

Mastersnews



Summer 2017 Number 1

New Sussex Masters Newsletter

Welcome to the new Sussex Masters Newsletter to keep Masters' swimmers in Sussex update to date with swimming events and news in the County.

With participation in adult sports increasing in areas such as swimming, open water, diving, synchro, running, triathlon etc. the demand for competitive sports for adults will continue to grow in Sussex, the South East and nationally. Sussex ASA is committed to encouraging and supporting the development of swimming in the County.

Information about Masters swimming can be found in this Newsletter and online at the Sussex ASA website <https://goo.gl/Pf1tJg> The South East swimming website <https://goo.gl/rXottS> and on the Swim England website with the Masters Hub <https://goo.gl/mkxRUL>

You can also keep up to date with the latest news on the Sussex ASA Facebook and Twitter accounts and South East swimming Facebook and twitter accounts.

Who are Sussex Masters?

Swimming in Sussex is not new. In fact, Sussex can claim to have the oldest swimming Club in the UK that is still in existence with Brighton Swimming Club formed in 1860. Currently, there are over 10 swimming clubs in the Sussex area that offer Masters swimming. Sussex clubs provide a range of different training sessions and other activities to support Masters swimmers. The contact details for all of these Clubs can be found on the Sussex ASA website.

If you are not yet a Club member don't delay join today.

Sussex Masters' covers every adult age group from aged 18 to swimmers in their 80s and beyond and represent every background. The fact that Masters swimmers reflect the broader community in Sussex is a great strength of Masters swimming which continues to grow in Sussex. At last year's Sussex Masters Championships, hosted by Worthing Swimming Club, there were 603 swim entries compared with 478 in 2015. The number of swim entries since the 2014 Sussex Masters

Championships has grown 44%.

Key Dates for 2017

Below are some of the key dates for Masters' swimmers.

Sussex Masters Championships – Sunday 17 September 2017 will be held at The Triangle Leisure Centre, Burgess Hill. This is the key Sussex event for all Masters. Please check the Sussex ASA website for the programme and conditions.



South East Masters Short Course – Saturday 7 October 2017 will be held at The Spectrum Leisure Centre, Guildford. Please check the South East Swimming ASA website for the programme.

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Swim England National Masters Short Course Championships

– Friday 27 October to Sunday 29 October 2017 will be held at Ponds Forge, Sheffield. It would be great to have a large number of Sussex swimmers qualify for this national Masters short course event. Please check the ASA Masters Hub for the programme, conditions and qualifying times.

Inter-Counties Masters

– Sunday 12 November 2017 will be held in Portsmouth. This is a national Masters competition where selected swimmers can represent Sussex against other Counties. Selection for this event will be based on best times of Masters swimmers and in particular performances at the Sussex Masters Championships in September.

Masters Club Focus – Lewes Swimming Club

In this section we ask a Sussex Club to provide details on their Masters section. Below are details for **Lewes Swimming Club** that Trixie Nisbet provided:

“Masters have always been an integral part of Lewes Swimming Club. We currently have twenty-four Masters swimmers ranging from enthusiastic competitors to those who wish to swim for fitness and fun.

We have dedicated lanes for Masters at sessions four times

a week, and those who wish to may swim additionally in squad sessions.

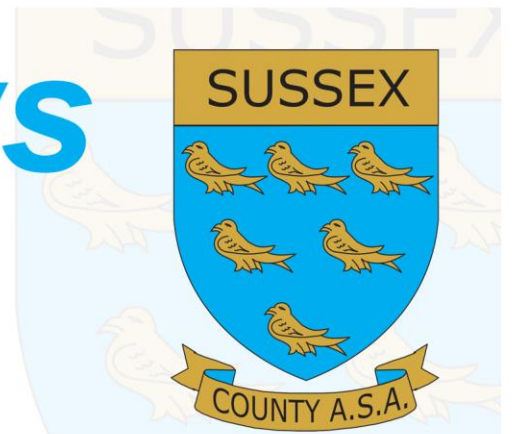
About half of our Masters take part in our regular Club Championships. They are just as competitive as the younger club members, hoping to win the Masters’ trophies. Some of the faster swimmers also swim as part of the Lewes Sussex League team.



Last year, several Lewes swimmers swam in the European Masters’ Championships held at the Aquatic Centre in London, gaining respectable times and enjoying the experience of an international competition.

Looking ahead, two of our Masters are going to the World Championships in August which is being held in Budapest, Hungary. And three of our swimmers are currently training to swim the English Channel as part of a relay team in July next year.”

For more details of master swimming at Lewes Swimming use the Contact Us page on <http://www.lewesswimmingclub>.



The Masters Interview

Below we set out the first of what we hope are many interviews with Masters swimmers in the County. For the first one we have asked the current **Chairman of Sussex ASA, Brian Deval** and a Masters swimmer for an interview.

What is your current role in Sussex ASA and how does it relate to Masters swimming?

I currently hold two roles in the organisation; Chair and Development Secretary. In both those roles Masters swimming is a key feature.

In previous years we’ve budgeted for training the Inter County team but that was disappointingly never used. So in the 2017/18 financial year we have included various seminars that will be open to Masters - nutrition, sports psychology and injury prevention. We also have a coach development programme that includes working with older swimmers.

As Chairman I am very aware of the contribution that Masters can make. The community is growing in Sussex – last year’s championships was the best supported for many years. But I am also aware of its fragility.

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Unlike most sports, swimming is almost entirely dependent of access to facilities and there are huge pressures on operators to maximise income.

My job is to try to encourage operators to recognise the benefits of encouraging older swimmers into the pool, whether in a club or individually by providing a quality experience.

How did you first get involved in swimming and what other roles have you had?

I started swimming as a child in Malaya and continued through to my 'retirement' when I was around 23. I swam for Portsmouth Northsea and competed up National level. After moving to Brighton in 1978 I woke up one Sunday morning and thought it would be nice to have a swim (I hadn't actually been in a training pool for around 10 years).

Driving around Brighton I found the only pool open was Prince Regent and wandered in. I found myself 'interviewed' by Maudie Ottaway and being

invited to join the Brighton Dolphin's session.

I can't remember any other adults in the pool other than Ray Herridge and we swam with the older juniors. This was around 1982 so I think Ray and I were amongst the first Masters. As word spread about Masters we were joined by some of the sea swimmers and other 'retired' swimmers. I later got involved with teaching and coaching - taking teaching qualifications and eventually reaching the heady heights of being qualifying as an ASA Club Coach.

Have you been a Masters swimmer? If so, what did you enjoy about Masters swimming?

I have competed in Masters since around 1982 with the Brighton Dolphin team.

I haven't competed for a few years but I'm still registered and bang out lengths 3 or 4 times a week. Swimming gets in your blood and I find it almost obsessive. I've never really enjoyed distance or open water - being entered into the Southsea to Ryde race as a 'surprise' when I was around 13 made sure of that, but there is something about getting onto a block that rolls back the years of training and excitement/fear of competition (I still can't bring myself to race in goggles because I lost a race I was 14 when my goggles came off in the dive).



Over the next ten years do you see participation in swimming and in particular Masters swimming increasing? If so what are the key factors that will drive that increase nationally and in Sussex?

All the aquatic disciplines are frustrated by a lack of water space and most clubs are naturally keen to bring in the trophies to provide a focus and inspiration for members and shop window for the club. To do that they need lots of juniors in the pool.

Another pressure is often the lack of pathways in clubs to accommodate older seniors who maybe can't or don't want to train as hard as they once did.

What I would like to see is

more focus on developing a swimming continuum

where swimmers could swim at their changing level of commitment so that they aren't lost to the sport – their skills are the skills we need for the future – as coaches, as officials and as swimmers. It's not just a local problem, its national and it's not just a facilities problem – there's a cultural element as well.

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One of the real opportunities for Masters is the huge growth in mass participation open water events and triathlons. Key to the success of Masters is the triangular relationship between club, operator and customer and making sure it works for everyone.

What would you say to someone who is thinking about doing Masters swimming or restarting Masters swimming?

Do it, don't think about it, just get the costume on and get training – it's fun, its sociable, it will get you fitter than going to the gym but above all you will wonder why you didn't do it years ago.

Finally, can I make a plea to all the Masters in Sussex – I hold two roles in the organisation and I only do that because no one has come forward to take them away from me.

When I sit at Management Committee meetings I see a majority of my colleagues who are well into retirement age. Our sport will only grow if new people come forward to take on some of the jobs of running the sport.

We need new people, with new ideas and new enthusiasm to ensure that today's junior swimmers can become Masters of tomorrow.

Sussex Masters Swimmers from the Past

Despite what many believe Masters swimming did not start in the 1980s. In fact Sussex have had Masters swimmers for well over 150 years. In this section we recall some of Sussex Masters swimmers from the past. We start with one of the very first - Captain J.H. Camp who was President, Captain and Coach of Brighton Swimming Club.



Captain Camp was one of the founders of Brighton Swimming Club attending the first meeting on 4 May 1860 at the Jolly Fisherman Inn and was a well-known character of the time in Brighton. 'Captain' was either a nickname or his title at the newly formed Club.

He was born in 1826 and went to sea where falling from a mast he badly injured his leg which had to be amputated.

Returning to Brighton he became a part-time coach at the Club and also President in 1860 and Captain from 1860 to 1862 and 1872 to 1873.

Captain Camp was a very capable swimmer spending many years swimming in the sea, coaching swimmers and was well known for saving lives such that he was known by the motto **"I dare the waves a life to save"**. Captain Camp saved no less than twenty lives during his swimming career.

Sadly Captain Camp succumbed to consumption which was rife in the overcrowded North Laine area of Brighton and died on December 28th 1875 aged 49 years. In the Brighton Extra-Mural cemetery a memorial reads *"This tombstone was erected by the Brighton Swimming Club to the memory of their old Steward, John Henry Camp, the celebrated one-legged swimmer, Born July 26th, 1826, Died at Brighton, December 28th, 1875, aged 49 years. . . . 'I dare the waves a life to save.'"*

Further Information

For more information on masters swimming in Sussex please email –

sussexmasters@btinternet.com

William Long

Sussex Masters Secretary