

# Solihull Splash

*The Newsletter of Solihull Swimming Club*



Issue 8 May 2014

Following feedback from the various issues of the Parents Information Sheet during 2013, it has been decided to combine its contents with those of our newsletter, Splash, and issue on a quarterly basis. We therefore hope to provide not only information about the workings of the Club, swimming terms and jargon, but also news items about gala/open meet successes, future meet dates, Swim Shop dates and other relevant Club news. We hope that you continue to find this useful. Previous issues can be found on the Club website. Email [secretary@solihullswimmingclub.co.uk](mailto:secretary@solihullswimmingclub.co.uk) to submit questions for future monthly issues.

## **Junior Water Polo Team become National Age Group Champions 2014**

The Junior Water Polo team has become ASA National Junior (under 19) Water Polo Champions after beating Manchester in a thrilling final by 14 goals to 13.

They won 8 matches in progressing to the final, all of them convincingly, scoring 142 goals against 61. However, the final was always likely to be a close affair. The lead changed hands throughout the game and there were never more than 2 goals between the teams but it was Solihull that managed to come out on top. This is a fantastic achievement - well done to all players and coaches.



Players pictured above are -

Back row: Charlie Hancox, Ben Greenhill, Herbie Harris, Jordan Elliot, Ben Simkins, Matt Kelly  
Front row: Sam Routledge, Andy Robinson, Tom Whiting, Tom Grieve, Matt Madden, Sam Bennett

They were coached by Phil Powell.

## **Congratulations to our Head Coach**



The Club is proud to report that Dean Barguss, our Head Coach, has successfully achieved his ASA Level 3 coaching certificate. This has taken significant work and commitment above his regular coaching duties. Congratulations to Dean.

## **Junior League Round 2 Saturday 10<sup>th</sup> May 2014**

### **Nuneaton Junior League**

In Round 2, we were competing against Worcester, Hinckley, Northampton, Bilston and Leicester Penguins. There was tough competition against the other teams with a number of swimmers also having to swim up an age group. Despite this, the team members showed great competitive spirit and congratulations goes to all the swimmers who took part. Special mention goes to Best Boy, Deen Ahmed and Best Girl, Grace Golinski for both their individual swims and relay legs. Thomas Beech was 3rd in 10/u 50m breaststroke and 11/u 50m breaststroke, James Lee was 3rd 11/u 50m back, James Morris was 2nd 12/u 50m breaststroke, Laila Elfandi was 3rd 9yrs 25m fly and 9yrs 25m back, Reece Harvey was 3rd 9yrs 25m free and Aurelio Lencioni was 3rd 9yrs 25m back. Thanks to all the officials and helpers and to Rachel Davis for her help and enthusiasm with the younger members of the team.

### **Leicester Junior League**

Led by Team Captains Jason Croom-Carter and Tasha Barguss, they showed fantastic team spirit, especially when the whole team cheered on the final cannon event; we were undoubtedly the loudest group of supporters for that race. Many swimmers had to swim up an age group or swim in multiple races and for some it was their first gala - they all coped extremely well with the pressure. Best Girl was Nina Lewis who won the 10yr backstroke and Best Boy was Joshua Pearce who came 2nd with an excellent swim in the 12yr freestyle. First place also went to girls 9yr freestyle relay. Second places went to Sofia Calverley (girls 9yr breaststroke), Alex Fakatou (boys 10yr backstroke) and Helene Toone (girls 10yr breaststroke). Third places went to Aidan Hogan (boys 9yr backstroke), Jacob Leslie (boys 10yr fly), girls 9yr, 10yr and boys 10yr medley relay teams. The team scored more points than the previous round which is a great achievement. Special thanks to Simon Lewis who was the team coach for the night and to the chaperones and timekeepers.

## **Date for Diary**

Club Championships 2014  
Tudor Grange Leisure Centre  
Saturday 5<sup>th</sup> July & Sunday 6<sup>th</sup> July 2014  
(warm-up 5.30pm, races start 6.00pm)  
Open to all Club members as per entry conditions.  
Entry details are now available via website.

*Entry deadline 10pm  
Friday 20<sup>th</sup> June*

## A Short Guide to Water Polo

Water polo is a team sport in which two teams attempt to score goals by throwing the ball into their opposition's goal.

The team scoring the most goals wins the match. The goals are placed at each end of the playing area and are similar in appearance to football goals. The balls are similar in size and appearance to footballs.

Tactically, the game is very mobile with all players, except the goalkeeper, being required to both defend and attack.

Each game consists of 4 quarters. Each team consists of a goalkeeper and 6 out-players in the water at any one time but up to 6 substitutes are also allowed.

There are two types of foul – minor and major.

Examples of a minor foul are:

- Touching the ball with two hands
- Taking the ball under the water when tackled
- Standing whilst in contact with the ball
- Impeding an opponent who is not holding the ball
- Pushing off an opponent

If a minor foul is committed a free throw is awarded to the opposition.

Examples of a major foul are:

- Kicking or striking an opponent
- Interfering with a free throw
- Misconduct or disrespect to the referee
- Holding, sinking or pulling back an opponent who is not holding the ball

If a major foul is committed the offending player is excluded from the game for 20 seconds playing time. However, if the major foul is committed within 5 metres of the opposition goal and a goal would probably have resulted, a penalty throw is awarded instead of an exclusion.

Both boys and girls play water polo and teams are mixed up to the age of 16. Training sessions for water polo beginners are held on Sundays 8pm till 9pm at Tudor Grange, Mondays 7pm till 8pm at Solihull School and Fridays 9pm till 10pm at Tudor Grange.



Interested? Come along and give it a try.

## Swim Shop Dates 2014

The dates for 2014 are as follows:

Sundays 5.00 – 6.30pm and Fridays 7.45 – 9.30pm.

Sunday 1 <sup>st</sup> June	Friday 13 <sup>th</sup> June
Friday 29 <sup>th</sup> June	Friday 18 <sup>th</sup> July
Sunday 7 <sup>th</sup> September	Friday 19 <sup>th</sup> September
Sunday 5 <sup>th</sup> October	Friday 17 <sup>th</sup> October
Sunday 2 <sup>nd</sup> November	Friday 14 <sup>th</sup> November
Sunday 7 <sup>th</sup> December	Friday 19 <sup>th</sup> December

## Future Gala/Open Meets 2014

Date	Gala/Open Meet	Location
Sat 14 <sup>th</sup> June 2014	Mercian Summer League Round 2	Tamworth
Sat 28 <sup>th</sup> June 2014	Nuneaton Junior League Round 3	Leamington Spa
Sat 28 <sup>th</sup> June 2014	Leicester Junior League Round 3	tbd

Please check the website or speak to the Head Coach for more information regarding closing dates and entry conditions for open meets.

## Mercian Summer League

We hosted the first round of the Mercian Summer League at Tudor Grange Leisure Centre on Saturday 3<sup>rd</sup> May. Worcester, Oldbury, Redditch, Camp Hill and Walsall joined us in this first round in what promised to be an exciting gala and we were not disappointed. The gala was led by a strong Worcester team from the outset, so attention turned to second place, a battle between Solihull, Oldbury and Redditch, the position changing constantly during the evening. We were triumphant at the end taking second place behind Worcester, 14 points ahead of joint third Oldbury and Redditch. All swimmers excelled themselves, with first places going to Tom Slater (Open 100m IM and 100m free), Rachel Davis (Open 100m back), Ethan Robinson-Bule (12yr 100m breast), Dawud Ahmed (12yr 100m free), Elizabeth Aston (10yr 50m breast) and the Boys 10yr medley relay team (Aurelio Lencioni, Thomas Beech, Deen Ahmed and Ben Kelly). Also excellent swims in their age group came from Alisha Greenshields (10yr 50m free), Abi Delaney (14yr 100m fly) and the boys 14&under medley relay team (Richard Aston, Abdur Rahim Sharif, Ben Davis and Charlie Heslington). The team showed excellent team spirit amongst themselves and this great result leads us to an exciting second round on 14th June 2014.

## Coventry & District Secondaries

23 swimmers took part in the Coventry & District Secondaries on 17<sup>th</sup>/18th May held at the Pingles pool in Nuneaton. The swimmers had an outstanding weekend, collecting 27 medals, with every swimmer achieving at least one personal best, and an amazing 62 personal best's between them. Our youngest swimmer was just 9 and the team spirit between all our swimmers as always was excellent. Top three places went to Elizabeth Aston (3rd 10yr IM), Richard Aston (3rd 13yr 50m breast), Zoe Mason (10yr, 3rd 50m breast and 100m breast). Additional medal winners were Elizabeth Aston adding a medal to her 3rd place, collecting two medals were: Ben Kelly, Lalia Elfandi, Richard Aston, Abigail Delaney and Luke Greenhill, and three medals went to Emily Judd, Oliver Porter, Charlie Heslington and Abbie Llewellyn. In what turned out to be the hottest weekend of the year so far, thanks goes to Dean who was there for both days and also to all the Club's officials and parents that supported the team.

## Time Trial Dates 2014

The dates for the Club time trials for the next six months can be found below. They take place at Tudor Grange Leisure Centre.

Each group will aim to complete at least 3 timed swims and the programme will rotate through the strokes and distances (each month will have a 200m IM (100m for Level 6 Teaching, Pre-Junior and Junior 1) 200m front crawl or 200m form, a 50m stroke and a 100m stroke). Extra swims will be accommodated at the end of each session time permitting.

Swimming Group	Warm-Up	Session End
Junior Squads, Pre-Juniors & Level 6 Teaching Groups	5.00pm	6.30pm
Senior Squads, Pre-Seniors, Junior & Senior Intermediates, Masters	6.30pm	8.00pm

1 <sup>st</sup> June 2014	200m Form / 50m Back / 100m Breast
July 2014	No time trial (Club Championships)
August 2014	No time trial
7 <sup>th</sup> September 2014	200m Ind. Medley / 50m Breast / 100m Back
5 <sup>th</sup> October 2014	200m Front crawl / 50m FC / 100m Fly
2 <sup>nd</sup> November 2014	200m Form / 50m Fly / 100m Front crawl
7 <sup>th</sup> December 2014	200m Ind. Medley / 50m Back / 100m Breast