

Dorking SC Masters etc 2009

You will by now have seen our website at www.dorkingsc.com and a fair bit of info about the Masters and the Club in general is to be found there. (our newly re-vamped site is now online , November 2008, but please be patient whilst further development and 'population' continues)

When and Where

Basically we can offer Masters sessions on all evenings of the week, as well as a non-Club session early on Saturday mornings. We make occasional use of the 50m pool at the new K2 Sports Centre, Crawley on Sunday mornings, usually for two hours, but , for Masters, this is not yet a regular routine - details are announced by email etc in advance.

The regular programme is:-

- Mondays** 9.00-10.00pm **Downsend School , Leatherhead Rd, Leatherhead, 5 Lanes** throughout the year almost without interruption
- Tuesdays** 7.00-8.30pm **City of London Freemans School, Ashtead 2 lanes** normally maintained through school holidays
- Wednesdays** 9.00-10.30pm **Dorking Sports Centre 6 lanes** throughout the year without interruption
- Thursdays** 8.30-9.30pm **Dorking** timing may change in summer holidays
1 lane (stronger swimmers recommended)
- Fridays** 7.00-8.30pm **Priory School, Dorking 4 Lanes** some interruption in some school holidays

(but Guildford Lido 50m pool option on Friday evenings in the summer proved popular again in 2009, and will be offered again August 2010)

The Wednesday session is also regularly open to non-members, but they must pay at Reception (currently abt £3.35 for non-Centre Members). They must of course be adults and able to swim one of the graded sessions in the Masters training programme provided.

Who are we

The Masters squad comprises around 110 swimmers in all, from the 18-24yrs 'Seniors' who can swim at most Masters Meets and Championships, and all Masters ages at present from 25 through to late 60s. Abilities and competitive ambitions vary enormously, from purely recreational/fitness swimmers to very competitive Masters, including a couple of former Internationals. Though I would love to see everyone competing, there is really no obligation (but it doesn't stop me dreaming!).

How much

Club Masters Membership can be arranged in three ways, membership year is January to December: In 2009 the arrangements are:

M2 Masters allows two swims per week, on any night (plus any of the 50m sessions at no extra charge) and they don't have to be the same session each week - so entirely flexible. Currently, subs can be paid annually or spread over three payments. Subs include the obligatory ASA Registration Fee (otherwise in 2009, £22.00 for Competitive Cat 2 Swimmers(all events) or £6.75 for non-competitive Cat 1 swimmers - who can still compete in Club Championships and Closed Competitions (including the Surreys (up to now!)), and the SE Region Fee (£2.75 all swimmers) and this includes insurance for pool swimming and Open Water events etc..

M3 Masters allows up to three swims per week, on any night (plus any 50m sessions), with a sub paid annually or in stages which again includes the ASA Fees.

M4 Masters allows swimming at ALL the above sessions and subs include all the ASA Fees etc as well.

Fees are adjusted for those joining part way through the membership year and are invoiced by the Membership Secretary. Completed forms shall be passed to Phil Sears in the first instance.

There is also a Student membership with very preferential terms for those in full-time education, if that is of relevance. Currently allows swims at all/any sessions AND includes the ASA & SE Region Registration Fees.

More detail of subscriptions will be provided on request.

Competition Opportunities

You will see on the website, and the annual programme circulated, the range of local events we go to, and there are internal Club Championships (ASA Licensed) as well throughout the year, with Masters medals, trophies, etc. We have the 50m sprints usually in the Spring, followed later by 100m all events and in the Autumn we look forward to the 200s, 400IM, 400/800 and 1500m Free! Our DSC Masters results are age adjusted according to a National format, so good for age performances are recognised and can win trophies!!

The Classics

A couple of swimmers travelled in 2007 to the European Masters Championships in Slovenia, and we have usually had representatives at the World Masters Championships, as well as every year at the Surrey Sprint Championships (in 2009, for the 2nd year, winning Mens Individual, Womens Individual, Combined Relays and the newly re-introduced Aggregate Trophies!) and the SE Region Long Course (January) and Short Course (September) Champs (3rd Club of 70+ in SE Region in 2008 and 16 Gold, 16 Silver and 16 Bronze medals

and a Championship Record in 2009), **and of course the ASA National Masters Championships in October** (1 National Champion Gold, 3 Silvers and 7 Bronze in 2008).

Several DSC Masters were selected to swim for Surrey in the InterCounties Masters Championships in 2007 and 2008. Team for 2009 will be selected soon.

A strong and sizeable team accepted the invitation for the 2nd year to compete at the Olympos Marlins 'Jokers' Gala in October 2009, and again came a creditable 3rd of the 5 teams participating. We have been invited again for 2010, an ideal opportunity to try a taste of competitive swimming - the format of the event demands a large team and all will be welcome across the age groups.

We'll be delighted to see you at all or any of these events if you find yourself bitten by the bug!!

Swimming Decathlon

Organised by the ASA throughout each calendar year, results in licensed meets are compiled automatically in ten events, grouped by distance and stroke, with points awarded and age adjusted according to an international formula. The resulting points list is maintained for all to see, and DSC swimmers and the Men's and Women's teams do very well each year in this National competition.

Local Fun and a good cause

For the last four years we have won the Dorking Rotary Club Swimathon Trophy, for a team of six swimming the greatest number of 50m continuous relay sprints in 55 minutes (109), though the overall record still eludes us! A further 42 Dorking Masters also participated in 2009 (£500+ raised for charity in 2009). We would like to field an additional 5 teams in 2010!

Endurance Challenge

We can even offer participation in an ASA National event in our own home pools, in the **ASA T30 Challenge, or the **BLDSA T60**, - swimming continuously to log the greatest distance covered in that number of minutes. We have picked up medals of all colours in both individual age group and team entries. Just another little twist to a training session!**

Away from the taste of chlorine

We can also offer **Open Water swim opportunities promoted by both the ASA and the BLDSA etc., such as the **Brighton Pier to Pier** (Mens team trophy - Top Club outside Sussex in 2008 - Women too but sadly no equivalent trophy!), **Eastbourne 2km**, a large group of Masters and Juniors (800m) were at the **Southsea 2km Pier to Pier** (Masters Age group Gold Medal in 2009), **Sandown to Shanklin**, and a small group of Masters were again in Southsea for the **SE Region Open Water Champs** (1500 or 3000m - Masters 60-64yrs Gold Medal in**

2009).. **One swimmer also mastered the Straits of Gibraltar and the 27km Lake Zurich swims in 2007 and made a first attempt at the English Channel but succeeded as a team member in 2009, whilst another conquered the famous Hellespont swim across the Bosphorus in 2007 and Padstow to Rock in 2009! 2008 saw a Dorking swimmer conquer the 20km Rottneest Channel Swim in Perth, Australia and attempted to do so again in 2009, but he finished well in the 2009 round Key West Florida swim. Two DSC Masters prepared to join a 2 team race across the Channel in August 2009, but due to an unplanned health set back Coach Phil had to withdraw for this year, whilst the other successfully completed the crossing. Two also swam the Vibes & Scribes River Lee Swim over 2000m in Cork in 2009.**

A number of our members have enjoyed the organised 'SwimTrek' holidays in Croatia, Greek Islands, Malta, Scilly Isles, even The Thames etc., whilst others have made use of Club La Santa training facilities on Lanzarote.

(Now elected as Open Water Sec to the Surrey County WP&SA, this is an area Phil hopes to see develop in 2010 and beyond)

For the completely daft

There are the UK Cold Water Championships at the unheated Tooting Bec Lido at the end of January (water abt 2 to 4°C), where well insulated 'Coach' brought back 2 Gold and 2 Silvers in 2006. And if you fancy the completely absurd, two from DSC each attempted to swim 1 mile on the hour, every hour for 24 consecutive hours at 2Swim4Life in a 50m pool at High Wycombe (October 2008) - all for a good cause! (Both events may be on the agenda again in 2010!!)

For those who need multi-discipline

We are quite incestuous with Dorking & Mole Valley AC, where Phil used to coach the endurance athletes and triathletes, having regenerated the Senior/Vets section and founded the Triathlon group in the '80s and '90s. There are quite a few with membership of both clubs and benefit from cross training and are regularly involved in multi discipline events, triathlon, aquathlons, etc., including the delightful, informal summer Aquathlons at Guildford Lido. One of our triathletes regularly competes Internationally, and two more were selected for the GB Tri team in Brisbane in 2009. A former DSC couple now resident in Oz competed, 'himself' in the GB team and 'er indoors' in the Australian team! We can boast a few Ironman triathletes too!

Something for the weekend

The Saturday session mentioned is not strictly a Club session, though many from the Club use it as an extra session. Phil started it almost 19 years ago for triathletes at DMVAC, but it has long since broadened to include the full range of Masters swimmers. The whole 6 lane pool is hired at Dorking and £3 collected poolside on a pay as you go basis just to cover the hire charge.

That's 6.45 to 8.00am - with optional coffee or even full breakfast afterwards!

For Masters in waiting

Swim For Fitness/Swimzone - for those not yet ready for the Club Masters, Phil will also be found coaching this group of adult swimmers on behalf of pool operators Leisure Connection between 8.00 and 9.00pm on Wednesdays at Dorking Sports Centre. A stroke tutorial session for adult 'improvers', 52 weeks per year, no course fees - just 'pay as you go' at Reception for a swim.

A social life

Dorking Masters are known for enjoying a curry or Italian after a Meet and at Christmas (more than 50 sat down for the informal Masters Nosh in 2008) - and we hope to expand our social repertoire during 2009/10, including a tea party for the 'next generation', the growing number of under 5yr olds produced by our swimming mums!

Outstanding

We also have our own distinctive Dorking Masters Polo and Sweat shirts - and we can even print your name on the Club swimhat!

Get in touch, drop in, the water's fine and the welcome warm!

Any immediate queries, please contact by email to masters@dorkingsc.com

Hope to see you soon,

Phil Sears

***ASA Club Coach (Swimming), Masters Coach Dorking SC
ukAthletics Performance Coach (Endurance, Marathon and Strength Conditioning)***

October 2009,