

**Crystal Palace Report** by Samm Astbury

Samm has written a brilliant report, documenting the fun and success of the recent Crystal Palace Development Squad Training Camp. It is, unfortunately too long for the space available this month so I will include it in full in the Christmas newsletter. So you don't have to wait that long you can hear it in full, and see the photo board at the AGM.

**Social Events**

2<sup>nd</sup> December Club Diner and Dance at the Metropolitan Police Club in Bushey. Tickets and details from Barbara, price £27.50.

17<sup>th</sup> December Disco (TBC) at Fullarians from 7-11pm everyone is welcome

Race Night in January date to be advised.

**Committee**

Please add your nominations to the sheets for committee members. (Sheets will be posted at Central and Westfield)

Chairperson, Assistant Treasurer and Secretary are all required as well as committee members. Elections will be held at the AGM

**Marketing**

**Also needed on the committee is someone with marketing experience, to help promote the club locally to encourage new swimmers to join us and keep our profile high in the local press. Can you help? Please let a committee**

**Other important dates please note**

11<sup>th</sup> December AGM at Ricky School

Next year we have 2 teams in the Herts. League (dates below). **It is vital that all squad swimmers are available for all dates**, so please put them in your diary now. Swimmers cannot swap squads.

6<sup>th</sup> January  
3<sup>rd</sup> February  
24<sup>th</sup> March

Next year's club holiday will be:  
Last swim: 3<sup>rd</sup> August 2007  
First swim: 20<sup>th</sup> August 2007

**Trophies**

All the trophies should now have been returned (cleaned please), if not please return to Ann or Pru.

**Longest Club Member**

David Williams joined Watford Swimming Club in 1946 at the age of 10 and 60 years later is still a member. He swam and played polo for Watford and Hertfordshire for many years, represented the Royal Air Force during his National Service and was Club President in 1963.

In David's early years of swimming, Butterfly, which then had a Breastroke leg action, could be used in Breatstroke races. It was also permissible to swim any distance you wanted under water. Can you imagine being in a race to think you were in the lead only to find another competitor pop up from under the water in front of you. This was David's technique!

He now lives in Banbury so does not attend Club but competes in Masters Events as a Watford Club member and recently achieved a 1<sup>st</sup> for 50 meters Backstroke and a 2<sup>nd</sup> for 100 meters Backstroke in the Eastern District Masters 70/75 age group.

Congratulations David, we look forward to seeing you at the Club's annual Dinner Dance, which he always attends with his wife Eileen.

**Happy November Birthday to:**

Amy. Chung,  
Katrina Clark,  
Lauren Dixie,  
Sky Draper,  
Paige Dore-Boize,  
Charley Hardcastle-Foster,  
Rachel Williams,  
Glenn White,  
Haydm Thewlis,  
Johnathan Ayling,  
Louis Rennoldson,

e-mail version or articles for the newsletter to: su\_tysoe@hotmail.com  
Articles for the next newsletter by **Friday 8<sup>th</sup> December** please

- \* Entry form on the back for the board
- \*\* See board for team selection and venues
- \*\*\* Club Supported Open Meet, see Janet for entry form
- \*\*\*\* Other Open Meets, details on the board

### Club Champs Galas \*

The dates and events for next years club champs will be announced in the January newsletter...watch this space.

### Team Leagues\*\*

#### London League:

9<sup>th</sup> Dec

#### Herts. League:

6<sup>th</sup> Jan, 3<sup>rd</sup> Feb & 24<sup>th</sup> Mar

#### Peanuts 2007 (9yrs,U11,U12,U13):

May 12<sup>th</sup>, Jun 16<sup>th</sup> & July 7<sup>th</sup>

Please put these dates in your diary NOW!

### Christmas Special \*\*

Sun 3<sup>rd</sup> December 4.30 warm up  
CoStA have invited us to a Peanuts style gala (i.e. kids born in 1994-1997).  
The team list and details will be on the board next month.

### Club Supported Open Meets \*\*\*

25<sup>th</sup> November: Hemel Hempstead

20<sup>th</sup>/21<sup>st</sup> January: Biggleswade

### Selection of Other Open Meets\*\*\*\*

(Some may become Club supported meets)

26<sup>th</sup> November Hitchin

### Restricted Galas

26<sup>th</sup>/27<sup>th</sup> - Nov Regional Championships.  
2<sup>nd</sup> Dec - Daplyns: for Under 14's. Team selection will be on the board/website nearer the time.

18<sup>th</sup> Nov - Herts. Development meet:

### Recent Flashes From Diana Clark

#### Fly:

**Bronze-** L. Hawkins, H. Barrett, L Hamilton

**Silver-** A. Chung, H. Jibson, S. Draper, Al. Callanan, W. Fulton

**Gold-** H. Tysoe, Z. Stewart, M. Davies, N. Spears, O. Barker

#### Back:

**Bronze-** S. Hanson, C. Rowe, L Wells, C. Allen, L. Hall, L. Sills

**Silver-** H. Jibson, T. Durn, L. Hamilton, T. Hall, W. Fulton

**Gold-** O. Barker

#### Breast:

**Bronze-** L. Clay-Baker, R. Clark, L. Hamilton, L. Sills

**Silver-** S. Draper, Al. Callanan, L. Wells

**Gold-** N. Spears, O. Barker, J. Spence

#### Free:

**Bronze-** K. Peyton, K. Attfield, L Saunders, T. Durn, C. Wells, L. Hall

**Silver-** L. Hamilton, W. Fulton

**Gold-** H. Jibson, O. Barker

**Platinum-** H. Tysoe

### Know the Stroke – Backstroke

**SW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips, Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

**SW 6.1** At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from the horizontal. The position of the head is not relevant.

**SW 6.3** Some part of the swimmer must break the surface of the water throughout the race. It is Permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

**SW 6.4** When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

**SW 6.5** Upon the finish of the race the swimmer must touch the wall while on the back.

This is an extract from the ASA 'Extracts of ASA Laws and ASA Technical Rules' for 2006-2007. Any questions please ask a coach or official.