

JLDSC NEWSLETTER

FEB/MAR 2014, ISSUE 9



"Possibly the best little swimming club in the world"
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Affiliated to: ASA, SER,
BLDSA and the CS&PF

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SUMMER IS ALMOST HERE!

The clocks have gone forward, the evenings are getting lighter and the sea is warming up. It can only mean that winter is on the way out and summer is on its way.

Over the winter we had good attendance at the AquaSplash pool sessions. We had 36 entries in the BLDSA postal swim which took place before February half term and a good turnout at the swimarathon in March.

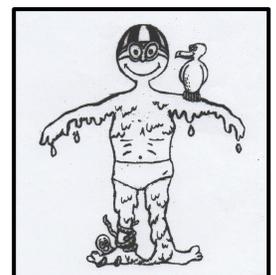
This year is the 40th anniversary for the JLDSC so there will be lots of special events to look out for. The committee are currently planning a 40th anniversary Summer BBQ celebration. Details can't be revealed just yet but it will be a night of entertainment and laughs for all the family and there will most definitely be a night swim on the high tide! This event will take place at Havre Des Pas on 31st May so put the date in your diary and keep the date free!

The 40th year will also see the club website re-vamped. Matt Elcock has agreed to be our new web master and is currently re-designing the site. It will go live in a few weeks time so we will let you know when it is up and running and you can visit the new look site.

On a final note now the clocks have gone forward, remember to add an hour whenever you check tide times!

INSIDE THIS ISSUE...

- 2 Award dinners** A short report of the CS&PF Annual dinner and the Jersey Sports Council award ceremony.
- 3 Swimarathon** A short report of club members' efforts at the island wide fundraising event.



AWARD DINNERS

The Channel Swimming and Piloting Federation (CS&PF) are a governing body for English Channel swimming. As the largest organization for English Channel swimming, our Jersey swimmers often choose their experienced pilots to guide them across the busiest shipping lane in the world.

Like the JLDSC, the CS & PF hold their annual dinner and awards ceremony to celebrate the success of the Channel Swimming season. This year's dinner was held at the Dover Town Hall on 15th March.

The dinner attracts people from all over the world including swimmers, relay teams and the important boat crews. The JLDSC were well represented with no less than 18 people travelling to Dover for the evening.

It was an amazing night with plenty to celebrate. Wendy Trehiou received the Peter Adams trophy for endurance swim of the year for her incredible 2-way Channel swim. Chantelle Rose was awarded the JLDSC's Swim Against All Odds trophy for her 21hr 59 minute Channel swim. As this trophy is given by the JLDSC, our own President Sally Minty-Gravett was able to award the trophy whilst Vice President 'Charlie' Gravett gave a short speech about Chantelle's swimming history and why she was so deserving of the award.

Photos below: (L) Wendy receiving her award from Nick Adams (R) Chantelle receiving her award from Sally



The Jersey Sports Council also held their awards ceremony in March. The JLDSC committee nominated a number of swimmers for their achievements during 2013. Charlie Gravett was also nominated for the Sid Guy Memorial award for his services towards the club. There was tough competition for all our nominees but Sally was awarded a Certificate of Merit honouring her 5 decades of Channel Swimming and Wendy was awarded a Certificate of Merit for her English Channel 2-way. There were a number of sports represented and recognised throughout the evening so to have 2 award winners is a fantastic achievement.



SWIMARATHON

The island wide fundraising event took place over 5 days in March with the JLDSC taking over all 8 lanes of the pool on Thursday 13th March. We had to change our regular spot on a Saturday due to the clash with the CS & PF dinner. Everyone who took part swam exceptionally well with some lanes only having 3 or 4 swimmers. One lane managed to score 83 laps. JLDSC members managed to raise approximately £550 so congratulations to everyone for your swimming and fund raising efforts.



A collage of photos from the Lion's Club of Jersey Swimarathon. Photos taken by Marilyn Le Guilcher.



DRILL OF THE MONTH

Whilst pool training in the winter it is always good to do drill practice. Drills are designed to strengthen particular aspects of a stroke and correct faults.

In the last newsletter we looked at catch-up, which is a good drill for front crawl. This month we are focusing on the 'finger drag' that helps with the side-to-side rotation in front crawl. As your arm comes out of the water, simply drag your thumb along the side of the body, from your hip all the way up to your armpit, before reaching forward and starting the next pull.

The aim of this drill is to force you onto your side by keeping your recovery arm close to the body. Having a good rotation along the head-to-toe axis will help a lot in longer swims when you need to hold a consistent stroke rate and prevent fatigue in the shoulders. The drill also forces your hand to enter the water finger-tips first which will reduce drag.

Remember to build drills into your pool sessions during the winter to improve your technique.

If you would like any tips or pointers on how to swim this drill or any other drill, ask Sally or one of the pool side helpers on a Tuesday night. Happy swimming!



IN BRIEF:

New swim hats

Some of you will have seen the new swim hats for this season with a re-vamped logo of the classic greasy man. Thank you to Chantelle Le Guilcher for designing them. The new hats come in pink or green so make sure you see Sally, Jenny or Marilyn for your new hat.

Pool training break

A little reminder that the last pool session will be on April 8th. We will return to the pool after the Easter break on 29th April. As it will be the summer term we will only be in the pool until half term then making the move to St Catherine's on Tuesday nights. The date for this move will be confirmed nearer the time.

Date for your diary

The EGM to agree changes in the club constitution will be held on May 13th at 7.45pm. It will follow on immediately from the junior swimming session at AquaSplash and will therefore be held in the party room at AquaSplash. Please save the date!

COMMITTEE CONTACT DETAILS

President: Sally Minty-Gravett 07797713252

Vice President: 'Charlie' Gravett 07797713251

Vice President: Wendy Trehou 07797774209

Secretary & Welfare Officer: Jenny FitzGerald 07797716480

Treasurer: Marilyn Le Guilcher 07797776083

Committee members:

Dee Richards	07797777844
Adrian Follain	07797788091
Chantelle Le Guilcher	07797852176
Martin Powell	07797730455
John Asplet	07797751049
Alice Harvey	07797821798
Alana Powell	c/o Martin Powell