

EU Swim Newsletter



Please visit our website at www.euswim.org.

30 June 2010

Volume 2, Issue 12

Presenting the June 2010 edition of the EU Swim Newsletter! This month's publication features articles from two clubs in England and Ireland. Coach Hayley Burke of Aer Lingus Swim Club from Dublin first presents the team's accomplishments at a club gala in May. Next, Coach Sue Newman of Nuneaton & Bedworth Dolphins in England reports on her team's stunning success at the Nuneaton & District Junior League, which secured them an unprecedented spot in the Division One final.

We then explore the sport of swimming from a swimmer and parent perspective. Eleven-year old Charlie Waddingham discusses his struggles and joys at the Midland Age Group Championships, which took place over a series of two weekends in early June. And, for all the parents out there, Aer Lingus' Maurice McCrohan provides us with an entertaining description of a swimming competition from a parent's perspective!

As always, your contributions to the Newsletter are warmly welcomed. Feel free to contact newsletter@euswim.org with articles, stories and photos about your swimming club! Looking forward to hearing from you.

*Julia Galan
Meet Director
EU Swimming Invitational*

Aer Lingus Swim Club Fly High at Club Gala

*Coach Hayley Burke
Aer Lingus Swim Club
Dublin, Ireland*



Brilliant performances from all who competed at the Aer Lingus Club Gala in May! I've counted 152 PB's altogether.

There were huge PB's from our B Group team knocking up to 20 seconds off times and others who swam events for the first time. A special mention to swimmers in Lane 1, who had not taken part in a competition before. They handled Sunday with no hesitation and showed great potential.

Unfortunately some swimmers goggles/hats came off on the dive of their races but fair play to each of them for keep on swimming...and in some cases pb-ing despite the disadvantage! It's great to see!

There were medal positions in every event and in most age groups. Jean Harling and Matthew Hynes collected a number of gold medals in the under 10 category. Also to medal in that age group was Fionnan McMenamin, Aidan Mullaney, Barry Rodgers, Caoimhe Branagan, Sarah Cahill, and Ava Lambert (who gave, in my opinion, the best performance of the day when she took gold in the girls 50 butterfly clocking a time of 41.22 - the fastest time of all ages who participated), to name but a few!

In the older age groups Saoirse Kilgarriff won gold in the 200 backstroke in a time of 2.46 after just winning the 100 back in a time of 1.16. A number of swimmers swam for time, being too old for the ages allocated for this competition. One of which was Reuben O'Sullivan who swam the 100 freestyle in an attempt to break the 1 minute barrier and did so in 59.89. His teammate Sean O'Brien stormed in a 54.9.

As well as fantastic performances it was great to see all the support from parents (who gave up a whopper day to stay indoors), cheering and support was great and a super display of sportsmanship from the swimmers towards their fellow competitors. In particular at the beginning of the first session Coach Annie pointed out to me that



Eoin Gormley who swims in lane 3 of the B group, swam his 200m (pb'd in a 3.23.40) finished second in his race and when the last swimmer came in Eoin clapped for him and shook his hand while in the pool.

It's very rare that you see a swimmer as young as 12 showing as much respect as Eoin displayed and this kind of behaviour deserves to be acknowledged and celebrated. On behalf of the coaches we are very proud of Eoin and many others who represent Aer Lingus Swim Club and of course for all swimmers that represent our club with their gutsy swims!

Thanks for all the help, the gala went smoothly and congratulations to all the swimmers!..."

For more information on Aer Lingus Swim Club please contact;

Colm Harling (PRO)
m: +353 87 2378910
e: alswimclub@gmail.com
w. www.alswimclub.com «



Nuneaton & Bedworth Dolphins: A Team With Spirit

*Coach Sue Newman
Nuneaton & Bedworth Dolphins
Great Britain*

Nuneaton & Bedworth Dolphins swam their way into the history books on Saturday by securing a place in September's final of the Nuneaton & District Junior League, pushing defending champions Leicester Penguins out in the process. After being promoted from Division Two in 2000, 2010 marks the tenth year in a row that the Dolphins have reached the Division One final, which is an unprecedented achievement in a league that stretches as far as Gloucester and contains teams from Coventry, Wolverhampton, Leicester, Solihull and Halesowen.

Saturday's gala took place at Wyndley, and thanks to a tough draw in the previous round, Nuneaton & Bedworth needed to secure at least second place to reach the final – which meant beating either Leicester Penguins or 2009's third-placed team Boldmere. With Boldmere taking the lead, after 28 events the Dolphins trailed Leicester by six points. By event 37 – with 14 races to go – the scores were even, but it was at this point that the Dolphins began to pull away, gaining six 1st places and four 2nd places to finish ten points ahead of 2009's champions. The final scores were Boldmere 'A', 258 points, Nuneaton & Bedworth, 234 points, Leicester Penguins, 224 points, Walsall, 144 points, Boldmere 'B', 116 points, and Bilston, 79 points.



The Dolphins were able to gain thirteen 1st places throughout the gala, with Jess Payne winning the Girls 10yrs Backstroke and Butterfly, Joe Lynch the Boys 12yrs Backstroke, Reece Killpack the Boys 10yrs Breaststroke, Charlie Waddingham the Boys 12yrs Breaststroke, Chloe Mitchell the Girls 9yrs Freestyle and Caitlin Parsons the Girls 9yrs Backstroke. The other wins came from the Girls 9yrs Freestyle and Medley teams, the Girls 10yrs Medley team, the Boys 12yrs Freestyle and Medley teams and the Girls 12yrs Freestyle team.

Chief Coach Terry Freeman said "this performance from a small town team has been beyond belief. The road to the final has not been an easy one as they came up against the four toughest teams in all three rounds, but showing fighting spirit they were able to overcome this challenge. Our coaching staff were telling the young squad all week that they could get to the final, but they needed to beat the strong Penguins outfit, and after finding themselves behind they showed true grit to fight back and overturn the lead. This outstanding result guarantees Nuneaton & Bedworth a place the 2010 Final for the tenth year in succession."

September's final takes place at Wolverhampton and will see the Dolphins pitted against Boldmere, Halesowen, Northampton, Redditch and Stourbridge. Nuneaton & Bedworth will be looking to emulate the achievement of their 2005 and 2006 teams, who were able to finish second in the final, securing a place in the National finals in October. «

Midland Age Group Championships: A Swimmer's Perspective

*Charlie Waddingham
Age 11
Nuneaton & Bedworth Dolphins
United Kingdom*

The Midland Age Group Championships took place over two hot weekends in Coventry on the 5th, 6th, 12th and 13th June with many young swimmers taking part. I qualified for 10 events which meant I was there for the 2 weekends, along with my coach Roy Smith.

I had a hard time trying to beat my rivals, as the competition was tough. My coach thought my best event was 100m breaststroke, because it was a very unexpected time: I swam a 1.23.17 and it gave me a gold medal, winning by 2.5 seconds and ranking me first in Great Britain for the 11 year olds. I also won the 200 breaststroke which I think was my best event as I did a 5 second personal best.



I also qualified for 2 more national times. I had already qualified for 100 and 200 breast earlier in the season so my aim was to maybe gain another qualifying time in the 400 IM. I had a good swim and came third with a time of 5:43.74, but more importantly I got my national time. I came 2nd in the 200 IM with a time of 2:41.43 and again another national time!!! I was swimming well.

I had a great 2 weekends of swimming gaining many personal bests and 4 medals total. I also had great fun meeting with friends from other clubs. I came 8th overall for my age group, which was pleased with. My coach said he was very proud of me and thought I had swam well and had a good Midlands competition.

I now have to keep swimming to train for nationals in July, which I am really looking forward to. «

A Lost Weekend....? (P.Bs, The N.A.C and far too much coffee!)

*Maurice McCrohan
Swim Parent
Aer Lingus Swimming Club
Dublin, Ireland*

We are reaching the business end of the swimming year. Galas coming along like your banana bus route, none for ages and a bunch arrive together! The time invested by parents, coaches and, most importantly, the children comes together at Gala weekend. The children have a great time, pre-race heeby jeebies, post race injuries and the odd disappointment apart. But for the parents, whilst we love watching our children achieve, it can be a long weekend.

We are used to getting out of bed early to get the bag ready: the energy bars, the sports drinks, the pastilles...Oh ...and the swimmers' food as well!

We turn up full of anticipation, but we know there is an hour and a half warm up. We buy the programme and scroll down and down and down and down, our swimmer is not in till event 12! Only four hours time!

Now, I have sat through Ireland - Egypt in Italia '90, Arsenal - Aston Villa in the autumn of George Graham, the last day of a Cricket test match that is destined for a draw. So I am not a "two minute warning" sporting person.



But the long wait at a gala can be paint drying in real time! What do we do to pass the time? We become coffee addicts and connoisseurs? One an hour and can rate the NAC's americano against a Starbucks take way?

We will read a tabloid from cover to cover!

Mental arithmetic is attuned. If 100 children line up for 100 freestyle, it takes the two minutes per race over ten lanes, great twenty minutes. But false starts, announcements, medal ceremonies can throw a snake into the time ladder.

We volunteer for time keeping to keep the time moving.

Your fellow club parent goes from your idle small talk stranger, to your friend, your financial adviser, counsellor, therapist...!

The funny thing is - you get used to gala world. You take an interest in all club swimmers races and before you know it can recite their personal bests before their dates of birth!

When race fatigue sets in, relays come along to perk everyone up. Swimming is an individual sport, (whilst part of a team), so the swimmers clearly relish the team side of relays. A close relay is a thrill to watch!

Then finals come along and rather like the goal leaving the door open, we refuse to go home. We want to stay and watch the finals, even if our child hasn't made it!

By the end of the weekend, we kind of miss the gala!

So rather like the pain the swimmers go through during the race, we forget about the down sides of gala weekend

Can't wait for Switzerland! «



Please visit our meet website:

www.euswim.org

Send your articles to:

newsletter@euswim.org

PUBLISHER:

Peter Galan

EDITOR-IN-CHIEF:

Julia Galan

DISCLAIMER

Member safety is a top priority of euswim.org. However, euswim.org and its associates cannot and do not accept responsibility for the content of any information or material not authored by the staff of euswim.org. All opinions stated in any such materials are solely those of the author or authors and are not necessarily the opinions of euswim.org.

SUBMITTED MATERIALS

euswim.org reserves the right to edit all submitted materials, and does not take responsibility for the return of unsolicited materials. EU Swim Newsletter, and the materials published therein, are subject to copyright. No part of this publication may be reproduced without permission from euswim.org.