

WATFORD SWIMMING CLUB NEWSLETTER JANUARY 2006

www.watfordswimmingclub.co.uk

Cyprus Trip

It is only just over a week until some of our swimmers head off to Cyprus for this years warm weather training camp.

Good luck, work hard and would someone like to volunteer to write a report for the next newsletter? If so please see Su on poolside or e-mail me.

Membership

Annual membership fees are now due. Please make sure first payment is before Feb 1st otherwise you will not be covered by the A.S.A. and may be asked not to swim, especially in galas, open meets, polo matches etc.

Please see Lorraine Wednesdays, Central Baths between 6 -9pm. Many thanks for your co-operation.

Diet Data

Following the excesses of Christmas many people decide that they need to go on a diet in the New Year. The popular magazines are full of diets, & one I saw recently, "The Bikini Diet - Lose 6kg in just 14 days", really annoyed me. Whilst this may seem an impressive result on the scales, what isn't made clear is that this weight loss will come from not only water loss and some fat loss, but predominantly muscle mass - obviously something swimmers want to avoid!. Muscle mass is also important for maintaining metabolic rate & so the rapid weight loss will decrease the individual's metabolic rate. The most likely outcome after someone discontinues such a profoundly low calorie diet is a greater gain in body fat compared to muscle, which makes it even harder to lose weight at the next attempt.

If you feel you need to shed a few pounds, I'd advocate a slow steady weight loss where a diet is more likely to work in the long term & is less likely to result in a significant drop in metabolic rate. Many people want to believe

Biggleswade Open

There were some excellent swims at the Biggleswade Open Meet over the weekend 21-22 January. Despite the early start, 8.30, 3 sessions a day, fog for those who drove and horrible pizzas and coffee for those who stayed at a local hotel, everyone had a great time.

Carolyn Astbury won 400m Free, 200m Butterfly 200m IM, 400 IM, 100m Butterfly, and 800m Free. Hazel Pickford came 2nd in 200m Back 1st 50m Back 3rd 50m Breast and 3rd 800 Free. Paige Dore-Boize came 3rd in the 50m Back and 50m Fly. Amy Callannan: 2nd 50m Back 3rd 50m Fly. Hannah Lewis 3rd 50m Back and 50m Free. Lauren Simmonds 3rd 50m Free and 50m Fly.

For the boys:

Matt Dixie 2nd in 200m Back and 100m Back
Matt King 3rd 50m Breast, 50m Free, 50m Fly
Matt Toothill 3rd 50m Free
Ben Dollard joint 2nd 100m Free, 2nd 50m Free, 3rd 100m Fly and 1st 50m Fly
Lance Owide 3rd 100m Breast
Adam Raw 3rd 200m Fly

Other swimmers improved their PB's and achieved BAG Cats consideration or qualifying times.

Well done Parents for driving, watching, cheering, and paying.

Happy Birthday to:

Megan Davies, Stacey Rafferty, Lauren Simmonds, Kirsten Brown, Charlotte Piercy, Stuart Allen, Harry Beaumont, Joe Course, Camryn Lloyd, Oliver Quint, Luke Rogers, Jack Spence and Bruce Worby.

Recent Flashes		CHANGING LANES	
<p>Emma Lewis Gold Breast, and Silver Back</p> <p>Zoe Stewart Silver Breast</p> <p>Amy Stewart Gold Free</p> <p>Nik Spears PLat Free and Plat Back</p> <p>Heather Tysoe Gold Free</p>		<p>The only people that have authority to tell swimmers to change lanes or swim in different sessions on different days are Terry, Shirley or Margaret.</p> <p>If ANYBODY else tells you to move then please check with the above before doing so. Swimmers are moved when technique and fitness has improved and it's the right time for the individual. If a swimmer is moved unauthorized then he or she may struggle in future sessions and then their confidence is affected and we don't want that happening</p>	
e-mail version via su_tysoe@hotmail.com		Help Still Needed	
Social Events – Race Night		<p>2-3 people are needed to help Jackie Spence prepare the <u>Swim 21</u> application. This will bring huge benefits to the club. See Jackie Spence for information.</p> <p>Also we need someone to take over the role of <u>fundraising/social events</u>. This is 2-3 events a year (or more if you like) e.g. It's a Knockout in June and the Christmas disco.</p>	
<p>The race night last Saturday was a great success. Although well attended by the swimmers a few more adults (and their wallets) would have been good.</p> <p>The horses were well supported, judging by the noise of cheering as they approached the finish and the winning 'owners' each received a bottle of wine. They were: Joan Harvey, Heather Tysoe (commandeered by Mum), Terry & Chris Sullivan, The Ayling Family, Barbara Sargant, Nik Spears (also confiscated by Mum).</p> <p>The large raffle was very popular and overall the evening raised £xxx.</p> <p>Thanks to Janet for organising and especially Nick and Alison Combridge for supervising the betting clarks and working out the payout for the bets on the winning horses. Thank you to everyone, a great time was had by all. Look out for another night next January.</p>		Gala dates for 2006	
		<p>Please note the following dated in you diary-</p> <p>Herts. League** (2 teams): 7th Jan, 4th Feb, 25th Mar</p> <p>Bagcats***: 4th & 5th, 11th, 18th & 19th Mar</p> <p>East Counties***: 4th May, 29th May, 3rd & 4th, 10th & 11th June</p> <p>Peanuts**: 13th May, 17th Jun, 1st Jul</p> <p>London League**: 14th Oct, 11th Nov, 9th Dec</p> <p>Development Meet***: 18th Nov</p> <p>Daplins Trophy**: 2nd Dec</p>	
Club Champs Galas *	Novice Galas**	Herts. League **	BAG Cats ***
The lists are on the board, please sign up and while you are doing March why not sign them all.	None arranged yet, watch this space	Feb 4 th Teams on the board.	Entries should be with Janet NOW, if not see her quick or send yourself.
<p>* Entry form on the back for the board</p> <p>** See board for team selection and venues</p> <p>*** See Janet for entry form</p>			