



Cardiff Masters Swimming Club, Newsletter: March 2006

Dear All,

We've had a busy few months with gala's Christmas Dinner, the AGM and much more. Just in case you missed something, and to give you a taster of what's still to come, then read on...

New Website

Cardiff Masters' new website is now on line and awaiting your visit.



www.cardiffmasters.co.uk

Put together by Sally Davies, one of our members, the website is a first class website for our club, for both existing and new members.

For new members there's an introduction to the club and to masters swimming. For existing members you can download the entry form for the Capital Masters gala, download this and previous newsletters and even reminisce over previous events in our photo gallery.

Thanks to Sally for all the work that she has put into making this fantastic site for us.

If you haven't had the chance to visit it yet, then you're definitely missing out and should make it the first thing you do next time to log onto the internet¹.

Gala News

Welsh Closed 2005

(By Clare Parry)

What a day to remember! Not only did Wales take on the mighty All Blacks, a National Shooting competition was staged, but seventeen members of Cardiff Masters entered the Welsh Closed Masters which this year was being held in Cardiff.

Some fine performances were turned in by club members in both the morning and afternoon sessions. Most entered the maximum six events (i.e. 2 x 25, 2 x 50 and 2 x 100), and therefore in nearly every heat, let alone event, there was a Cardiff Master's swimmer to cheer.

The highlight of the afternoon was the team relays. We had 2 men's teams, 2 women's teams and 4 mixed teams. The biggest cheer was heard when our coach (Terry) stepped up to swim in place of the injured Bill in the over 50's category, despite the fact that he says he is nowhere near that age!

A great turn out for a very enjoyable event. Well done and thank you to everyone who swam and supported. Roll on next year, lets try and get twenty or over, regardless of where the event is to be held.

¹ Cardiff Masters Swimming Club accepts no liability for any action taken if you do this at your place of work when you should be working!

For any Welfare issues within the club please contact Janet Smith or Clare Parry

GB Masters 2005

(By Vicki White)

On Friday 28th October 2005 Colin Knowles, Ann Wardell, Melanie Trickett, Anna Walker and myself travelled up to Sheffield to take part in the ASA National Masters Championships. This was a hugely popular event and competition was fierce with a total of one World, 13 European, 61 British and several Welsh records being set across the 3 days.

(*Ed: Over the course of the 3 days our four club members swam a total of 19 individuals races, coming away with 3 Welsh records and 2 silver medals. Congratulations to all of you.*)

The weekend was great fun, the events were run quickly and smoothly and there is a real atmosphere around the pool especially during the relays. It is truly amazing watching some of the older swimmers breaking European and world records.

A worthwhile meet that I think we all should do next year!!!

Welsh Open

At the start of March some of our swimmers competed in the Welsh Open, in the National Pool down in Swansea.

We don't have the results in yet, but be sure these will be included in the next newsletter.

Forthcoming Galas

There are several galas coming up over the next few months that the club hopes to send representative to, so take a note in your diaries for the following:

Welsh Capital Masters

The Welsh Capital Masters is our very own gala, organised and run jointly by our club and Clams, the other Masters club in Cardiff. This year the gala will be held on Saturday May 13th at Sophia Gardens. Unfortunately Clams are unable to help

out this year and so, with a little help from WASA we're organising it ourselves.

This means we need your help.

In order to make this year's gala as much of a success as in previous years we are looking for volunteers to help out with running the gala this.

We are looking, especially for volunteers to help organise the club's relay teams on the day and help man the medals tables. If anyone can spare a weekend day nearer the closing date for entries, we also have to input all the entry times into the Gala database and prepare returns for all the entrants.

However, any help that can be given will be much appreciated.



It is also important that our club is seen to enter as many swimmers as possible. Entry forms are available from the new website as well as on poolside during training sessions.

Guernsey

We're on tour again at the end of March! Having taken a large group to Cork last year, we've decided to do it again this year in Guernsey. Expect the usual tour of local drinking establishments and a bit of swimming mixed in there as well.

Guernsey's gala is split in four sessions, starting Friday evening, running in the morning and evening on Saturday and finishing on Sunday morning, followed by Sunday dinner.

For any Welfare issues within the club please contact Janet Smith or Clare Parry

Our tour group is flying out on Friday and coming back on Monday, and if Cork was anything to go by then this will be a trip to remember.

Other Galas

In addition to Guernsey and the Capital Masters there are several other galas coming up through the year:

April 23rd – Gloucester (closing date 24/03/2006)

June 16th-18th GB'S – Manchester

September 30th-1st Arfon-Bangor

October 28th-29th – ASA's Sheffield

November 4th – Welsh Closed

Swansea 50m Training

So, now you know the gala's that are coming up you'll want to get training. The good news is, that in order to help you out a bit, we've arranged a fourth weekly training session for you.

Every Saturday (well as many as we can) up until Guernsey (at least) we'll be heading up to the 50-meter pool in Swansea for an extra training session. Training in a 50-metre pool is a bit different to our usual training sessions, but it's an excellent way of getting yourself ready for the competitions.

If you would like to join us, please let someone on the committee know so that we can organise meeting times and car-sharing.

Club Socials

Christmas Dinner

In December the Club once again held its world famous Christmas Dinner. Attended by well over 30 hungry and thirsty members it will go down as another success in the annals of club history. Well, everyone got fed and they certainly drank anyway.



Surprise of the evening was Gareth Morgan turning up early enough to give an impromptu after-dinner speech, albeit in the middle of the Social Secretary's usual after-dinner ramblings. Awards were presented for the many national records broken in 2005, Anna Walker's 5 records being only just piped by Anne Wardell's achievement of 6; our most impressive individual haul for some years. Other awards were also presented, including the traditional, annual alcoholic back-handers for the Committee.

The evening was finished off in The Yard, so the author has been told. The photos show at least ten club members there ... but surprisingly few have been able to corroborate this. All in all another good night out, though rumour has it that Steve Morgan is still walking around in his socks while Gareth tries yet again to get past the dress code on the door of the final venue in his borrowed footwear.

Forthcoming Events ...

Bowling - 17th March

Taking a break from the pool, we'll be taking a trip down to Hollywood Bowls in Cardiff bay soon. We'll be meeting after the Friday training session for drinks around 9pm, with the lanes booked for 9:30pm.

For any Welfare issues within the club please contact Janet Smith or Clare Parry



Our bowling trips are always good fun, so please take the opportunity to join us. There is a notice poolside to sign if you are thinking of coming down.

Other News

AGM

Another year gone, and on February 13th we held our Annual General Meeting, a chance to catch up on what's been happening and take a look at what's coming up.

It was a chance to acknowledge all the achievements of the club from Welsh records to taking over 20 people to Cork. We also got the chance to look forward to new ventures, such as the new pool and another group trip, this time to Guernsey.

The AGM also includes the election of officers. This year saw the departure of Anthony Raven as Secretary, but also saw the election of a new chair, Bill Wilson. Bill joins Terry (Secretary & Coach), Elaine (Treasurer), Martin (Vice-Chair) and Janet (Welfare Officer) on the executive committee. Clare Parry, who is taking over as Welfare Office when Janet leaves us to have her baby, and Ann Frost who joins us as Minutes Officer have joined them. Many thanks to all these volunteers who help make the club run.

Welfare

Our coach, Terry, and Welfare Officer, Janet, recently attended an official WASA/ASA run Welfare course. We're keen to see the welfare of

all club members is taken into account during your time with us, and the training Terry and Janet have received should only improve the quality of this service.

As noted, Janet is taking a small break at the moment, and in the meantime Clare Parry is taking over as Welfare Officer. We wish Janet and the baby all the best and hope to see them back soon.

Qualifications

If anyone is interested in gaining WASA/ASA qualifications, for example timekeeping, officiating, teaching, coaching, then please contact Terry or the WASA office at Swansea.

And Finally ...

We really could do with your help organising the Capital Masters this year, so if you have some time please let us know, even if it's only manning the medals table for a hour on the day itself.

Good luck to everyone entering Gala's with the club and bring back loads of medals so we can brag about them in the next newsletter.

Martin

For any Welfare issues within the club please contact Janet Smith or Clare Parry

Contact Details

Please feel free to approach, phone or email any Committee Member if you have any questions, problems or suggestions. We are here to provide what the Club wants so we are always interested to hear what members have to say.

committee2006@cardiffmasters.co.uk

Coach/Secretary: Terry John

Phone: 07710 648958

coach@cardiffmasters.co.uk

secretary@cardiffmasters.co.uk

Chairman: Bill Wilson

Phone: 07939 351862

nosliw@hotmail.com

Treasurer: Elaine Harrison

Phone: 029 2038 7608

Vice-Chair: Martin Neal

Phone: 07817 185408

martinineal@btinternet.com

Welfare Officer: Janet Smith

Phone: 029 2062 1643

imp.smith@virgin.net

Welfare Officer: Clare Parry

sandcparry@care4free.net

If you want to send an email to all members please send it to one of the committee members to be distributed.