

EXETER CITY
Swimming Club

Newsletter



September 2006

Olympic Sized Pool for City?

Plans for a multi-million-pound Olympic-sized pool for Exeter are to be considered.

City council leaders will commission a feasibility study looking into the possibility of building either a 50m pool or a smaller 25m facility

The council wants to replace the existing, dilapidated Pyramids swimming pool with a brand new one, and the favoured site at the moment is on land adjoining the Clifton Hill sports centre.

Council officials say they are open-minded about whether a 50m or 25m pool would be more suitable - although a smaller facility would be more cost effective. But they believe it is important that it is built within walking distance from the city centre.

There are currently only 20 Olympic-sized pools in the UK, with the nearest in the South West at Bath and at Street in Somerset.

Ian Cowe, the city council's leisure manager, said: "If all goes well the city can look forward to a new swimming pool to serve the city for the next few decades. We are open minded about the options. We will wait for the results of the feasibility study and then the council will need to make some decisions about which option to go for."

Source: Express & Echo
Thursday 31st August 2006

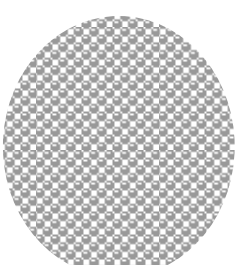
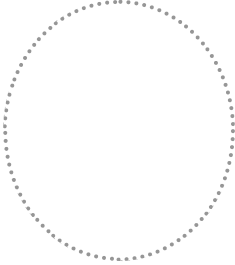


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Newsletter



Fixtures Lists can be found beside the Notice Board – please take one so that you have advanced notice of what is going on.


Forthcoming Fixtures

Sep	17	Exeter Sprint Meet
	23	ECSC Colours Meet
Oct	7	Western Speedo League - Round 1
	20/21	English Schools National Championships
	21	EDML - Newton Abbot
	22-28	ECSC Warm Weather Training Camp
	22	Inter County Gala - Sheffield
	23	ECSC Colours Meet
Nov	4/5	ASA SW Regional Championships - Hutton Moor
	11	Western Speed League - Round 3

ASA National Youth Championships

ASA British National Youth Championships 2006

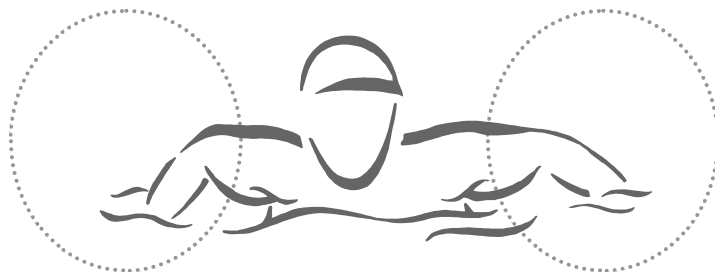
Head Coach's Report:



7.15am on Tuesday 1st August saw the start of the first session of the 2006 National Youth Championships. In 2006 Teams have descended on Ponds Forge Sheffield from length and breadth of the UK, Northern Ireland, Southern Ireland, South Africa, Canada and Australia to name but a few.

The first Exeter swimmer to hit the water was 15 year old Jodi Worbey who started a hectic 6 days of racing with the 400m Individual Medley. Worbey's previous best was set back in January at the Exeter Long Course meet and has been unable that form until today, Worbey's 1st 100m Butterfly split saw her take on the field and turn in a time 2 seconds quicker than she has previously swum. This pattern continued with Worbey getting the Exeter ball rolling a great Personal Best Time finishing in a time of 5.14.65 giving her an overall position of 17th in the 15-year age group. This gives Worbey a further top 20 UK ranking in what is by no means her No.1 event.

Exeter's two Youth Backcrawl specialists had a much longer wait after the 7.15am Warm Up. Maria Graney (14) and Rebecca Jenkins (16) 200m Backcrawl event finally got underway at 12.45 some 5 hours after the initial warm up. Graney was to secure further progress with a new Personal Best Time of 2.28.92 giving her 12th position in the 14-year age band. Jenkins was also to match the 12th place ranking however Jenkins, despite being fractionally outside her lifetime best was to post a 12th place ranking for the double age band finishing just shy of the top 10 required for a PM Finals swim.



September 2006

ASA National Youth Championships

Day two saw only 1 of the Exeter trio in action. Jodi Worbey followed up her 400 IM on day one with the 800m Freestyle. This all comes before Worbey's best events which follow on Days 3 and 5 of this years National Championships. Worbey set her stall out well in the 800m Freestyle going through the 400m mark in a time of 4.43 which should have led to a 800m PB of approximately 9.29. Unfortunately Worbey was not able to maintain her early pace, which is indeed a rarity. Worbey finished just 3 seconds shy of her Personal Best time of 9.31. Head Coach Mc Narry was still upbeat about this result and felt that the range of Events in Worbey's National Campaign makes it very difficult to prepare for them all. Something must give and hopefully tomorrow's 100m Butterfly will justify today's 2nd best ever 800m freestyle.

The third day of competition in the 2006 National Youth Championships saw three Exeter swimmers in action. Maria Graney and Rebecca Jenkins in the 14 & 16 years 100m Back crawl respectively. Jodi Worbey was competing in the 100m Butterfly. Having shown some great pre race speed both at home and also in Sheffield in the days leading up to the meet Head Coach Stuart Mc Narry was anticipating some great swims. Unfortunately this was not to be with all three athletes narrowly missing out on lifetime bests. Head Coach Mc Narry is becoming somewhat bemused by this phenomenon which has taken grip of the Exeter camp since day 2 of the Championships. Already both swimmers and coaches are looking to what can be changed in 2006/07 to make sure this anti-climax to the year does not happen again.

Day three saw Exeter's Madam Butterfly take to the pool for her penultimate event, the 200m Individual Medley. Having set a Personal Best time in the 400m equivalent on Day one it was hoped Worbey would return to life time best form after a shaky days two and three. Unfortunately this was not to be with Worbey finishing some three seconds outside of her best. Already Head Coach Stuart Mc Narry is starting to rethink plans for next year including a break for the athletes at Christmas and removal of certain training protocols. "All of our youth swimmers are looking very jaded. These championships come on the back of what is a long season. We must try something different next season to ensure our athletes hit this mean really fresh next year. I understand a number of programmes have broken with tradition and had a short period of rest over the Christmas period. This is something I have always avoided, however it appears that those clubs appear much fresher when August National Events come around and this is something we must look into for 2007."

The concluding day of national championships for Exeter City in 2006 saw Worbey in action in her number one Butterfly discipline. Again Worbey failed to match her standards set earlier this season, looking extremely tired and heavy in the water.

In Summary, this summer Exeter City swimmers have:

Won 1 British National Age Group title in the fastest ever time by a British 12 year old

Won four Irish Senior Titles with Meet Best times in two events.

Won three Irish Age Group Titles in the club's first visit to the meet.

All this from a squad of 17 swimmers. Not bad eh?

Margaret Gardner Memorial Meet 2006

The Margaret Gardner Memorial Meet was hosted in the 25m pool in the grounds of Plymouth College on the 29th and 30th July 2006.

For many Exeter City swimmers this was their first open meet and the journey to Plymouth was to prove a valuable experience.

During the weekend their coaches Karen Gutans and Steve Carder, ably assisted by Paul and Monica Hitt, supported the swimmers on poolside. Whilst the Exeter City parents in the viewing seats supported with their loud voices!

This meet was without medals or certificates but if there were any to be had Exeter City Swimmers would have gathered a total of 97 medals this weekend.

With this in mind, all of the placings would be difficult to mention but Exeter swimmers dominated events gaining first places in the following events for their age groups:

Samantha Gray 50m Butterfly.

Ellen Harrison 50m Butterfly.

Becca Hitt 50m, 100m & 200m Breaststroke. 400m Individual Medley.

Laura Hitt 25m Breaststroke, 200m Freestyle and the 100m Individual Medley.

Ben Roberts 50m Breaststroke

Kate Saddler 50m, 100m & 200m Breaststroke.

Vickie Sincock 50m & 100 Butterfly, 100m & 200 Freestyle and the 200m Individual Medley.

Megan Watkinson 100m Breaststroke.

Alex Wooldridge 50m, 100m, 200m Breaststroke. 50m, 100m & 200m Butterfly and the 400m Individual Medley.

Dominic Wooldridge 50m Backstroke.

The commentator for Plymouth Leander made special note of several of our swimmers notably Sarah Carder's 'Superb technique' in her backstroke, Beth Watkinson's 'fine strokes' in her 400m Individual Medley, Ben Roberts for his 'driving breaststroke' and to Alex Wooldridge who he said was 'one of Exeter's outstanding swimmers' and was 'dominating the weekend'.

Exeter Swimmers showed their team spirit but were not to be outdone by team mates in several events. Samantha Gray, Ben Roberts and Laurence Powell all fought hard in the same heat of the 50m Freestyle with Sammy winning by a 'whisker'. Sarah Carder and Beth Watkinson were to find themselves against each other in several heats and both fought hard and drove each other on so gaining them some good personal best times.

The other Exeter swimmers who attended the meet and made personal best times were Edward Linnington, James McClay, Bethany Gutans, Gabriella Martin, Emma Watkinson, Amy Linnington, Richard Ward and Abigail Gray.

Special mentions should go to Amy Linnington who at the age of 6 years was Exeter City's youngest competitor and swam brilliantly and to Beth Watkinson who entered all the events throughout the weekend.



Tiverton Sprint Meet

September 2006

Gala Report

Ten young ECSC swimmers took part in the Tiverton Sprint Meet on Sunday 16 July:

Bethany Gutans, Emily Hitt, Rebecca Hitt, Sophie Kay, Sophie Shire, Bethany Watkinson, Megan Watkinson, Edward Linnington, Dylan Lubbe and Dominic Wooldridge.

There were plenty of close swims with many PBs achieved by our swimmers. Some PBd in the heats, and again in the finals!

Girls who qualified for the finals were: **Rebecca Hitt** 50 Brs: 6th, 100 IM: 4th (HDW), **Megan Watkinson** 50 Fly: 2nd, 50 FS: 1st, 50 Bk: 5th, and **Bethany Watkinson** 50 Brs: 5th. Boys were: **Edward Linnington** 50 FS: 4th, 50 Bk: 2nd, 50 Fly: 2nd, 50 Brs: 4th, 100IM: 4th (HDW).

Coach was Karen Gutans, with Team Managers Paul and Monica Hitt. Well done swimmers, and thank you to all for their help and support.

Devon Development Gala

On the weekend of the 24th and 25th of June the Devon Development Gala took place at Tiverton pool.

The following Exeter City swimmers took part, Claire Gibbins, Samantha Gray, Emily Hitt, Edward Linnington, Hope Macleod, Victoria Palmer, Megan Robinson, Georgina Rutter, Pippa Rutter, Kate Saddler, Sophie Shire, Bethany Watkinson, and Megan Watkinson.

These swimmers achieved almost 100% success rate for personal best performances in a wide range of strokes and distances. Particularly good results came from Bethany Watkinson 3rd in the 200IM, 3rd in the 200m breaststroke and 7th in the 100m freestyle, Megan Watkinson 6th in the 200m backstroke and 4th in the 200m breaststroke, Hope Macleod 7th in the 200IM, 5th in the 200m breaststroke and 8th in the 100m freestyle, Edward Linnington 9th in the 200m freestyle, Samantha Gray 7th in the 200m breaststroke, and Victoria Palmer 9th in the 100m backstroke.

Unfortunately the pool was closed on the Sunday, before the afternoon session could finish, as there was an act of unpleasant vandalism. So this also means the gala on the 8th of July has been cancelled as well. The Devon Development Galas provide an excellent opportunity for novice swimmers to experience a competitive, but friendly environment, so I would strongly encourage any swimmers between the ages 9-14 to compete next year.

Kate Saddler



Our VISION for 2006 to 2009

“Planning is an unnatural process. It is much more fun to do something”

“The nicest thing about not planning is that failure comes as a complete surprise, rather than being preceded by a period of worry and depression”

Sir John Harvey-Jones

Your Coaches have been making plans for the next swimming year and to give the club a focus a “Vision” for the next three years has been agreed with the committee as below.

The club will

- *Provide a pathway to success at Commonwealth and Olympic Level*
- *Produce qualifiers for the 2010 Commonwealth Games and 2012 Olympic Games*
- *Have at least two swimmers selected for British Swimming World Class Programmes by 2009*
- *Produce National Championship medallists by 2008*
- *Increase year on year the number of qualifiers for County, Regional and National Competitions*
- *Provide the highest quality coaching, including annual training camps in Europe or the USA*
- *Improve our pool time to give our swimmers at all levels the best opportunity to improve and succeed*
- *Increase our pool time to give more opportunities to swim*
- *Extend our links with Exeter University to offer the best Sports Science support for swimmers and coaches at all levels*
- *Introduce mentoring/role model and coaching support from our senior to junior squads to encourage commitment and to support competition entry for new members*
- *Establish a network of local clubs to offer opportunities to the most talented swimmers in Exeter, East and Mid Devon*
- *Improve our links with Schools and the School Sports Co-ordinators*
- *Seek support and enter into partnerships to make competitive swimming an affordable sport for all families.*
- *Through success bring pride to the club and city*



Our VISION for 2006 to 2009

Supporting Squad plans are available on the Club Noticeboard and on our website.

The club is in a very good position, better than for many years both in terms of organisation and success in the pool. The club has waiting lists for the junior squads and we have introduced more squads to cater for the different needs of swimmers.

Our club is a competitive swimming club and to compete successfully and at the highest level requires determination and commitment by both the swimmer and parent. As a club we want to provide the best opportunities for those who show a dedication to their sport to enable them to progress as rapidly as possible. The club provides a unique opportunity for our children to achieve success at the highest levels of our sport.

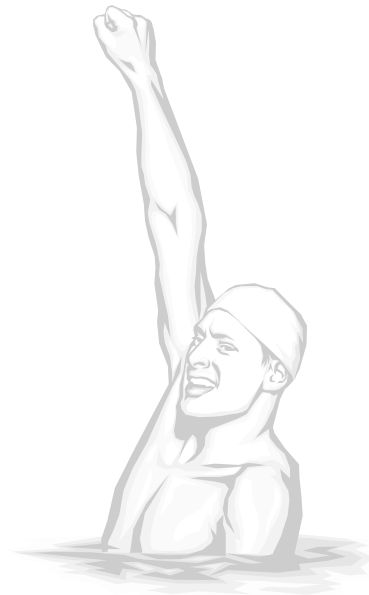
The criteria for each squad for the next swimming year are on the noticeboard. Coaches may approach you to consider which squad would best suit your child for ability and commitment and there may be other changes within squads to reflect the commitment of swimmers.

For a long time the club has not had a coach for all sessions for the Competition Squad. This squad is designed for swimmers, who wish to swim, improve and compete, but are unable to make the commitment required of other squads. I am pleased to tell you that Karen Lubbe and Elliot Dalton have very kindly volunteered to coach this squad. The Committee believes that we are now able to have a better balance in the club between those who wish to commit to a training programme and those who wish to swim for fun.

The club vision will not happen as if by magic. Our coaches (all but one are unpaid volunteers who give up their spare time for your children) will work hard to achieve it and so will the committee. But the club needs parents to volunteer to take positions on the committee, become qualified officials or to help on poolside for all squads.

What are you doing to support your swimmer and your club? Please watch the Noticeboard for opportunities.

David Jenkins
Hon. Secretary



Nationals, Sheffield

Head Coach's Report from the Nationals, Sheffield 28th July 2006 – Days 1 and 2

Exeter City's summer of success has continued with some outstanding results at both the GB National Age Group Championships and in Belfast for the Irish Open Short Course Championships. The success comes off the back of a very impressive inaugural campaign at the Irish National Age Group Championships in Limerick. Exeter returned from the Irish Age groups with three titles and a host of National Finalists.

The GB National Age group Championships got underway Thursday at the Ponds Forge Aquatic Complex in Sheffield. The annual meet attracts the "top 1 %" of British Age Group swimmers whom have fought hard for their qualifying times at County, Regional and National level competitions throughout the past 10 months. This year Exeter was able to produce 4 National Age Group qualifiers (a 400% Improvement on 2005) with all 4 having realistic opportunities to progress with good heat swims in the morning to a PM Final.

On Day One Hannah Schulz (12) was not to disappoint with an impressive display of Breaststroke swimming in the heat of her 200m Breaststroke. Hannah's heat time gave her the top seed for the evening final having narrowly beaten Jodi Willis of Rushmoor Royals and Lucy Budimir of Harrogate into third qualification spot. Schulz time of 2.45.75 was a 3 second improvement in the time she achieved at the Regional Championships held at Millfield School last month.

Thomas White also got his national campaign under way on Day one. White made a pleasing start to his first ever national championship campaign finishing in a time of 2.55.17 giving him a ranking of 21st in Great Britain.

Hannah Schulz and Coach Stuart Mc Narry had an afternoon of nail biting and fine-tuning prior to the evening final where Schulz was not to disappoint. Schulz was in confident mood as she set about eradicating any challenge others may have had to her gold medal. Schulz swam the perfect race finishing in a time of 2.41.68. Schulz's finishing time confirmed Mc Narry's opinion that she is one of the best Age Group swimmers in Great Britain at this time. World Class Programmes Southern Co-ordinator Mick Hepwood was delighted by Schulz's swim.

Day Two started with quite a reality check for the Exeter camp with Sam Jackson failing to progress to the final of the 400m Freestyle finishing in a time of 5.08.89 some ten seconds outside of his best set earlier this year at the ASA South West District Championships. Jackson's opening 50m was well inside of the pace he requires however from this point onwards things took a turn for the worse with Jackson losing his goggles and falling outside of his agreed pace. Jackson must now regroup prior to Day 4's 400m Individual Medley event where he has a realistic opportunity of making an appearance in the 11 years final.

Annie Tinsley opened her account with a pleasing performance in the 100m Freestyle ahead of her main event that also comes on Day 4. Tinsley will look to progress to the top 10 in the 800m freestyle where she has shown significant improvement in recent months. Mc Narry is confident that the 800m is more suited to Tinsley. Both at present and long term. Tinsley's time of 1.03.41 was a mere 2/100ths of a second outside of her lifetime best.

Nationals, Sheffield

So far so good for the Exeter Summer Campaign and with 2 more days of National age group and Irish Open Championship swimming still to come, Mc Narry is confident the success will continue. Next week sees the turn of Exeter's three National Youth Qualifiers to take to the stage and outperform the remainder of Britain's top 1%. We wish them well.

STOP PRESS:

Having spent some time researching the rankings available on the world wide web, it is pleasing to note that the time achieved by Hannah Schulz in Thursdays 200m Breaststroke final is the fastest EVER (since rankings were made public) by a British female 12 year old. With only 1 other Devon Club winning a gold medal thus far at the Cheesestring ASA National BAGCAT Championships, Exeter City is continuing to nurture and develop its athletes for the future. With 2012 now less than 6 years away, Schulz amongst others are putting themselves in the perfect position for a possible Olympic games on home soil.

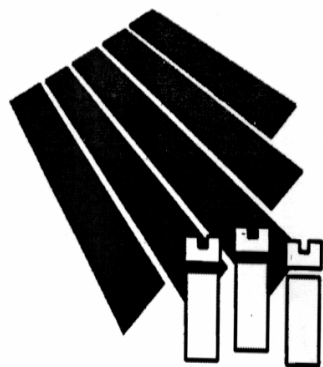
Day three provided the 4 strong Exeter team with a break from the competition schedule allowing final touches to be made prior to the final attack on National Age Group Events on Day 4.

Day four was awaited with baited breath with the distinct possibility Hannah Schulz could double her Gold Medal Tally to two with a second win, this time in the 100m Breaststroke. Unfortunately this was not to be. Hannah unfortunately suffered a recurring knee injury after the heat of her 200 Individual Medley. It was decided that in the interests of Hannah's long-term career, a short-term loss will be of greater benefit in the long term.

Schulz will be 18 in the year 2012 (London Olympics) and after her assault on Britain's 200m Rankings this week, now shines as a bright prospect for the future.

Annie Tinsley, Sam Jackson and Thomas White were also in action on day four however failed to match earlier season form. With this being the first 4-day meet experienced by the athletes the stress of the 4th day started to take its toll. However with this experience now under their belts the swimmers will look to kick-start the new season in September ready for a second assault on Nationals in 2007.

Despite Schulz's misfortune her Gold medal helped Exeter to 14th Place in the Female Top Club medal table. In doing so Exeter City ensured a significantly higher medal table position than the southwest's specialists Long Course (50m) swim programmes of Millfield School (20th) and Bath University (27th). This all comes despite the clubs shoe string budget and part time coaching staff. ALL of the programmes whom finished higher than Exeter City have Full Time coaches working specifically for the programme, something which must happen soon in Exeter if this kind of progress is to be maintained.



EXETER CITY
Swimming Club

If you have any
information for the next
newsletter contact:

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Colours Meet

Saturday 23 September 2006

5 – 9pm

(Warm up 5.15pm. Start 6pm)

at Pyramids, Exeter

A FRIENDLY and FUN evening of competition!

(replacing Club Champs)

Each team will be made up of boys and girls from each squad, and have a non-swimming Team Manager to help organise the team and give coaching tips!

Team managers and Swimmers from each squad should sign up on the list on Pyramids Notice Board.

Teams will be sorted before the gala, and displayed on the Notice Board.

It is anticipated that as many swimmers as possible from each squad will take part.

Events: Each swimmer will swim 2 events from the following:

Performance – 800 FS + 400 IM

Competition – 400 FS + 200 IM

Bagcats – 200 Fly/BK/Brs/Fs

Development – 50 Fly/Bk/Brs/Fs, 100 IM

Minnows 25 FS + 25 Bk/Brs

Plus Fun Relays and Canon Races etc.

Prizes will be awarded for fastest swimmer in each event (to be presented at the Club Presentation Evening), plus spot prizes and certificates on the night.

Points will be accumulated from each event to find the winning team!

Events are different for each squad so that each will be able to receive trophies.

We are requesting a voluntary contribution of £2 per swimmer
(to cover pool hire)



S w i m m i n g

See
NOTICE BOARD
for current
information
Or
Check our website

WE'RE ON THE WEB!

www.swimexeter.org