

Cardiff Swimming Newsletter

Chairman's Chat

Before looking forward to 2002, I would like to reflect back at some of our achievements last year.

The National Speedo League Finals in April found us finishing 3rd in the 'B' Final, rewarding us with a ranking as one of the top Swimming Clubs in the UK. A couple of months later at the Welsh Age Group Championships in Swansea, our swimmers performed exceptionally well once again and by winning over twice as many gold medals as the nearest best Club, we maintained our position as Top Swimming Club in Wales. This was reinforced further later in the year at the Welsh Winter Championships in December, where our final medal tally once again out-numbered all other Welsh Clubs.

Apart from their invaluable contribution to our overall Club performance during the year, our individual swimming achievements were equally as impressive. Superb coaching by our professional and volunteer staff resulted in 16 of our swimmers achieving qualifying times for the National Age Group Championships and representation at the highest level in national and international events rounded an impressive 2001 for the City of Cardiff Swimming Club.

With qualification to another Speedo League Final, numerous Open Meets, Inter-Clubs, Championships of one category or another and not forgetting of course, the Commonwealth Games, there is so much to look forward to in 2002. Many of our senior swimmers have qualified for the Commonwealth Games Trials and I am especially looking forward to following their progress up to and after these trials.

Indeed, it is this ever-improving success of our Club, that we have received interest and movement from swimmers of other clubs in recent months, all wanting to share and improve our depth of ability further. I am delighted that we have a Club that welcomes all from within and outside the County borders and may we always be able to embrace all those that wish to develop further in this great sport of swimming.

The only uncertainty on the horizon still is the future of the pool in WIS. We decided at the outset to maintain a low public profile stance in our discussions and correspondence with the Sports Council for Wales, Cardiff County Council, National Assembly for Wales and our governing body WASA. Needless to say, that all our deliberations have the very best interest for our Club. We believe that it is this method of approach that will result in achieving our aim of maintaining the WIS facility until our longer-term objective of a 50-metre facility in Cardiff is achieved. We believe that it is by adopting such a professional, but determined stance that has led to the Sports Council for Wales to issue their latest statement;

"SCW would not close the pool at the Institute until the new National Swimming Pool becomes operational."

Furthermore, we have been advised that;

"The SCW is currently in discussions with Cardiff County Council about including the provision of a new pool for the City in building a new swimming pool in Cardiff."

With statements coming from such a high authority, we are cautiously optimistic about the future of our facilities, but we will nevertheless continue to pursue all lines of communication available to us until we achieve our objective.

Steve Airey
Chairman

In this issue

Squad Swimmer of The Month

Squad Spotlight - D2

Gala Reports

Club Kit Update

Swimming Timetables

FINA drug control report

2002 Club Diary

Club News

Squad Swimmer of the Month

Reception

Bethan Williams

For her 100% effort, enthusiasm and improvement in training.

Development 6

No specific swimmers this month.

Development 5

Matthew Williams

For a big improvement in his attitude in training..

Development 4

Victoria Srivastava

Excellent work on all her strokes and improving most of her times last year.

Development 3

No specific swimmers this month.

Development 1

Tim Graham

For working hard and improving on his strokes this month.

Junior 2

Tom Gosling

Working hard in every training session & showing everyone how it's done (even his pool-side stretching!!!).

Youth

Jamie O'Callaghan

SQUAD SPOTLIGHT - D2

Swimmer of the month - Iueuan Lloyd for good swims at Caerphilly and Urdd National Gala Finals

coach - Ann Tonge

class manager - John Cronin

no. of swim sessions per week - 4

venues - howells and w.i.s.(2 sessions at each)

no. of boys in squad - 12

no. of girls in squad - 14

youngest swimmer - 8

oldest swimmer - 15

average age - 12.5

The whole of the squad has worked well together in their training sessions over the last month and not moaned about how hard the sessions sometimes are. Well done all, keep it up.

Nikki Thompson

As class manager, it would be nice to get to know a few more of the parents of the squads swimmers, so that if I have any information to hand out I'll know who to give it to. So please come and say hello and let me put a face to the swimmers name!

John Cronin (Class Manager)

Llanelli, Inter Club Gala

Saturday 9th February 2002

After a slow start to the afternoon where our coach driver A: couldn't find his way out of Cardiff and B; couldn't find his way to the Leisure Centre in Llanelli, we finally arrived just as all of the other teams were finishing their warm up. The gala organisers, to their credit, gave us the whole pool and our entire team warmed up across all 6 lanes (Nikki says she may try this tactic at all our galas from now on!).

From the start of the meet,, the Cardiff swimmers swam with great enthusiasm and commitment, with nearly all of them clocking up personal bests in their individual events. There were 1st places for Owen Thomas (10/U Breaststroke & 10/U Backstroke), Josh Carbis (11/U Freestyle), Amy Locke (9/U Breaststroke), Victoria Srivastava (9/U Freestyle), Sean Cronin (10/U Butterfly), Chelsea Mellin (9/U Butterfly) & Ieuan Lloyd (9/U Butterfly) but probably the most satisfying results were the consistent 1st places in the relays, proving the depth of talent that our club contains.

Several of the swimmers in the 11 years age group were forced to pull out at short notice due to illness which meant that there were quite a few of our team that had to 'swim up' an age group which they all did admirably.

Cardiff lead the competition right from the start and were ahead right to the final relays when 2 disqualifications handed the lead over to Hereford who ended up winning by a mere 3 points, with a large gap back to 3rd place Bridgend.

A special mention should go to Kerry Vokes, who was on poolside duty for the 1st time and managed to marshall all of the children despite the team changing, as the gala progressed, to accommodate the missing swimmers. The look of relief on her face at the end of the canon was a joy to behold!

Final placings were as follows

1st	Hereford	250 points
2nd	Cardiff	247 points
3rd	Bridgend	203 points
4th	Torvaen	189 points
5th	Llanelli	177 points
6th	Carmarthen	177 points

Report by Chris Garfield

Club Kit

Club Kit is now being run by Pete Gosling and Jo-Ann Carr. Kit can be ordered by phoning either Pete or Jo-Ann, or seeing them in person at training sessions.

Most items available can be viewed on the club website, www.cardiffswimming.co.uk, which has pictures of the various pieces of kit in full colour.

To order any items by phone, Pete can be reached on 07710 521227 & Jo-Ann on 029 20693305.

Many thanks are due to Pete and Jo-Ann for volunteering to run the kit, it's not always an easy job so please be patient when ordering/waiting for your kit to arrive.

Club Costumes

26"-32"	£16.99
34"-36"	£18.99

Club Trunks

24"-30"	£10.99
32"-34"	£11.99

Club Hats

Speedo Silicon	£4.75
----------------	-------

Club Drinks Bottle

	£3.75
--	-------

Club Towel

	£12.99
--	--------

Club Tracksuits

Child (complete)	£44.50
Adult (complete)	£51.50
Jackets/Trousers available separately	from £17.00

Fleeces

Child	£15.00
Adults	£19.50

Shorts

Child	£10.99
Adult	£11.99

T-Shirts

Child	£7.00
Adult (T/Polo shirts)	from £7.50

Sweatshirt

Child	£4.00
-------	-------

Baseball Caps

	£4.25
--	-------

Swim Bag (Yellow)

	£27.50
--	--------

Rucksack (Blue)

	£24.50
--	--------

+ watch out for special bargain reductions

Vicki's Question Answered

In the last Newsletter I printed a question I'd received on the e-mail.

"I have just found out that a very distant relative of mine had won a medal in the Olympics, his name was Paul Radmulovick (not sure about the spelling), and he was from Cardiff.

Any ideas where I can get more information?"

Vicki Gunstone D2

Thanks very much to Huw Evans who came up with this reply..

'With reference to the newsletter item concerning Paul Radmilovic. He won a total of 4 Olympic gold medals (3 for water polo, 1908, 1912 & 1920, and for 4 x 200 freestyle relay in 1908). He is also in the Welsh Sports Hall of Fame. The spelling, as anticipated, was not quite right in the newsletter which explains the negative search. On the face of it he is one of Britain's greatest ever Olympians so if any one is related to him, it's not a fact to hide!

Huw Evans

(Jon Evans'father, D1)

Urdd National Gold Medal

Congratulations to Iueuan Lloyd, of D2, who won Gold medals in both his races in the Urdd National Gala Finals in Bangor on 12.1.02.

His races and times were:

Breast stroke 25 M 21.94 in the heat

Breast stroke 25 M 22.11 in the final

Butterfly 25M 18.37 in the final

Well done Iueuan, a tremendous achievement.

www.cardiffswimming.co.uk

This newsletter can be downloaded from the internet by going to the official CCSC web site. Full results of the Autumn Splash, held at Cogan can be found on the site, along with any gala reports that have been submitted for meets over the last year.

Also on the site is a full list of club kit (with pictures) that is on sale now. See full article in this newsletter for your club kit contacts.

We can be e-mailed at

cardiffswimming@lineone.net if anyone wishes to contact the club.

2002 Events for the club

With the new year well under way, plans are already being made for some of The Clubs' major events throughout the year.

Steve Airey, our Fixture Secretary, has compiled a list of events which can be found on the back page of this newsletter.

Last year there were very few inter club galas (especially for the younger age groups) which Steve has addressed by adding more to our fixture list, including 2 that we will be hosting ourselves. This has come directly as a response to calls for more of our Development squads to be able to participate in competitions, and to achieve the aim of nurturing a 'team spirit' throughout the whole club.

Entry forms for The Cardiff and The Vale Junior Area Championships at Barry Leisure Centre on 23rd March are now available. If you haven't already got one, there is one on page 6 of this newsletter. All Cardiff swimmers are expected to enter this gala so get your entries off now!

The annual trip to Nantes is well under way, with the team being drawn up and the travel plans being organised as we go to press.

The summer barbecue, which was a great success last year (see Julie Randalls report on the website), is being planned for slightly earlier in the year, the date for this years occasion being Saturday 27th July when, hopefully, the weather will be slightly less windy than last September! It would be nice if as many club members as possible could attend, as it's great for the swimmers to socialise outside of the pool and this is the perfect opportunity to do just that.

The Easter shutdown is scheduled for Friday March 29th - Monday April 1st inclusive and the summer shutdown is scheduled for Saturday 10th August - Monday 26th August inclusive.

Thanks are due to Steve for his efforts in putting together and organising the fixtures this year.

Charity Swim

Good luck to Allen Williams of D3 who is doing a sponsored swim in aid of MacMillan Cancer Research. He will be swimming 5000metres at Splott Pool on 23rd March. A very worthwhile cause. well done Allen.

Behind The Scenes

With Alan Jenkins

This issue, a report on FINA Drug Control

Were you aware that all competitive swimmers, irrespective of age, are governed by the ASFGB and FINADoping Protocols ?

Those of us who have signed a Welsh Amateur Swimming Association entry form authorising our children to be dope tested never really consider it an issue that will involve us Do we ? Should we? After all most of us think of sports dope testing as the search for Steroids

However the answer to both these questions is - - Yes, we must consider it.

The reason - would you want your child to be involved in an innocent test failure through your ignorance ? Leading to a possible ban ?

I will ignore in this note Narcotics, Anabolic Steroids, Diuretics, Peptide Hormones, Mimetics Analogues and Blood doping and mention two main areas that could affect the “innocent” swimmer. However it must be stressed that ignorance would not be a defence if a positive test occurs.

Asthma

There are many Children in modern society who need to take Asthma medication. FINA allows only certain types of reliever to be used by competitors.

The drugs commonly used can be divided as follows

The Allowed Asthma Drugs

Sodium cromoglycate
Theophyline
Beclomethasone (by inhalation only)
Fluticasone (by inhalation only)
Salbutamol **
Terbutaline **
Salmeterol **

The Banned asthma drugs

Ephedrine
Isoprenaline
Fenoterol
Rimiterol
Orciprenaline

** These three drugs are PERMITTED BY INHALER ONLY and written notification is required to be made to the governing body (WASA)

Common Ailments such as Cold/cough, Diarrhoea, Hayfever, Pain and Vomiting

The common sense question you should ask is should the swimmers really be swimming if they are suffering from Diarrhoea, vomiting etc ?

However, that aside, you should not take any of the banned drugs of which the following are examples only. The reason is that a lot of them are classed as stimulants

Cold / Cough / Hayfever Banned drugs :ephedrine, pseudoephedrine, phenylpropanolamine , Phenylephrine

Diarrhoea / Pain Banned drugs : opioids (eg morphine)
caffeine

So what do we do if “Junior “ has a cold - Read the packet before administering anything
— *LEMSIP* contains caffeine and phenylephrine !!!!!

This article is not intended to be and is not exhaustive and lists only a few of the many drugs banned. It is merely an attempt to make our swimmers aware of the issues concerned.

Full details can be found at the FINA web site - www.fina.org/dopingrules_appl.html
Or UK Sport web site — www.ukssport.gov.uk/did

Cardiff and The Vale Junior Championships

Saturday 23rd March 2002

Barry Leisure Centre

ORDER OF EVENTS

Saturday A.M.

Warm up 8.30AM

Boxes Close 8.30AM

Start 9.15AM

1	Boys 12/13 years	100m I.M.
2	Girls 12/13 years	100m I.M.
3	Boys 9/10/11 years	100m I.M.
4	Girls 9/10/11 years	100m I.M.
5	Boys 12/13 years	100m Backstroke
6	Girls 12/13 years	100m Backstroke
7	Boys 9/10/11 years	50m Backstroke
8	Girls 9/10/11 years	50m Backstroke
9	Boys 11/12/13 years	50m Butterfly
10	Boys 9/10 years	25m Butterfly
11	Girls 11/12/13 years	50m Butterfly
12	Girls 9/10 years	25m Butterfly

Saturday P.M.

Warm up 1.30PM

Boxes Close 1.30PM

Start 2.15PM

13	Girls 9/10/11 years	50m Breaststroke
14	Boys 9/10/11 years	50m Breaststroke
15	Girls 12/13 years	100m Breaststroke
16	Boys 12/13 years	100m Breaststroke
17	Girls 9 years	50m Freestyle
18	Boys 9 years	50m Freestyle
19	Girls 10 years	50m Freestyle
20	Boys 10 years	50m Freestyle
21	Girls 11 years	50m Freestyle
22	Boys 11 years	50m Freestyle
23	Girls 12 years	100m Freestyle
24	Boys 12 years	100m Freestyle
25	Girls 13 years	100m Freestyle
26	Boys 13 years	100m Freestyle

Events available for each age group (Age as of 23rd March 2002)

9 years	10 years	11 years	12 years	13 years
25m Butterfly	25m Butterfly	50m Butterfly	50m Butterfly	50m Butterfly
50m F/Style	50m F/Style	50m F/Style	100m F/Style	100m F/Style
50m Bk/stroke	50m Bk/stroke	50m Bk/stroke	100m Bk/stroke	100m Bk/stroke
50m Br/stroke	50m Br/stroke	50m Br/stroke	100m Br/stroke	100m Br/stroke
100m I.M.	100m I.M.	100m I.M.	100m I.M.	100m I.M.

Name _____ Male / Female (please delete) Club _____
 Address _____ Telephone _____
 Date Of Birth _____ (Age will be as age on day of Gala - 23rd March 2002)

Age	25 Fly	50 Fly	50 Back	50 Breast	50 F/Crawl	100 Back	100 Breast	100 F/Crawl	100 I.M.
9									
10									
11									
12									
13									

Closing date for entries - 21st February 2002

No. of entries _____ at £2.00 each= £ _____

Entries to be returned to:

Andrew Davies, 6 Heol Erwin, Cardiff, CF14 6QP

(Cheques to be made payable to "CITY OF CARDIFF SWIMMING CLUB")

Club Diary 2002

February 2002

- 2nd/3rd** Amman Valley Open Meet
9th-11th The Wycombe Classic Open Meet (50m)
9th Llanelli Junior (9,10,11,12,13)
17th Swansea Valley Inter Club Gala - (Novice 9,10,11,12,13)
23rd & 24th 4th Bridgend Open Meet (25m)

March 2002

- 2nd-3rd** Nantes, France (50m)
2nd-3rd Llanelli Open Meet
9th Cardiff Inter Club Gala - (Novice 8,9,10,11)
23rd Cardiff & The Vale Junior Area Championships (Barry, 25m)
30th Reading Open Meet (25m)
29th-1st Apr Easter Club Shutdown (dates inclusive)

April 2002

- 10th-15th** British LC Championships & Commonwealth Games Trials
13th Caerphilly Open (Round 2)
20th/21st Ealing Open Age Group Meet (50m)
27th Monnow Inter Club
28th Speedo League Final, Crystal Palace

May 2002

- 11th** Cardiff Inter Club Gala (10,11,12,13) - 2 Teams
16th-19th British Grand Prix - Stage 1, Glasgow
18th-19th Coventry Open (50m)

June 2002

- 1st** Llanelli Junior Novice (8,9,10,11,12)

June 2002

- 7th-9th** British Super Grand Prix Final, Glasgow
15th Caerphilly Open (Round 3)
18th-23rd Scottish Open Championships, Glasgow
22nd Norton Radstock Inter Club (10,12,14,Open)
23rd Stuttgart, Germany (50m)
28th-30th ASA Long Course National Championships, Coventry

July 2002

- 4th-7th** W.A.S.A Age Groups (25m)
20th/21st Cardiff & the Vale Sprint Meet, Cogan
30th-4th Aug Commonwealth Games, Manchester

August 2002

- 5th-8th** ASA National Age Group Championships, Sheffield
9th-12th ASA National Youth Championships Groups, Sheffield
10th-26th Summer Club Shutdown

September 2002

- 12th-15th** British Short Course Championships
21st Club Championships, Cogan
28th Llanelli Junior Novice (8,9,10,11,12)

October 2002

- 5th** Bristol Penguins Inter Club (9,10,11,12)
12th Speedo League Round 1
25th Swansea Grand Prix
tba Pontypool Open Meet (25m)

November 2002

- 2nd/3rd** Autumn Splash, Cogan
9th Speedo League Round 2
19th Club Presentation Evening (proposed date)
23rd Pontypool Inter Club (10,12,14,16)

December 2002

- 14th** Speedo final round
13th-17th WASA Winter Championships, Swansea

*Steve Airey
Fixture Secretary*