



Newsletter Edition No 2  
February 2012

# Erith & District Synchronised Swimming Club



*Elizabeth Hunt – Four times qualifier for the National Age Group Championships.*

## Synchro Swimmer of the Year

The Cup was awarded to another of our young swimmers Megan Parker, who has shown continued enthusiasm and commitment to her Synchro training. She always does her best, and puts effort and commitment to her performance. She has developed her basic Skills and is now moving onto the more technical side.

## Progress Shield

*This was awarded to Grace Thackray. Grace was awarded this Shield due to her efforts and enthusiasm. Her first routine was in the Junior team, the Soul Team. Her attendance is almost 100% and because of this she has developed her Synchro Skills fast and achieved a high standard of performance.*

## Attendance

Congratulations to Jade Hughes who achieved 100% attendance in January.

## Olympic Qualifying Tickets

The Synchronised Swimming Olympic Qualifying dates are 18th - 22nd April.

The event is to be held in the Aquatic Centre in The Olympic Park

Alex has kindly forwarded this site for you to get tickets:

[Http://www.ticketmaster.co.uk/londonpreparesseries](http://www.ticketmaster.co.uk/londonpreparesseries)

## Belated Congratulations

Congratulations to Grace Thackray, who achieved 100% attendance for November and December.

Unfortunately the register was not maintained for this period and so this achievement was missed

## Sainsbury's Activekids Vouchers

We are collecting Sainsburys Activekids Vouchers with the intention of purchasing goods for the club so any vouchers received will be most welcome. The vouchers will be issued by Sainsbury's up to the 10<sup>th</sup> April so let's get spending!

Denise Pink will be bringing the collection box on Thursday evenings.

# The London Open

The London Open will be held at Morden Park Pools, between 12pm and 8pm on Saturday 14th April

The London Competition will soon be upon us. The Competition entries will be determined by what you achieve over the next few months. Here are a few points which will help you achieve more and be prepared for the competition:

1. Be aware of the date. Put it in your diary so that you can plan your training sessions.
2. Write down what you want to achieve. If you have done this competition before find out your results from previous competitions and set yourself a goal you want to achieve.
3. Be aware of your figures. Practice the figures at home by lying down and visualizing the figure.
4. If you are not sure of the figures ask your coach to go over them and give you some tips and practice skills and techniques.
5. Plan to attend as many training sessions as possible. Remember team routines will be difficult to practice with missing team members. You won't be able to practice your deck work, patterns and changes, links and lifts. Also your progress will be slower if a coach has to keep repeating the same parts of a routine because of absent members.
6. Practice your routines at home. You should all have your music. Run the routines through as many times as you can. Plan to meet before training to do walk throughs on your routines.
7. If you miss a session you really must catch up. Plan to meet with a fellow team member before the next training session to go over what you have missed.
8. Plan your costumes, hair styles and makeup. *This is the fun bit so start early.*

Morden Park Pools London Road, Morden, Surrey, SM4 5HE, Tel: 020 8640 6727-  
<http://www.gll.org/centre/morden-park-pools.asp>

## Figures for The London Open

<ol style="list-style-type: none"> <li>1. Back Tuck Somersault</li> <li>2. Tub</li> <li>3. Oyster</li> <li>4. 5 metres eggbeater - hands in water</li> </ol> <p style="text-align: center; color: blue;"><i>Francesca, Isobel, Leah, Lorna, Lucy, Megan</i></p>	<ol style="list-style-type: none"> <li>1. Bent Knee Alternative</li> <li>2. Inverted Tuck Position showing Support Scull (Tuck position held stationary for 5 seconds)</li> <li>3. Back pike somersault</li> <li>4. 5 metre travelling eggbeater - 1 arm up</li> </ol> <p style="text-align: center; color: red;"><i>Alix, Grace, Olivia</i></p>
<ol style="list-style-type: none"> <li>1. Ballet Leg Single</li> <li>2. Kipnus</li> <li>3. Somersault Front Pike</li> <li>4. 5m double arm eggbeater</li> </ol> <p style="text-align: center; color: green;"><i>Danielle, Evie, Sarah</i></p>	<ol style="list-style-type: none"> <li>1. Ballet Leg Alternate</li> <li>2. Swordfish</li> <li>3. Walkover Front</li> <li>4. Kip</li> </ol> <p style="text-align: center; color: purple;"><i>Jade M, Lois, Millie, Issy</i></p>
<p><u>Group 1</u>            Porpoise Spinning 360            Albatross 240            Walkover Front 360            Flamingo Bent Knee 140</p> <p style="text-align: right; color: purple;"><i>Jade H</i></p> <p><u>Group 2</u>            Barracuda Spinning 180            Catalina Reverse            Somersub 320            Kip ½ Twist</p>	<p><u>Group 1</u>            Cyclone            Bis            Heron            Knight</p> <p style="text-align: right;">Elizabeth, Lissie, Ria</p> <p><u>Group 2</u>            Gaviata            Porpoise Full Twist            Walkover Back            Flying Fish</p>

## The London Open – routines entered

**Mask Team:** Elizabeth, Jade H, Jade M, & Ria

**Soul Team:** Danielle, Evie, Grace, Lois & Sarah

**Terminator Duet:** Lissie & Ria

**Duet:** Elizabeth and Jade H

**Corpse Bride Duet:** Evie & Danielle

**Junior Novice Duet:** Swimmers to be chosen

**Solo:** Jade H

## Bring a friend/Introduce a friend to

### Synchro

If you know of anyone who would like to join us for a trial session please forward their name and contact details. New swimmers will be attending Saturdays 4-5 for 6 weeks starting 25th February at Eaglesfield. The first session is free.

The cost is £30

Any swimmer who introduces a swimmer who signs for full membership will receive a £5 book voucher.

*Increasing you Performance.*

## Dates For Your Diary

Saturday 17th March: Skills Assessment Day Rugby \*

All Swimmers \* - **No Training at Eaglesfield**

Saturday 31st March: Skills Assessment Day Manchester

\* 3 Swimmers only

Sunday 1st April: Skills Assessment Portsmouth All

Swimmers

Saturday 7th April: **No Training**

Saturday 7th April: Cobham Development Camp

Saturday 14th April: London Regional Competition

12th May: Intercounty Competition (Riverdance Team)

## Skill Levels

Spend time reading through the Skill Level books. Then practice by visualising the Skill at home. Shut your eyes and go through each element. Elements such as bent knee back layout ballet leg support scull can all be practised at home

## Achieving Flat Splits

As you progress with your synchro you will be required to increase your flexibility. One position is flat splits. These are the elements required for the splits

1. Right leg forward. Later you will be required to have both left and right so it is important to work on both legs. Box Splits are also required at a later level.
2. Your hips and shoulders must be square. Many gymnasts are taught so that their hips twist, so if you can already achieve flat splits work on getting your hips square with your shoulders.
3. The front foot must have the soul of the foot downwards and the back foot the soul must be upwards.
4. The Crotch must touch the floor.

I hope you have been able to do your split exercises. The more effort you put into them, the bigger the progress you will make.

Well done to **Jade Hughes, Lucy Ruff** and **Megan Parker** who have all achieved right leg splits. Close are **Alix Bliss, Elizabeth Hunt, Issy Parsons, Leah Rowe** and **Isobel Barrett**.

\***Jenny is going to give individual training on Thursdays to assess individuals and support them doing their exercises\***

## Photography & Videoing

For those of those who have not already done so, could you please complete a permission slip for videoing and photography.

Occasionally, the coaches will video the girls in the water for training purposes, and also photos may be used for this newsletter and by law we need an adults consent.

If you need a form please contact Pete Ledwidge (and return any completed form to him). I know some of you have done this before but the old forms got soaked and now look like something out of the doomsday book.

**Just a quick reminder that there is a quiz night on 31 March at the Erith Veterans Club ~ all welcome. Further details to follow.**

## Coaches and Swimmers

The ultimate challenge is to compete at the National Age Groups at the end of the year. To compete in the figure section you are required to have achieved the appropriate Skill Level for your age group (see table below).

For routines you can compete in the recreational section. Although at this present time we don't know the full arrangements there should be a good chance we get one or two teams to the Nationals.

<b>Age</b>	<b>Skill Level Entry</b>	<b>Events</b>	<b>Times</b> 10secs deck work +/- 15secs
10/11 and 12 years <b>Competitive</b>	Skill Level 2 Skill Level 2 Skill Level 3 Skill Level 3	Figures Free Team Solo Duet	- 3mins 2mins 2mins 30secs
9/10/11/and 12 years <b>Recreational</b>	No skill required	Combination	3mins
13/14 years <b>Competitive</b>	Skill Level 3 Skill Level 3 Skill Level 4 Skill Level 4	Figures Free Team Solo Duet	- 3mins 30secs 2mins 30secs 3mins
13/14 years <b>Recreational</b>	No skill required	Combination	3mins 30secs
15-17 years <b>Competitive</b>	Skill Level 4 Skill Level 4 Skill Level 5 Skill Level 5	Figures Free Team Solo Duet	- 4mins 3mins 3mins 30secs
15-17 years <b>Recreational</b>	No skill required	Combination	3mins 30secs
18-19 years <b>Competitive</b>	Skill Level 5 Skill Level 5	Figures Duet	- 3mins 30secs
18-19 years <b>Recreational</b>	No skill required	Duet	3mins 30secs
19 years & Under <b>Recreational</b>			