



Newsletter Edition No 10

September 2013

Erith & District Synchronised Swimming Club

WELCOME back from your Summer holidays. The coaches hope you have had a lovely break and enjoyed some good weather.

We have several events to work towards over the next couple of months.

The Kent Competition will be on Sunday 10th November for all swimmers. We will be working through your figures for the competition over the next couple of months - your figure sections are enclosed. We will also be working on your routines, which are currently behind schedule. We will continue to develop the routines as we have the Christmas Show in December. Swimmers will be required to do the figures at the Kent Competition in order to be in teams for the Christmas Show.

Attendance at all training sessions is vital.

We also have the Multi-Regionals and National Aged Group Competition for the qualifying swimmers. Our present swimmers are **DANIELLE, EVIE** and **ELIZABETH HUNT**. Well done to these swimmers as achieving National Competitive Level of Synchro, which takes hard work, a lot of effort and talent.



Erith Barge Racing Day
Sat 13th July 13.

Thank You to all who gave up their time and helped out at this enjoyable event. In attendance were: Marnie, Megan, Connor, Olivia, Denise, James, Nicki, Denise, Sandra, Steve, Jayne Dan, Carol, Pete & Evie.

We managed a grand total of £105.50 which will go to the purchase of costumes etc.

Dates for your Diaries

| | | | | |
|-----------------------|--|-----------------------------|------------|---|
| September | 29th | Skills Assessment | Portsmouth | All Swimmers – Coaches to approve entries |
| October | 12th | Multi- Regional Competition | Gloucester | Danielle Hills Elizabeth Hunt Evie Ledwidge |
| November | 10th | Kent County Competition | Rochester | All Swimmers |
| November/ December | 29 th , 30 th , 1st | National Age Groups | Gloucester | Danielle Hills Elizabeth Hunt Evie Ledwidge |
| December | 21st | Christmas Show | Rochester | All Swimmers |

Welcome to our new swimmer, **Tyler Love**, who has now joined us.

For all our new(ish) girls: If you want an insight into synchro to send to your friends and for you to see how things are done look up our Videojug Synchronised Swimming videos (available through EDSC website)

Another good sites is:

<http://www.swimming.org/britishswimming/synchro/about-synchro/about-synchronised-swimming/660/>

NEW FIGURES and NATIONAL AGE GROUP/MULTIREGIONALS

The new figures for National Age Groups and Multi-regional Competitions have now been released. National Age Group Training for those who have qualified will now be ongoing.

The training will start in September and will be on Thursday 5-6 at Erith Leisure by prior arrangement with Jenny. Swimmers will need to pay for swim entry to the pool. Other days will also be set aside.

The Coaches will meet with qualifying swimmers to organise these sessions.

The next few months will be tough but worthwhile.

Skill Level Days

Portsmouth Skill Assessment Day 29th September

This is a great opportunity for those swimmers close to achieving National Competitive Level Swimming to achieve their required skill level.

<http://www.swimming.org/britishswimming/calendar/event/asa-skill-assessment-day-portsmouth-29-september-2013>

Other days this year (No coach will be attending):

| | |
|------------|---------------------------|
| Sun 13 Oct | Knottingley SC, Yorkshire |
| Sat 19 Oct | Burnham-on-Sea, Somerset |
| Sun 3 Nov | Walsall, West Midlands |

Improving Your Performance

1. Familiarise yourself with your figures.
2. Increase your stamina by performing adequate warm-up and stamina training at your swim sessions i.e. being the pool at the very start of sessions.
3. Increase your flexibility and core strength by doing your land training exercises at home 3-4 times a week.
4. Take opportunity to practice during training space.

ENGLAND TALENT PROGRAMME

Athletes are selected for the squad from their performances at the British Gas National Age Groups Championships in December and from a selection camp in February. Athletes on the squad continue to work with their clubs but prepare for national competitions with regular training camps.

They also have access to specialist coaches who provide personal feedback from training and competition.

The squad has three key objectives:

- To introduce athletes to International Competition and increase the competitive experiences
- To develop athletes to reach their full potential.
- To increase the development of the Talent Coaches.

Skill Levels

The dates for Skill Levels are above.

Skill Level assessments are the exams you need to move up in your level of swimming. They are run at centres around the country. We will be doing lots of work on Skill Levels at the start of the year. These are basic skills you will learn and acquire so that you are able to do your routines and more complex figures and movements. They are really worth working hard at as you will become stronger and more skilled.

Kent Competition Sunday 10th November

Time is moving closer to the Kent Competition Sunday 10th November

The Venue:- BAE Systems Sports & Leisure Club, Bells Lane, Hoo, Rochester, ME3 9JD

Team entries and duets will depend on progress over the next few weeks.

Teams will be judges on Artistic Impression and duets will be judges on Artistic Impression and Technical merit.

Below is an explanation of what this means

Artistic Impression.

This is the fun stuff of the routine and can be divided into 3 elements

1. **Choreography:** This is the elements and figures put together to make the routine. If you work hard on developing your synchro skills you will be able to make the choreography more interesting and creative and you can do more difficult elements. Coming to land training to do walk throughs and practicing at home will also make the choreography easier.
2. **Music Interpretation:** This is how your movements and choreography reflects the music. This is where you show expression in your movements that reflect the music. If the music is happy music you do it with a smile on your face, if the music is sombre then a serious expression is required. Watch the Olympic swimmers as they perform to the music.
3. **Manner of Presentation:** This looks at how you do your performance. Routines need to be done with energy, confidence and personality.

Technical Merit

1. **Execution:** This is how well you perform the routine. It will look for errors and how well you change patterns. Did you know that what you do underwater gates judged as well? Clumsy movements underwater are noticeable. Practice not wearing your goggles and work hard at breaststroke underwater. Again running through the routine at home and coming to land training will make this easier. The judges will look for height in your verticals, eggbeater and ballet legs so working hard at this at training and practicing support scull whenever you can. Also extension and flexibility will be judged so work on your flexibility exercises at home. The routine is judged right the way through so your strength and performance needs to be strong throughout and not tiring at the end.
2. **Synchronisation:** This is synchronisation with each other and the music so that the timing of your movements etc. is precise with the music. Take your walk throughs seriously and maintain the synchronisation during practice.
3. **Element of Difficulty:** This looks at your patterns and changes. Judges look at the figures and hybrids that are used. The speed of the routine. It also looks at the risks such as lifts and jumps. Vertical movements and where swimmers have their backs to each other makes a routine more difficult. Again working hard on your basic skills will allow a routine to be more difficult

Photography

There are new rules around photography which can be found on the EDSC website. Swimmers are not to use any form of photography in the changing rooms and this includes your mobile phones.

Any filming must be registered with the pool.

At times we use video in our training sessions and parents must sign a consent form. You would do this in your registration packs but we also ask for you to complete our own forms.

If you haven't already had a look at our photos from the Christmas Show here is the website address.

There are some great photos for you to browse & purchase on the following website

<http://www.graemehellyerphotography.com/> Passcode synchro1.

We also have copies of the Christmas Video if you would like. They are £5 per copy. The funds raised from this will go towards our costumes. Please put your order in with Elisabeth.

Also new girls if you want an insight into synchro to send to your friends and for you to see how things are done look up our Videojug Synchronised Swimming videos.

Erith & District Synchronised Swimming Club
Videoin and Photography Permission

Photography

Childs Name.....

Your Name.....

Relationship to Child.....

I understand photos are to be used for Club promotional reasons only. Although most photos will be generated by coaches, some photos may be taken by a professional photographer and used on posters/displays and printed at professional outlets.

I give permission for photos of my child to be used in displays and posters:

Parents Signature.....

Date.....

Videoin During Training

Video filming will be used for training purposes only. The videoed material will be deleted at the end of the training session.

I give permission for videoin of routines to take place during training:

Parents Signature.....

Date.....