



CARDIFF MASTERS SWIMMING CLUB,

Newsletter: Christmas 2006

Dear All,

Well it's that time of year and to keep you in that festive spirit we thought a specially prepared Christmas edition of the legendary Cardiff Masters Newsletter was surely in order...

Gala News

ASA Masters, Sheffield

(by Richard Lawford)

On the last Friday in October a group of six club swimmers and two welcome hangers-on (Vicki [Swansea] and Diane [Romsey & Totton]) braved endless starts, turns and last-minute lane-changes to set some of the worst times ever recorded by the club for travelling to a swim meet. Having eventually arrived at Ponds Forge, those who had made it before their events swam and those who hadn't didn't. Martin still isn't sure whether it is driver Rich or the ASA who he should be asking for the refund. In the meantime Anna Walker succeeded in setting a new Welsh record with a great swim in the 100m breaststroke. The ASA National Masters Short Course Championships were off to a good start for Cardiff Masters after all...

Saturday started early and everyone quickly got into the swing of things. The use of two racing pools (a 'North' one and a 'South' one), let alone having a third just for warming up, left certain members of the facility-starved Taff team confused about where to swim. Driven by the adrenaline from the panic of forgetting a compass to get him to the right pool (next time he'll know better eh...) Dan recorded some good times in the 100 & 200 breast as well as the IM. Ann Wardell also did some great swims in all 3 breaststroke events, setting another Welsh record in the 50m.

The Cardiff contribution to the quality of the event was continuing ...



Sunday morning, thankfully, did not feel like such an early start, due to the clocks going back, and the Welsh swimming quality continued unabated. Vicki's massage stand made so much money that she gave up and actually did some swimming in the morning. Actually it was because she said that after two days of bending other people's bodies the 100 fly would be a rest and her 71 second time proved she wasn't making it up ... though the strange-looking guy with the 10:15am booking, the b.o. problem and the very hairy back might have played a part.

The championships finished with the ubiquitous team relay events and it was just a pity that we didn't have enough swimmers to enter a team. There were also some concerns from Team Cardiff about the fact that relay swimmers appeared to be starting their swims from the blocks; it's lucky that confirmation of how it should be done was received the following weekend at our local event where they had the common sense to provide a shallow end to enable those world-class 'in the water' relay takeovers.

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

The ASA event was one of the best organised that some of us had ever seen, with many hundreds of swimmers enjoying the two 10-lane racing pools, electronic timing and reaction-time sensors. In fact, in order that the event can take that small step forward to perfection the Cardiff contingent considered inviting the organisers down to the world famous Capital Masters gala to see how they could improve that extra little bit. However, it was decided that proving that the perfect gala can get away with using just the one pool for warm-ups, men's AND women's races would just have been showing off.

All in all a good weekend and a great gala. It would only have been better with perhaps more club members attending and joining in the swimming, supporting and socialising.

Welsh Closed 2006

The Welsh closed this year was a great success, even in a slightly older pool which was a little bit on the warm side. A fully gala report will appear in the next newsletter.

Forthcoming Galas

2007 brings us into view of the next galas for our club. In particular, over the coming months we'll be targeting three main events.

Welsh Capital Masters

On Saturday 12th May the club will once again be hosting our own gala in Cardiff. This is a great event to swim in. Closing date for entries is 21st April 2007 and you can already download an entry form from our website:

<http://www.cardiffmasters.co.uk/downloads.htm>

We will also, no doubt, be meeting up after the gala for a few drinks to recover from all our hard work and hope that you can join us.

This event is run solely by the club and so any help in organising things would be much appreciated. We're also looking for new timekeepers for the event and if you would like to

become a WASA timekeeper then please let us know.

Glasgow

Next year's official "Cardiff Masters on Tour" is going to be up in Scotland at the Glasgow short course event held over two days (20-21 April). Most of you should have received an e-mail from Terry about this and at the time of writing this, less than 48 hours later, we're already up to 8, so sign your name up for this trip today if you haven't already done so.

Our last few tours have been really enjoyable events, and there was some swimming involved too, so please join us again for a weekend to prove once again that we are the funest¹, liveliest swimming club, providing the loudest support in Britain.

Welsh Open

If, on the other hand you think swimming in a 25-meter pool is just easy, you can always decide to take the plunge down in Swansea, and race in a 50-meter pool instead!

This is taking part on the 4th and 5th of March and we hope to take a good number of the club along to the event. We don't know the closing date for this yet, but will provide entry forms as soon as they are available.

Other Galas

There are a number of other galas during the year that you might be interested to swim in:

Rotherham 11 Feb 07
(Long Course – closing date 13.01.07)

Isle of Wight 16-17 Feb 07
(Short Course – closing date 22.01.07)

Guernsey 20-22 Apr 07
(Short Course – closing date 19.03.07)

¹ New word I just made up.

Cork 05-06 May 07
(Short Course)

GB's (Manchester) 15-16 Jun 07
(Long Course)

Europeans (Kranj) 28th Aug – 2nd Sept
(Long Course)

Training

Training Dates

Over the festive period we won't be swimming as much as we usually do as the good people who run the pools need a much-deserved rest.

The last sessions of 2006 will be:

Monday 18th – Welsh Institute of Sport – 9pm

Wednesday 20th – UWIC – 9pm

Friday 22nd – Splott – 7:00pm – please note the time change here.

The first sessions of 2007 will be:

Friday 5th January – Splott – 7:45pm
(warm-up from 7:30)

Monday 8th January – Welsh Institute of Sport – 9pm

Wednesday 10th January – UWIC – 9pm

Fees 2007

Next year everyone needs to renew their membership both to the club and to WASA. As WASA have increased their fees for the fifth year in a row and we have to increase our annual membership fee as well to **£50**. This is the first increase in five years for us, but where else can you get such quality coaching and such wonderful people to swim with? Renewal forms will be available on poolside soon.

Club Socials

Christmas Dinner

Our annual Christmas dinner took place this year in Bar Cwtch, a last minute change of venue due to the original one closing down (again!). Despite

being a little cramped we managed to fill the venue with our usual festive cheer, and a chance to celebrate our achievements over 2006.

Turning up a little late, the party was already in full swing when I arrived, with old friends and new turning up to join our merry gathering. Our buffet meal seemed to be enjoyed by everyone who got the chance to have some and musical entertainment was provided from a set of CD decks which looked like they have been brought earlier that day from a certain local catalogue shop.

No Christmas swimming dinner would be complete without the chairman's speech and in a radical change this year, it was actually presented by the chairman, standing on a chair in order to be seen and heard (and feel important). This year our own Bill Wilson took the chance to remark upon our members' excellent in-pool dress sense by awarding a pink swimming cap which can now be regularly seen in training. Not to feel left out I walked away with my very own train-spotting kit and I would like to take the chance to thank those people who left personal messages for me in the notebook. Who said working hard had no rewards?

The evening came to a close with a number heading off to sample some of the other drinking establishments in the bay.

Thanks very much to Bill for organising things this year. An enjoyable time seemed to be had by all, including those committee members who seemed to find standing up a bit tricky towards the end. Always lead by example.

Other News



Wedding Bells

Congratulations to Geoff and Jane who recently got married. We hope you had a truly special day and wish you all the best for the future.

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



Time Keeping Courses

As mentioned, we are looking to obtain a number of qualified WASA time keepers in the club and are hoping to arrange some training in the new year. If you would be interested in becoming an official for WASA galas then please let one of the committee know and we will looking into courses soon.

And Finally ...

It's been a fantastic year I hope you'll agree, and next year is already looking to be even better. So all that remains is for the committee to wish you a very

**Merry
Christmas**

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.

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

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