

NEWSLETTER OCTOBER-DECEMBER 2011



MARSDEN
SWIM
SCHOOL

TURF TALK (JANE MARSDEN)

Thank you so much to all our parents for their patience and support regarding last term's changes at Turf City! As you know, we had to build a second pool and move classes there quite quickly and the majority of our clients understood that we were responding to exceptional circumstances as best we could. We are now awaiting an announcement, expected in October, about who is the successful tenderer to manage Turf City for the next "3 + 3" years. Once we have spoken with the new landlord, we will be in a position to make long-term improvements at Turf City, or possibly move to another (nearby) location in January. These improvements include building a second sitting area and more showers at the back of Pool No. 1 and making it easier to access Pool No. 1 under cover when it is raining. In the short term (i.e. Term 4!), we have started staggering some classes in Pool No. 2 by 15 minutes so that only one class at a time is using the showers. Administrators Steph, Tracey, Nina, Charlotte and Tori and all the swim teachers at Turf really appreciate your continued understanding and patience.

NO CHILDREN TO ENTER THE WATER WHEN NOT IN A CLASS (JANE MARSDEN)

In the interests of safety, we must ask parents to ensure their children hop out of the pools at Turf City and AISS if they are not doing a lesson. Our instructors cannot guarantee the safety of unsupervised swimmers if they are conducting their own swim classes. There have been times at Turf City either before or after a child's lesson when the parent has allowed them to play or practice in the swimming-pool but this can distract other students, as well as the teacher. At AISS, some swimmers have been seen jumping off the blocks into the deep end at the far end of a lane in which a class is being held, raising the worrying issue of liability should an accident occur. We ask all parents to help us make our venues as safe as they can be by supervising their child before and after their class, and not allowing them to continue playing in the water. (It is a little different at Queenstown, which is a public pool and has lifeguards. However, please note that it is still the parent's ultimate responsibility if their child is in the water in a public pool, either before or after their structured swim class.)

PLEASE HELP OUR INSTRUCTORS TEACH AND COACH! (JANE MARSDEN)

Recently, some parents have approached some of our teachers at Turf City or coaches at Queenstown or AISS during class time/squad training to have a conversation with them. While we welcome and encourage communication with our teaching staff, we would ask that they are left alone to concentrate on their students during designated teaching times. Feel free to mention to your child's teacher that you will be sending an email to the office regarding setting up a time to speak about a query or concern you may have. If you would like to talk with our staff, please send an email to swim@marsdenswimschool (for Queenstown and AISS) or turf@marsdenswimschool (for Turf City) and we can set up a meeting or a phone call. If the issue is urgent or more general in nature, please SMS Jane on 91862873. Thank you very much for your cooperation!



Samuel, Sheri, Shannon and Lynn, and their parents, enjoy a Saturday class in the new pool at Turf City.



Cate Merghese and her mum attend a weekend class at Turf City.

Term 4, 2011 Dates

Turf City Pool Number 1: Monday, October 10 to Sunday, December 18, 2011 (except October 26 and November 7)

Turf City Pool Number 2: Monday, October 10 to Saturday, December 17, 2011 (except October 26 and November 7)

Tuesday & Thursday Afternoon Squad & Classes at Queenstown: Tuesday, October 11 to Thursday, December 15, 2011

Wednesday & Friday Morning Squad at AISS: Wednesday, October 12 to Friday, December 16, 2011 (except October 26)

Sunday Squad & Sunday Classes at AISS: Sunday, October 9 to Sunday, December 18, 2011 (except October 16 when we are hosting a swim meet at AISS)

After-School Classes at AISS: Monday, October 10 to Wednesday, December 14, 2011 (except October 26 and November 7)

TRAINING AIDS FOR SQUAD SWIMMERS (LOUISE TANG)

Our latest development in squad is the addition of finger paddles to our regularly used equipment. Our mesh gear bags now contain:

Flippers

Pull Buoy/Kickboard

Finger Paddles

Swim Cap

Finger paddles improve the swimmer's feel for the water and develop the sensation that your fingertips are able to catch and hold the water during the stroke. They can be used for all strokes and are very helpful when learning and developing sculling techniques.

Pressure is on the fingers, not on the whole hand so there is strengthening of the forearm muscles with little stress on the shoulders. They are usually used in pull sets (arms only), along with a pull buoy between the legs, so that the stroking action is isolated and the swimmer can concentrate on the catch and pull phase of their stroke.

Flippers used are short-medium length and all rubber (for flexibility). They are a popular and helpful aid as they increase speed, allowing more buoyancy and therefore aiding the swimmer to adopt the correct body position when learning technique drills. They also increase kick strength and ankle flexibility as they offer resistance which stretches and extends muscles and increases the range of movement of the ankle. Short to medium flippers are recommended for competitive swimming as they allow you to kick at a foot speed closer to your regular kick speed.

Pull buoys/kickboards are useful as they allow the swimmer to isolate either the kick (legs only) or the pull (arms only) components of the stroke – our pull buoy is designed to play both roles and can be used for kick or for pull. The pull buoy is very versatile and can be used with flippers for kick sets or with finger paddles for pull sets.

A swimming cap is important for the squad swimmer because it streamlines the head, removes the possibility that long hair will block vision, and prevents the hair from getting tangled. It also enhances team spirit (if you wear a Marsden Swim Squad cap!) and individual pride because we award coloured caps based on swimmers' personal best times.

As we will be using finger paddles as a regular part of our programs starting from term 4, 2011, it is important that all squad members have a pair (along with flippers, pull buoy/kickboard, cap) always in their gear bag when attending sessions.



Marsden Squad swimmers Peyton Pizano and Ollie Marsden show off their new finger paddles.

FINA/ARENA SWIMMING WORLD CUP 2011 (JANE MARSDEN)

The Singapore Swimming Association (SSA) has just received confirmation from Swimming Australia of the participation of Olympic Gold medallists Ian Thorpe and Libby Trickett in the FINA/Arena Swimming World Cup Singapore 2011. Both swimmers will be making a comeback to competitive swimming here in Singapore. Thorpe and Trickett will be joined by their other team mates from Australia such as Eamon Sullivan and Matthew Abood.

Asian swimming powerhouses, China and Japan have also confirmed participation, with representatives such as Jiao Liuyang, world champion of the women's 200m butterfly at the recent World Swimming Championships in Shanghai, Bai Anqi, China's young and upcoming swimming star who took the gold medals at the women's 200m and 100m backstroke events at the first Youth Olympic Games in Singapore, and Japan's Shiho Sakai, the world record holder in the short course 200m backstroke.

The FINA/Arena Swimming World Cup 2011 Singapore will be held at the Singapore Sports School on November 4 and 5. Heats will be at 9am to 11am and the finals at 5.30pm to 8pm on both days. Because Marsden Swim School is an affiliate of SSA, we can offer our swimmers (and their families) a special price of \$15 for two days (heats and finals), on a first-come, first-served basis. Please let Jane Marsden (mob: 91862873) know by October 20 how many tickets you would like. Tickets need to be purchased for children above 0.9m in height.



Marsden Swim School clients can watch Olympians including Ian Thorpe compete in Singapore in November.

IMPORTANT SQUAD DATES IN 2011

- Sunday, October 16, 8.30am to 1pm: Merlion Swim League meet, hosted by Marsden Swim School at AISS
- Saturday & Sunday, November 4 & 5: FINA/Arena Swimming World Cup 2011 at Singapore Sports School (please SMS Jane on 91862873 before October 20 to order your tickets)
- Saturday & Sunday, November 19 & 20: All Nations Cup, hosted by SXD at Toa Payoh Swimming Complex: (if your child would like to participate, please SMS Jane on 91862873 or email to jane@c-licence.com before October 17 along with your child's name and age as at November 19)
- Sunday, December 4, 8.30am to 12.30pm, Merlion Swim League meet, hosted by American Club at the American Club