

SaDSA Masters Swimming Initiative 2012 - Steve Roberts, November 2011

This is part of a personal attempt to ensure a long term structure for competitive swimming within the District given the very few District swimmers who took part in the 2011 National Masters and Senior Championships at Sheffield in October.

Aim: To have a greater representation of District swimmers competing at Yorkshire, North Eastern and National Championships in individual and team events.

Objectives:

1. To create an environment to encourage better technique and increased fitness by the more mature swimmer in line with the Swim for Life campaign..
2. To create an environment to encourage active participation in competitive swimming by the more mature swimmer.
3. To imbed a sustainable Masters programme within the District's clubs.

Rationale:

Many clubs are struggling for older swimmers in their Ridings League teams - it is not long since "Masters" swimmers, usually part of the team management, were regularly taking part in the Open events.

Only 3 of the District's 14 clubs were represented at the recent National Masters held in Sheffield; this is disappointing when some events had over 300 entries from across the country, with many new National, European and World Records set across the age groups.

The SaDSA Open Water Training in the summer was highly successful but the need to improve both fitness and technique in a pool environment was identified by many of the older swimmers.

Proposed route forward:

There are a number of aspects and alternatives to developing Masters swimming within the District.

1. Identify which clubs currently support a competitive "Masters" swimming programme.
2. Look at ways of expanding this and to open it to a greater number of swimmers.
3. Create an "umbrella" club so that we are able to enter team events as well promoting an identity.
4. Set up some specific Masters training sessions, which need to be underwritten by the Association, through Feb to April.
5. Have an end of year challenge to give all participants a realistic target to aim for.

Masters swimming age groups (ages as 31st Dec)

A: 25-29yrs; B: 30-34yrs; C: 35-39yrs; D: 40-44yrs; E: 45-49yrs; F: 50-54yrs; G: 55-59yrs; H: 60-64yrs; J: 65-69yrs; K: 70-74yrs; L: 75+yrs
Senior swimmers are 18 to 24yrs, but must be at least 18 on day of the gala.
Relays operate on combined age and usually go in 40 year steps, but can vary.

Fixtures: (information where available in the Master's fixture section)

25th March - Darlington Dolphin Open Masters Gala

12th May - Yorkshire Masters at Scarborough

1st July - N&D Open Masters at Durham

21st July - ASA Open Water Masters - Rother Valley

September - ASANER Championships*

26th-28th Oct - ASA Nationals(SC) at Pond Forge

1st Dec - SaDSA Open Masters Championships at Scarborough*

In order to compete, you must have ASA Cat 2 membership of an affiliated swimming club.

*To be confirmed.