



CALVERTON AND BINGHAM SC

NEWSPLASH

NOVEMBER 2009

SPONSOR A FUTURE EDITION OF NEWSPLASH

AND SEE YOUR BUSINESS ADVERTISED HERE

EMAIL: wakefield999@btinternet.com FOR MORE DETAILS

CONGRATULATIONS!

CABSC Coaching Team wish to congratulate our newly qualified Level 1 Coaches and officially welcome them to the ever growing team of poolside volunteers.

Trudi Manterfield, Karl Knox, Anne Stevenson, Chris Hunter, Paul Hough, Leanna Giles and Grace Lineker.

Well done folks and thanks for stepping forward to help - we ALL really appreciate your efforts with the swimmers on poolside and hope that you will continue to assist the Squad Coaches for as long as possible.

Hopefully some of you will continue on to Level 2 and we wish you well for the future!

NB We also have one other Volunteer (retired swimmer!) awaiting his results - Justin Goddard (Level 1 Teaching) and 2 of our older swimmers about to embark on Teaching and Coaching Courses (Tom Bates and Martin Cox). Good Luck from CABSC!

14th FALCON OPEN SPRINT MEET 2009

38 CABSC swimmers gathered at Beechdale on November 8th for the 14th Falcon Open Sprint meet. We had a few swimmers ill on the day, but this was a very good CABSC turnout, with some youngsters swimming an Open for the first time (you were all very brave!) and a few oldies turning out yet again for this usually enjoyable gala, excellently run by Falcon SC!

The mornings session was very business-like and ran to schedule, then Falcon upped the tempo and started the afternoon's more party atmosphere by playing a selection of line-dance favourites at the break which got most of the swimmers dancing around the pool instead of resting! – Dan was CABSC dance master and showed our youngsters his best moves!

Some fantastic swims, **great team spirit**, many amazing pb's and some long awaited CQT achievements along with 22 first places – in fact a CABSC swimmer featured 67 times in the finals, with 15 of our swimmers being placed in the first 6 for their age group in the 100m IM event. Calum Murray also broke the long standing 1997 record for 12 yr boys 50m fly and came away with joint Top Boy trophy, just pipping Dan Winter into 3rd place!

After all this we still waited with baited breath for the end points results for Top Club, but easily regained the trophy yet again with a landslide victory, winning by an amazing 125 points from Leander!. The trophy was presented by Alan Urch, Notts ASA President and will be engraved and returned to its usual spot in the Trophy cabinet at Calverton LC!

Thanks to Vicki, Andrea, Pete, Kim and Rachel for looking after and encouraging our swimmers on poolside, well done to the swimmers who all tried so hard – but special mention must go to our parents and supporters who shouted, whistled and cheered all day, despite having numb bums by the end.

Quote from Rosie (girls Club Captain) ' that was the best gala ever!'

14th FALCON OPEN SPRINT MEET 2009 (CONTINUED)

IM results:

9's Claire Snowden 2nd;
10's Olivia Wallace 2nd, Charlotte Smith 3rd, Joe Wakefield 4th, Kate Scarborough 5th, Jack Wilson
11's Rosie Rudin 1st, Luke Jackson-Selby 5th
12's Calum Murray 1st, Luke Greenwood 6th
13's Pippa Bullock 3rd
14's Katy Trinick 1st
15's/o Dan Winter 1st, Rosie Needham 3rd, Sam Wass 4th

50m Bk:

9's Claire Snowden 2nd
10's Olivia Wallace 1st, Kate Scarborough 2nd, Charlotte Smith and Joe Wakefield 3rd, Jack Wilson 4th, James Farrell 5th
12's Calum Murray 1st
13's Esme Fairhurst 3rd, Jake Whitworth 5th
14's Catherine Ross, 1ST, Robert Barton 5th, Kyle Hough 6th
15's/o Gina Radford and Dan Winter 1st, Rosie Needham 2nd, Sam Giles 6th

50m Fly:

9's Claire 1st
10's Kate 1st, Olivia and Joe 2nd, Charlotte and Adam 3rd
11's Rosie R 1st, Luke J-S 4th
12's Calum 1st, Luke G 6th
13's Jake 3rd, Pippa 5th
14's Katy 1st, Kyle 5th, Robert 6th
15's/o Dan 1st, Sarah Dallison 2nd, Rosie 6TH

50M Br:

10's Charlotte and Joe 2nd, Olivia 5th, Jack 6th
11's Rosie R 1ST
12's Calum 1st
13's Esme 3rd
14's Catherine 1st, Katy 2nd, Robert 4th
15's/O Gina 1st, Dan 2nd, Sam G 6th

50m Fc:

9's Claire 5th
10's Charlotte and Joe 2nd, Olivia and Adam 3rd, Kate 5TH
11's Rosie R 2nd, Luke J-s 5th
12's Calum 1st
13's Esme 3rd, Pippa 5th, Jake 6th
14's Katy 2nd, Kyle 6th
15's/o Gina and Dan 1st, Rosie 2nd, Sarah 5th, Sam W 6th.

GALA REPORTS

National Arena Swimming League – A Team – Round 1 – Division 1, West Midlands.

In round one of the National Arena Swimming League, CABSC 'A' Team, minus several swimmers that were unfortunately ill, competed against the City of Derby, Ludlow, Worcester and Northgate at the Queens Leisure Centre, Derby. Throughout the evenings events CABSC were coming a close second behind some tough opposition from the City of Derby under Head Coach, Melanie Marshall.

Overall CABSC had some really good wins and some really exciting races, especially the close finish between Martin Cox and Derby's Olympian, Ross Davenport in the 100m fly and the ladies and men's open 6 x 2 freestyle relay.

At the end of the evening, with a lot of tired swimmers, from all the relays they swam up in, we finished second behind Derby with Worcester finishing 3rd.

Well done to all swimmers that competed. Next round **Saturday the 14th of November** so keep this date free and Good Luck.

The swimmers were as detailed below : -

Rosie Rudin	Rachel Selby	Jess Talbot	Callum Murray	Martin Cox
Danielle Cherry	Faye Henesy	Jack Wilson	Harry Martin	Jim Patterson
Erika Limbrick	Catherine Ross	Adam Clarke	Thomas Roberts	Dan Winter
Charlotte Smith	Jess Sylvester	Joe Wakefield	Will Hewitt	Mark Patterson
Amber Keegan	Kathryn Wyld	Charlie Henesy	Karl Morgan	
Hannah Meek	Rebecca Barsby	Joe Stevenson	Tom Bates	

National Arena Swimming League Round 1, B team

Round 1 of this newly named league with the new sponsor ARENA (was Speedo) for the B team was at Mansfield, local for a change! We originally started with a full team which was rapidly depleted due to flu and some unclarity over qualifying ages, ensuring frantic phone calls late on Friday evening and all Sat morning!

We faced some tough opposition and 50m relays (tough on the 11/u, some of who were only 9!), but battled strongly, eventually just being pipped into 4th place by one point.

However, Cheadle were clear and well deserved victors this time!

We had 4 first places:

Katie Cockayne (Open 100m fly)

Tom Webb (15/u 100m fc)

Jake Whitworth (13/u 100m fc)

Open mens 4x2 medley relay team (**Jon Cook, Sam Wass, Sean Callow, Freddy Avenell**).

9 second places and 9 third places, plus many personal pb's.

Final results were as follows:

1st Cheadle 229 points

2nd Dronfield Dolphins 206 points

3rd Matlock and District 164 points

4th CABSC 163 points

5th Burntwood 150 points

6th Etwall Eagles 130 points

Many thanks to all swimmers, supporters and poolside officials (**Roy Ross, Kate Bull, Tracy Radford, Tyrone Farrell and Jill Bullock**). Special thanks to **Isabelle Blatherwick and Elliott Smith** who agreed to swim at the 11th hour.

Next round is on **November 14th** and will likely be much further to travel – if so we will provide a bus! Hope that we have all got rid of the flu bugs by then!!

KATH