

LEICS ASA MASTERS Newsletter



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Winter 2018

Fitness, friendship and fun!

Welcome all Leicestershire masters swimmers to this edition of the newsletter. Wishing all of you a Happy New Year. As we look forward to the new competitive season we will take a look back at the highlights of 2017. Two big headlines were our first Masters Swimmers of the Year award and our Open Masters meet which also acted as the first county masters championships. Plus lots of good performances at national and international level in both the pool and open water.

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LEICESTERSHIRE MASTERS OPEN MEET AND COUNTY CHAMPIONSHIPS

After a very slow start we had 140 swimmers sign up for our first Masters meet. 55 county swimmers from 12 clubs contested the county championships and we now have 98 county champions.

The meet itself was a great success with lots of nice comments being made to the organisers. As you will be aware lots of hard work went into the organisation of the event. Fiona Conway had the onerous task of keying in all the entries by hand. She also had to endure visits to the hospital for operations on her ankle all of which made her efforts extra special. Well done Fiona. We must also thank LASA who gave their support from day one and all the officials and pool staff, without whom we could not have run a successful gala.

It was great to see so many first time masters competing, and winning county titles. We hope you all enjoyed the experience and will come back in September 2018. It was a joy to see so many smiles on the poolside which epitomises the masters scene.

Braunstone is booked for 23 September 2018. We are working on an online entry system to ease the load on swimmers and the burden on the people who have to deal with it. Our aim is to improve on what we achieved, if you have any good ideas please let us know.



Some of the Braunstone Masters team making their masters debut. The team managed 13 individual wins plus relay success

OPEN WATER

The 2017 season started with the Midland Open Water Masters Championships at Bosworth water. The distances were over 1.5k, 3k or 5k.

Nick White and Elaine Seager won their races at 1.5k. At 3k Josie Mills came first in the 50/59 age group. Olivia Weller won the 19 years and over 5k event.

The championship season continued with the National Open Water Championships at Rotherham. Again Elaine Seager came first in the 1.5 k race. Marciej Mosiolec and Bill Sampson finished second and Nick White third. In the 3k race Josie Mills finished second and Laura Davidson fourth. Laura also competed in the 1.5k race.

NATIONAL CHAMPIONSHIPS 2017

Our swimmers had a successful time at the National Short Course Championships at Sheffield. Two gold medals were won by Hayley Bird and Aimee Ramm. Well done.

LEICESTERSHIRE MASTERS ON FACEBOOK

Facebook provides us with a quick means of letting you all know what is going on. The number of page likes has nearly doubled in the last 18 months. Please keep an eye on this page for updates under Leicestershire masters swimming.

DEVELOPMENT DAY 2018

The development day will take place on the 25 March 2018 at Nottingham University. It will, as in previous years be split into two sessions. The morning session will be presentations by top coaches and speakers. The afternoon session will be a pool based training session.

This session will be taken by head coach Andi Manley, who works with Adam Peaty and top elite swimmers. The session is aimed at masters of all ages and abilities. It is mainly structured as a series of drills and swims. We recommend the day to all swimmers and whether you compete at top level or are just starting your masters journey this is for you. Last year we had a talk by Andi Manley on the methods that are used to analyse the starts of the elite swimmers.. For some of us it is an achievement just to get up on the block never mind the milli seconds it takes to get into the pool when the buzzer goes. The technology used to hone the fastest reaction time of the elite swimmers is amazing. It explains why the reaction time to the buzzer can make the difference between winning gold medals or coming second. For the majority of masters this type of reaction is beyond us but it is the things that these coaches work with day in day out.

Please do not think that the sessions will be beyond your capability. The swimmers are split into groups that suit the age and ability so nobody should feel out of place. Please put this day on your calendar for March. Places will be restricted to the first 48 swimmers so please book early. Your club masters reps have got copies of the booking form.

NATIONAL INTER COUNTY CHALLENGE

Leicestershire finished in fourth place in the regional finals at Rugby in November 2017. We had a strong team selected and many fine swims were produced on the day.

Nationally we were in 20th place out of the 29 counties competing. we did manage to beat Northamptonshire which was the target set.

MASTERS SWIMMER OF THE YEAR 2018

In February our first Masters Swimmer of the Year award was presented. Elaine Seager and Stephen Crane were worthy winners. At the end of 2017 masters were invited to nominate the recipients for the 2018 award. Normally the county masters rep forms a small committee to choose the winners. This worked well until the said rep was a nominee. A committee minus the rep was formed to discuss the nominations. The final decision was:

Ladies : Aimee Ramm, Loughborough

Men : David Strachan, Market Harborough

Aimee was nominated for her achievements at European and National level. Gold medals having been won at both levels. She also competed at the European Police championships and won further medals. All this while serving in a high position with Leicestershire police.

David was nominated, (not for the quality of his swimming), but for his efforts to enhance the standing of masters within the county, Not only by attending meets but speaking to swimmers personally and encouraging many to compete at a standard that they did not consider themselves capable. He convinced LASA to have the open meet and county championships and had a big part in the organisation of them.

(This is the thoughts of the selection committee and not the writer who could not possibly comment.)

The presentation of the trophies will take place on 4 February 2018 at Braunstone, during the county age group championships



Aimee Ramm



David Strachan

NATIONAL LONG COURSE CHAMPIONSHIPS 2018

The national long course championships will be taking place in Plymouth 8-10 June 2018. Unlike previous years qualifying times will be in operation. This is a contentious issue as there are few meets in long course pools to achieve these times. This is not a problem if you have competed a long course meet during the last two years. To find qualifying times refer to the masters swimming hub.

EAST MIDLAND OPEN MEETS

There are now three open meets in the East Midlands that we should be supporting. In March at Calverton, September at Leicester and in November at Etwall Eagles. Details below.

DATES FOR YOUR DIARY

For details of entry packs click [here](#)

18 February 2018	Valentine open meet	Sudbury
18 March 2018	Calverton open meet	Hucknall
25 April 2018	East Mids Development Day	Nottingham Uni
22 Apr 2018	Newmarket open	Newmarket
26 May 2018	Midland Masters Champs	Rugby
3 June 2018	East Midland inter county	Nottingham
8-10 June 2018	National masters LC champs	Plymouth
21 July 2018	National open water festival	Rotherham
28 July 2018	Big swim open water	Nottingham
25 September	LASA open /county champs	Braunstone
26 October 2018	National S/C championships	Sheffield
Nov 2018	Etwall Eagles open meet	Alfreton

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