day but also qualified for English National Championships in the 12/13 years age group taking place this summer. He put in a solid performance in the 200m butterfly achieving a new PB by an impressive 4 seconds qualifying in 4th position for the final, which is where he finished, just missing out on a medal. His time in this event meant another qualification for the National Championships. Ronnie also swam a 6 second PB in the 400m freestyle and shaved one second off his 200m freestyle best time.

Tommy Smith made the final of the 11/12 years 100m Breaststroke recording a 2 second PB time in the heat. He then swam another second faster in the final finishing 5th in a time of 1.25.65. Next Tommy swam in the 200m Breaststroke and, despite a disappointing heat, still made the finals in 7th place. He then showed true grit to finish 6th in the final in a time of 3.07.18, just outside of his best time. Tommy also recorded a PB on his 200m IM lowering his time by 2.4 seconds to 2.43.44. Tommy also recorded a 2 second PB in the 200m freestyle, again just missing out on the final by finishing the heats in 9th place.

Midland Championships debutant **Isobel Holden** competed in 2 events starting with the 50m Butterfly for the 13 years age group. An impressive first place heat swim saw her beating her best time by 0.6 of a second and qualifying for the final in 7th place. In the final she pushed on again swimming another 0.5 seconds faster to finish in 6th place in a time of 31.89. Isobel's second event was the 50m Freestyle and whilst putting in a strong performance swam just outside of her best.

Caitlin Newport qualified for her first Midlands final after an impressive heat swim obtaining a PB in the 13 years 100m breaststroke. She then dug deep in the final, lowering her time again and finishing just outside the medals in 4th place. Caitlin also qualified for the final of the 50m breaststroke finishing in 6th place.

Mentions also need to go to **Lauren McConnachie** who swam in the 13 years 50m, 200m and 400m Freestyle as well as achieving a PB in the 200m breaststroke. **Jasmine Marajh**, who swam in the 13 years 50m Butterfly and 50m Freestyle. **Hanna Dixon** who swam a best time in the 50m breaststroke, finishing 10th, just outside a place in the final. **Ana Vicary** and **Georgia Ementon**, (14 years age group) who both swam personal best times in the girls 200m breaststroke.

Despite City of Coventry finishing 19th on the medals table **Rikki Morris** praised his swimmers for some outstanding performances over the course of the meet.

Coach's Corner New Season changes



As some of you will have heard the club will be under-going some changes for the new season starting in September, with the introduction of this newsletter being just one of them. There will be some changes to some of the coaching groups as well as we try and introduce a new culture and environment designed to increase the overall performance of the club. The coaching staff had a really productive meeting last week as we discussed the changes and I will be getting the details to you as soon as possible.

One thing that remains a constant though is the need for a swimmer to **set relevant goals**. Every swimmer wants to swim at the Olympic Games, but it seems an eternity away for most swimmers who are just starting out. The following passage adjacent is almost 40 years old but still highly relevant today.

Please take time to read it and perhaps discuss with your group coach.

Adam Ruckwood - COCSC Head Coach

Setting Goals for Yourself

Consider this approach taken by John Naber

In 1972 (Munich Olympics) Mark Spitz won seven Gold Medals, breaking seven world records. I was at home watching him on my living room floor, thinking, wouldn't it be nice to win a Gold Medal and be a World Champion in Olympic competition? So right then, I had this dream of being an Olympic Champion ... soon after that dream became a goal. That dream to goal transition is the most significant thing I learnt prior to the Olympics; the importance of setting a goal, and, how to set your goal. You see, motivation is simply not enough.

My personal best for 100m backstroke was 59.9. Roland Mattes, winning for the second consecutive Olympics in 1972, went 56.58. Assuming a progression, I figured in 1976, 55.5 would be the order of the day. That's what I would have to do. So, I'm four seconds off an Olympics winning time; like dropping four seconds off your 400 metres sprint in track and field.

That's a very substantial drop in time, but because the improvement has been calculated (the "dream" quantified), it is becoming a goal that I can figure out how to decisively attack. I have four years to 1976; four years to train; four years to improve. Swimmers train ten or eleven months a year, so it's about a tenth of a second a month, allowing for workouts missed. And, we train six days a week, so it's about 1/130th of a second a day.

We train from six to eight in the morning and four to six at night, so it's really only 1/1200th of a second for every hour of training. Do you know how short a time 1/1200th of a second is? Look at my hand; blink when I snap my fingers. From the time your eyelids started to close to the time they touched about 5/1200th of a second elapsed.

For me to stand on the pool deck and say: during the next sixty minutes I'm going to improve that much (less than the blink of an eye) is believable.

Four seconds improvement before the next Olympics is too large a task to realistically visualise; but, I can believe .. I did believe the daily goal I set for myself.

Applying this approach to your preparations will help you quantify your goals?
John Naber

In 1976, John Naber won the Olympic 100m Backstroke Gold Medal in a time of 55.49 (World Record).



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