



**Stalybridge Amateur
Swimming and
Water Polo Club**

April 2015

STALYBRIDGE SWIMMING CLUB'S MONTHLY NEWSLETTER

IN THIS ISSUE

The GALA season has got off to a great start with a resounding win in the Jubilee league, a close 2nd in the Senior gala and another win in the Intermediate gala. Well done to all of our swimmers - Each and every one of you did the club proud in your races and helped us to achieve such brilliant results in our first galas of the season.

A special thank you to those of you who competed for Stalybridge for the first time and also a big thank you to Georgia and Jackson (Junior Team Captains) , who gave up their time to represent us at the Jubilee gala, even though not competing themselves.

Stroke Drills

The first in a series of articles on how to improve your strokes. This month we focus on Breast-stroke.

Coach's Corner

A review of the Stockport METRO training sessions.

Spotlight on the Team

An opportunity to get to know our coaching team better. This month meet Tim Wood.

MISSING!

GUS our club mascot has gone missing. If found can you please return him to the club desk.

RESULTS

5th March Jubilee League:

Stalybridge 139, Ashton 126,
Atherton & Leigh 113

12th March Senior League:

Stalybridge 22.5, Tyldsley 23.5
Stalybridge 29.5, Wigan 16

26th Match Intermediate Gala:

Stalybridge 157, ORCA 152

UPCOMING COMPETITIONS

15th April at Swinton Senior Gala, 7.15pm warm up

23rd April at Tyldsley, 8.15pm warm up

28th April Point Score at Copley, 7.15pm warm up



Coach's Corner

On Sat 7th March Stockport Metro coaches , Richard Blackshaw and Stuart Sant visited Copley and took a two hour training session, during which they coached our swimmers on stroke technique, skills and drills. Feedback from the swimmers was overwhelmingly positive and we had over 50 in the pool for the event. Stockport

approached Stalybridge in an effort to establish stronger links between themselves and local feeder clubs. They would like to continue this relationship and will be offering a free week's trial to our swimmers , which will be announced soon. As we move forward Stalybridge aim to further consolidate relationships with bigger squad clubs like Stockport, Manchester and Oldham and will openly invite such clubs to run similar events in the future.



Emma Curry

Head Coach

Spotlight on the Team

Tim Wood - Team Coach



I've been here at Stalybridge swimming club since the age of 7, and in the last 16 years the club has been a big part of my life. I started like all of our young swimmers with a dream of being the best I could be, competing for the club at various galas and enjoying it all thoroughly. Unfortunately a shoulder injury cut that dream short and I started to concentrate on giving back to the club what it had given me. I began to volunteer and assist on the poolside, learning from the older coaches anything and everything I could, so that when the opportunity came to be a coach at the club myself I was prepared for what was expected. Working with our juniors has been an incredible journey and watching them develop into top swimmers with great potential has been hugely rewarding. It has been a great 16 years so far and long may that continue.

My passion for swimming is such that outside of the club I now work for Oldham Community Leisure providing tuition for young swimmers just starting out on their journey. I like to think of myself as a friendly and approachable coach who has always worked to the principle of 'if you swim happy, you will swim your best' which is why I always try to ensure that all swimmers come with a smile and leave with a smile as well.

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Breaststroke Drills!

When I'm coaching a drill set, swimmers often ask me what drills they can choose from. So over the next few newsletters I'll include a section on some ideas for drills for each stroke, starting with Breaststroke - the stroke that's closest to my heart!

Drill 1 - 2 Kick, 1 Pull

Great for building up your lungs. As large chunks of all breaststroke races are swum underwater, you must be good at holding your breath. This drill is also good for practising kicking in a streamlined position. Do a normal breaststroke pull, then instead of just gliding and pulling straight after, do 2 kicks instead of one - underwater if possible, then another pull followed by two kicks, and so on...

Drill 3 - 2 x Underwater Pull

This is similar to Drill 1 but instead of just kicking twice between each arm pull, go right under the water and do two full pull out cycles before coming up for the normal breaststroke pull with a breath, then back under for two full pull outs, etc, etc. If this phase of your race is good, you can take full body lengths out of your opponents – I've seen it happen, even with top-level swimmers!

Good luck! These can be very challenging. The nice thing is that you've got to slow down to do drills properly so you won't have a coach shouting at you to push harder, but the difficulty comes through trying to get them technically right. They take much more thought and co-ordination than just swimming full stroke.

Drill 2 - 1 Breaststroke Kick ,1 Fly Kick

This can be a challenge! Start with a full normal breaststroke stroke, then carry on swimming breaststroke, but alternating one Fly kick, one breaststroke kick. It's excellent for your stroke length and also helps you to learn how to undulate your body breaststroke with a butterfly-type action. It also teaches you the idea of kicking the top half of your body over the water when you do the fly kick, instead of sinking back down into the water, which you can do when using a breaststroke kick.



HAPPY EASTER!

All training sessions and swimming lessons will continue as usual during the Easter holidays.

Dave Rees

Director of swimming



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