

RUISLIP & NORTHWOOD S. C.

MASTERS

NEWSLETTER 10

(JUNE 1995)

Editor: L. Smart

Many thanks to all this month's contributors - our greatest number to date and very much appreciated. It was especially nice to receive articles from Lesley and Simon. I'm sure you will all enjoy reading and inwardly digesting all the information!! There are a few references to the next club social event - the Fun Relays Gala and Bar-B-Q - and your personal invitation appears at the end of this newsletter.

Please keep those articles/letters coming!! Having been away from the pool (and the gossip!) for the past two months I am relying on you lot for the latest news and views!?

And now over to your Chairman - a new, and now regular, column in your newsletter.....

A WORD FROM YOUR CHAIRMAN

by Deryk Allsopp

For those of you who do not know, I advise you of the sad news that Barry Pethick died suddenly on Sunday 30th April. You will all know Mary, his wife, one of the founder members of this section and, with Barry, for many years very active member of the competitive section of Ruislip-Northwood Swimming. Barry served in various capacities on the committee as team manager, treasurer and member of the committee of the Hillingdon ASA. I am sure you will all join me in passing our thoughts and condolences to Mary and her family on their sudden loss.

I am pleased to note that help at the beginning and end of training sessions has been good with more and more members helping. This takes a great burden off our coaches, who have enough work planning sessions and then motivating us to do them.

It is essential that you all read notice boards, both the board in the foyer of the pool and Ron's portable. I don't want any of you to miss our forthcoming **Fun Relay Gala and Bar-B-Q** to be held on June 24th, and important galas, including the Middx Champs, Aylesbury Masters and the compulsory gala, Sth. Bucks and Berks Championships to be held at Maidenhead on Saturday 4th November. We have won this trophy for the last two years and it would be good for all members and our coaches to make it a hat trick. So enter, even if it is only one event. You will be required for relays. Entry forms are now available.

Whilst on the topics of relays, the recent Reading Gala was a disappointment, with many people dropping out at the last minute. Ron spends a lot of time working out relays so please let him know whether you will be attending the forthcoming galas and if so, which sessions.

Lastly, articles are always wanted for the Newsletter, however long (they can always be edited!)

FUN RELAYS GALA & BAR-B-QUE

MERCHANT TAYLORS

JUNE 24

'AI' MISSES THE BIG ONE - Part 2

by Graham Smart

Morning walks through Eastcote, up Joel Street, along the A404 past Mount Vernon, down Batchworth Heath Hill, through Ricky, along the North Orbital Road, right along Coppermill Lane to the canal (there's that nice pub just by the bridge, ed.), a sprint up Park Lane (it's bad enough on a bike) to Harefield, down Breakspear Road, past Bayhurst Woods, left at Swakeleys' roundabout to Ickenham, past Ruislip High Road, Ruislip Manor, and on to Budgens in Eastcote to buy his morning pint of milk had toned Alan's legs to such a pitch that pulling floats were things of the past.

The final trial took place at Highgrove pool. Not content with obliterating the morning swimmers on a regular basis, 'Mr Ballistic' as Alan is known at Highgrove, decided it was time to test his speed and stamina the Thursday before the gala.

Having jogged to the pool, Alan arrived at 6.45. Time to prepare himself. The fast lane was ready. Four posers, bodies tuned like guitar strings, kidded themselves they were 'real men'. With pulling float tucked down the front of his Speedo's to create more drag, Alan plunged into the cool water. Poser Number One was quickly dealt with by a simple over the top tumble turn after one length. To the sounds of coughing and spluttering water, Alan stretched his stroke. Poser Number Two committed the cardinal sin of swimming breast stroke in the 'fast lane', a particular hate of 'Mr Ballistic'. Catching the poor man's leg in his arm during the breathing stroke, Poser Two was flipped onto his back and underwater as Alan continued his stroke and pulled powerfully. With two swimmers having struggled to the side, the pool attendants armed their whistles ready for any ASA infringements.

To their horror they saw the demise of yet another swimmer who 'copped' it in the neck as Alan changed from front crawl to butterfly during a close passing move. With whistles blowing and arms revolving, three attendants attempted to clear the fast lane. However, never having got wet, and not knowing quite what to do, they decided to just watch.

The change of heart for the pool attendants happened on length thirty three. Really moving now, Alan was on a 'charge'. With mind concentrating on gala tactics and Liz's order for three bags of crisps, twelve sausage rolls, a quiche, five rounds of sandwiches - one egg, two cheese, one tuna and one ham, a fruit cake and choice of sweet, the last Poser was a mere ten metres away. Suddenly he was there, Alan felt the familiar sensation of stoking 'another's' soles. "Dam Poser" - a split second thought as the power continued. To the horror of those poolside, Alan swam over the poor unfortunate, who was metaphorically spat out the back. Casting all thoughts of keeping the trainers dry, it was time to haul the maniac out. As Alan surfaced from a tumble, two attendants dived in and purchased a leg each. Unable to kick, memories of putting his lane three colleagues through hell on Ron's pulling came flooding back. The drag of two pool attendants, together with the float neatly tucked down the Speedo's only added to the challenge of using those massive shoulders to haul the combined mass to another 29sec length of Highgrove (33m pool, ed.).

Banned from Highgrove, yet triumphant, Alan walked home wearing a broad smile as he knew he had peeked at the right time.

Saturday 18th March. The time had arrived. The morning started well with a walk through Eastcote, up Joel Street, along the A404 past Mount Vernon, down Batchworth Heath Hill,.....

..... Ickenham, past Ruislip High Road, Ruislip Manor, and on to Budgens in Eastcote to buy his morning pint of milk and Liz's list of goodies for the gala. A worn water pump on a neighbours' car meant no Reg's session as the morning was spent under the engine of an 'L' reg. Skoda fitting a new pump with 3m of 15mm copper tubing, four 15mm elbows, a tin of jointing paste, packet of blue tack, tin of Evo Stick and a bent coat hanger.

Following a test drive through Eastcote, up Joel Street, along the A404 past Mount Vernon, down Batchworth Heath Hill,..... Ickenham, past Ruislip High Road, Ruislip Manor, and back to Eastcote, Alan's neighbour was overwhelmed with gratitude. Over a cup of tea Alan learnt that the elderly neighbour and his wife were to drive to Oxford in the afternoon for a reunion.

At three o'clock, following Sue Barker's assessment of the afternoon's clash between Llandyssul and Halifax in the Charity Shield, the bell rang in Alan's flat. With tears flowing on Alan's door mat, the neighbour explained the final demise of the Skoda, and asked for a lift to Harrow. A tube to Victoria and coach to Oxford was the only hope. With eyes welling, and knees weakening Alan had only one choice. The neighbour and his wife were settled into the Xantia, the gala goodies loaded in the back and it was off down the A40.

Well there we are. What can you say, or what would you like to say, about the man? As I have learnt from the guys and girls in lane three, his just a big softy at heart!

READING GALA *by Simon Morgan*

*At Liz's request, I use the term loosely
I must write an account accurate & truthfully.
A concise, precise, appraisal of Berks
The whistle blows, "on your marks"*

*The racing began with the 200 Free,
Bob got a gold swimming magnificently.
Simon was next, so sought advice from Ron,
"Pace the first hundred, then go like a bomb"
After the swim he said, "Start out faster"
Simon, exhausted, couldn't argue with the master.*

*Trevor's event was the 50 Breast
He swam it with vigour, style & zest.
A physical display of great quality
Once finished he went to a retirement jollity
"You're a little too young to retire", we sniggered
The present should be 'gold stop watch', we figured?*

*That's enough about the men.
How about Les, Jes, Tes & Jo then?!
For Lesley we should create a new rule
Each medal she wins she wears in the pool.
Her closest rival wore a cossie quite similar
Go faster, black rubber, jet propelled swimwear
But 2 minutes 16 for the 200 front crawl
Ensured that she was first to the wall.*

*Jennifer was pleased with a personal best
33 seconds for 50 metres impressed.
So I asked why did it all suddenly come right?
"The relaxing massage I was given last night!"
As your reporter I reckoned I'd dug as far as I dare
For more details see Jennifer on how to prepare!*

*Over 200m Teresa went hard from the Dive
Her reward at the finish was 2.25
Not a PB so she lead me to believe
But a time that most of us would love to achieve*

*Jo had arrived without half her kit
so I lent her my hat & goggles that didn't fit
"Your head's too big", she told me with a smile
Charming, I thought, try my trunks on for style.*

*I think you'd all agree the best swim of the day
Was Bob's second leg in the Mixed 200m relay.
He kindly volunteered so we could enter the race
Out of five teams we managed 4th place
Considering the ages should have totalled 100 years
It's a better achievement than at first it appears.*

*So now I must conclude this report
Let me leave you with this one thought
Roses are red, violets are blue
Some poem rhyme, but this one doesn't!*

BERNIE - THE 'FLYING GRAVETT'

by Liz Smart

Some time in February, Bernie disappeared. Some of us were privy to his whereabouts. No, not an undercover operation in Ladbroke Grove. Something far more interesting than that! Bernie had flown off to Melbourne, Australia to compete in the 5TH WORLD POLICE AND FIRE GAMES. Acting as the manager/team captain, Bernie organised the GB Police team of eight who later returned with 38 medals between them.

Some of us who have already seen the impressive times that Bernie clocked 'down under' are still wondering what his secret is! Swimming in the 50m Fly (30-39 yr age group) he won the BRONZE medal in the amazing time of 28.7 secs!! A team BRONZE was won in the 30-39 yr Freestyle Relay and a GOLD in the Medley Relay. In this race Bernie's outstanding split of 27.8 secs for the 50m Fly leg helped the team to knock 0.4 secs off the Championship record. A 9th place in the Open 100m Fly (64.6) and an 8th in the Open 200m IM (2.41.50) rounded off the competition nicely for Mr. Gravett, who was then able to set off for a pleasant vacation. Guarding his chunky medals carefully he spent the following five weeks "drinking and eating", with a little bit of diving thrown in.

Although only seen a couple of times since his sojourn it is reported that he is keen to get back into serious training again in preparation for the Middlesex Championships in July!!

HOW TO BE A LANE ONE SWIMMER

by Graham Smart

Following numerous enquiries by club members and studies on technique and physical prowess by Ron and Reg, the editor asked if I would 'shadow' a Lane 1 swimmer for a day and report back on any findings of interest.

In keeping with articles of the highest quality and interest published in the club's newsletter the editor asked me to 'shadow' Lesley Cordial for a day. This was not going to be easy, Lesley was not to be aware she was being tracked! I decided to cover the period 8 o'clock Tuesday evening to 8 o'clock Wednesday evening. That way I could trace Lesley's movements from a Ron session to a Reg session.

Tuesday night, Merchant Taylors pool, warm up complete. Ron's first session over, 12 x 25m on 30, after hanging on to Colin and Mr Bronze. No Lesley!

Ah, Lesley arrives, bag in hand, black cap and silver goggles ready. This late arrival business will definitely have to be sorted! Session over, miss out the shower, get dressed quickly and into the car.

We're off, out of the car park and heading home to Chalfont - I follow at a safe distance so not be noticed. Dam, stopped at the Aquadrome by mobile PC plod. "Of course I have no lights on, I might be seen!" A ticking off and a court summons later I set off for Chalfont in full view of other road users. Cracked it in one, Lesley and Chris are just leaving the house in matching track suits. Time 22.20. Deryk mentioned land exercises, I bet they go down to the gym after training. (I'm more of a banana and custard man myself!).

What, the "Fox and Goose"? Surely not. Cunningly disguised as a gypsy selling herbs obtained from the rear of the establishment, I wandered to the other end of the bar keeping a watchful eye.

Two pints for Chris (he was driving) and four for Lesley (it was a hard session) later it was back to the car. 22.35 and we're heading towards Chesham. Ah now, there's a leisure centre there. Chris pulls over and it's into the chippy?! 22.50 and we're back at the house. 23.05, downstairs lights off, upstairs on. Now this must be reported. If I could get high enough to peer through the window I might just see for myself what these Lane 1 land exercises are all about. A suitable vantage point was obtained 30ft up a silver birch adjacent to the house.

00.10 I found myself in somewhat hot water down at Chesham nick. Bloody neighbourhood watch reported a prowler via a mobile phone and I was dumped in the rear of a police Fiesta van faster than you could produce a press pass. The gypsy gear didn't help my credibility down at the station. Fortunately a phone call to Liz and I was on my way home.

Undeterred I as up at 05.00 and off to Chalfont, keen to capture something of interest to put in the next newsletter. Chris out of the house at 06.30 (one of these keen people?), Lesley out by 07.00. A ten minute walk to the station and we catch the 07.15. Digestion of the 'Express' and consumption of a Cadbury's milk bar was the extent of physical activity during the journey to work.

18.23 and we're on the train home, Evening Standard and a Cadbury's milk bar! 19.03 we're home. 19.20 Chris leaves home in whites, pads and willow (that's a cricket bat). 20.05 and I'm following the Honda to Merchant Taylors. All boring stuff really - at least we'll be on time for Reg's session. Panic, I've lost the Honda in Ricky. Foot down to the Aquadrome. No luck. Retracing my steps I get lost in a one-way system and land up in high street Ricky. Bingo. Through the lit up window of McDonalds I catch Lesley checking her kit bag between bites of what must have been a double cheese burger.

20.20 it's back in the car. We're going to be late! We arrive at the school at 20.35 and it's in the water at 20.40 (ten minutes late - that's about right). The kicking was fine but the 18 x 50m pulling in 45sec was tough. Finishing with 16 x 100m on 1.30 sec was too much. Couldn't manage 2 in 2 mins.

Deryk, Lesley and Simon emerged from lane 1 as if they had just started. Deryk smiling as he surveyed the array of aching, moaning bodies from lanes three to six. Keith, who really should be in lane 1, said he prefers Reg's Saturday morning sessions because of the extra half hour workout!

So what have I to say? As Joe keeps telling me - "Not a lot". This may seem cynical but the pints of beer, milk chocolate bars and double cheese burgers (I believe it gets worse at weekends) do not seem to me to be what it needs to go from lanes six to three to lane one. We'll have to try stalking Simon. Perhaps the real answers simple, these lane one people have always been, and always will be, better.

DEAR COACH,

I have recently acquired a pair of hand paddles and would appreciate advice on how and when to use them.

How and when to use hand paddles? I would advise their use when you feel like strengthening your arms and upper torso muscles and to use them only when pulling and not indulging in hypoxic (breath control) work. The muscles to benefit from their use must be the shoulder group, namely the deltoids and their group of ten smaller ones. The upper arm (biceps and triceps) have got to benefit and you could possibly end up looking like Popeye. Finally the strength of your wrists will improve - there are many exterior muscles there.

However, I would say use mainly for strength reasons and not stamina work. I say again, use only for pulling, shorter distances at high pressure, say up to 200m reps and if used in swimming and pulling long continuous lengths (say 800m +) keep this pressure at a comfortable level.

Having read April's newsletter I had not appreciated the use you all put to hand paddles. In my youth corporal punishment was fashionable and I am thankful that they or flippers were not around!!!

Reg

Will weight training make me faster?

Like all questions, the answer is yes and no! Weight training will certainly make you stronger and therefore give you more power but it is not as simple as that. Strength is not the only factor involved if you want to swim faster. As important as strength is speed.

A powerful swimmer, Lesley being a good example, couples strength with speed. To increase your time over a given distance you need to work on increasing your stroke speed through the water as well as increasing strength in arms and shoulders.

An important factor, not only in swimming, but all physical activities, is an individual's power to weight ratio. In simplistic terms, if two people have the same strength, but different weights, then if all other factors such as stroke length and technique are equal (which they never are), the lighter person will be faster than the heavier. This is self evident in swimming because the heavier person has more bulk to pull through the water.

This heavier individual has two options to achieve the power to weight of his faster colleague. Loose weight, or gain more strength. The dilemma is that increasing strength through muscle leads to more weight gain as muscle is heavier than fat.

This is the danger with weight training. Pumping heavy weights to gain strength (sometimes it can make you look better to!) will increase muscle bulk, which in turn increases your weight - catch 22. A better solution is to use light weights combined with longer reps. But be careful, get advice from a qualified weight coach and build up slowly. For most people, there is more gain improving technique and timing rather than improving strength.

Ron

<p>GB NATIONAL SHORT COURSE CHAMPIONSHIPS - OCT 1995 & WORLD CHAMPIONSHIPS - JUNE/JULY 1996</p>
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Venue : Ponds Forge Pool, Sheffield

by Lesley Cordial

OK, will all those who would like to enter the above please form an orderly queue while I dish out the application forms.

Now, as I was saying No, No, now wait just a minute Hey you! Just where do you think you're going? I know, I saw you - you got as far as the heading and then you were heading for the next page.

Now I realise the words 'National' and 'World' do tend to loom large and menacing but don't be put off. Believe me, if you have ever attended a Reading gala or joined in the annual excursion to Guernsey then you'll fit in and feel right at home here. You'll be amazed at how many people you know, at how many officials you recognise - you see the same old faces and swim against the same old names. OK there maybe a few more of them (some of them may even be speaking a dodgy foreign

lingo) but the range of swimming ability doesn't really change. There will be people faster but there will most certainly be plenty slower.

I know what you're thinking - there's old Lesley (less of the old please!), always off at galas - she's used to that sort of competition - been doing it for years - Well, don't take my word for it - ask Teresa, or Liz or Jo.

2 years ago Liz was the classic example. She'd only been training a short time and the thought of swimming in a national competition frightened the life out of her. Now I know she won't mind me saying that because I talked her into going. She had the courage to give it a go and what happened? - she knocked over 15 seconds off her 200m breaststroke time and had a fab weekend. Now she can't wait to get there! (Although I still haven't quite figured out if it's the enjoyment of going swimming or the bliss of a quiet weekend without the family - sorry Graham!).

If you're worried about the cost, well it usually works out to be less than the Guernsey trip. We all share the petrol cost of driving up which with 3 to 4 people in a car works out about £7 - £8 each. Now that's not exactly going to break the bank. The ASA arrange special deals with a whole host of local hotels. And after 3 years of trial and a lot of error I can now safely say I have found a real 'goody' which costs a mere £17 a night including breakfast. The hotel is also only a 5 minute drive from the pool (or 20 if you take that nasty right hand turn and end up on the ring road!).

Dinner has always proved to be an entertaining occasion - and has ranged from 3 extra large plates of pizza at the nearest Pizzaland (with a carafe of wine thrown in for good measure) to dancing on the tables to the music of "You're the one that I want" at the Rock Island Diner - Jo's other half Andrew can offer testimony to the fact that Liz and I are unable to either sing OR dance to this tune!

There are also some excellent shops and brilliant markets within walking distance (Julia please take note).

I have left the last word for the pool itself. It is 10 lanes wide and can be split into two 25 metre pools to enable 2 competitions to be run simultaneously. For the last 2 years of the Nationals the women have swum in one half of the pool and the men in the other. Races are run simultaneously and although you may think that this would cause confusion when starting it actually runs very smoothly and certainly helps to speed things up, with one race starting on a gun and the other starting on an electronic 'beep'. There is an excellent restaurant and spectators gallery which runs the full length of both sides of the pool. There is also continuous warm up/down facilities within a 25m diving pool area adjacent to the main pool. Anyone who has ever swum in this pool always agrees that it is worth competing just for the venue alone.

So, there you have it. Yes these are big events and yes the World Championships will attract a large number of entries and there will be some fast times swum - it is after all just that - a World Championship - but I'm sure we can all remember attending a gala where we have been impressed by a winning time. But it is as I said earlier - you will NOT be out of your depth ('scuse the pun!).

The name of this game is 'enjoy yourself'. So, if you fancy some fun, enjoy a good laugh and fancy a trip even if just for a relay to gain some experience - come have a chat with me (or Teresa, or Liz or Jo) I promise you will have a weekend to remember and I do mean a good one!

Ok, you may now turn over that page!

FUN RELAYS AT MERCHANT TAYLORS

by Liz Smart

By now it should be apparent that there is going to be another social event for the Club on June 24th!! There is an entry slip at the end of this newsletter. Please fill this in asap and return to one or all of the four mentioned people. It is very important that the 'organising committee' (i.e. Deryk) knows of your wish to enter as he has the unenviable task of sorting out the teams!

Teams will be organised in the fairest way possible to avoid 'walk-overs' and the races planned are guaranteed to provide fun and laughter(!) Please do not, whatever you do, choose not to come because you think it is going to be too hard or too serious.

The swimming is due to start as soon as possible after 5.00 pm (Bob please note!) and shouldn't last that long. Afterwards we have use of the school's Tuck Shop and bar-b-ques for the rest of the evening. We shall be asking all participants to bring some beef burgers/sausages and the usual offerings of liquid refreshment (more details nearer the time).* There will be other things to eat and in order to provide a good selection of accompaniments we are asking for each swimmer to donate £3.00. This will also cover the cost of pool hire.

Friends, family, "luvvers and bruvvers" (to coin Mr. Robjant's phrase!) are all encouraged to join us to provide cheering and jeering. Those with officiating and cooking skills are especially welcome. Also anyone with access to Bar-B-Q coals should make themselves known toute-de-suite.

Enter without delay!!

(* "Oh no, it's not going to be Liz with her 'lucky dip' again, is it?")

(Might be!)

DATES FOR YOU DIARIES

JUNE 24	CLUB FUN GALA & BAR-B-Q - MERCHANT TAYLORS SCHOOL 5.00 PM onwards
JULY 2 & 9	MIDDLESEX MASTERS - GURNELL POOL, EALING
SEPT 16	BARNET COPTHALL OPEN 50M SPRINT MEET
SEPT 30	SOUTHERN COUNTIES SHORT COURSE MASTERS (Venue: Barnet Copthall)
OCT 1	AYLESBURY & DISTRICT SC 1ST OPEN MASTERS MEET (Venue: Guttman Sports Centre, Stoke Mandeville)
OCT 27-29	ASA MASTERS CHAMPS (Venue: Ponds Forge, Sheffield)
NOV 4	BERKS & STH. BUCKS OPEN MASTERS MEET (Venue: Maidenhead)

COMING UP NEXT MONTH

We are promised a letter from 'Big Al' who may wish to answer some of the points raised in Mr. Smart's articles (!). Also promised is the first in a long line of 'Swimmer Profiles' which will give us the chance to learn more about the background and interests of our fellow swimmers. The results from Reading should be available by then (if they ever decide to honour their promise to send them to me!) and an up-to-date Smiley Face Table. Hopefully a report on the GB Long Course Championships will also be included. It is/was due to take place on June 2-4 at Crystal Palace. Perhaps Lesley or Teresa could come up with something to describe their experiences there?!! All that and anything else anyone wants to donate? Thanks.

INVITATION

R&N Masters Fun Relays Gala

YOU ARE INVITED TO

Merchant Taylors School, Northwood, Middlesex

PLACE

5.00 pm 'til late

TIME

Saturday, 24th June 1995

DATE

(RSVP to Lyn, Deryk, Liz or Graham)



Thank you for inviting me to the party.

I/We will be delighted to come.

From

P.S. I enclose £3.00 to cover costs.