



**Stalybridge Amateur
Swimming and
Water Polo Club**

July 2015

STALYBRIDGE SWIMMING CLUB'S MONTHLY NEWSLETTER

IN THIS ISSUE

A very busy month coming up with the culmination of the Intermediate and Jubilee Gala events, the Club Points Score and two external events.

Racing is about more than just strength of character!

An article on how to enhance your swimming training with other physical training.

RESULTS

**Intermediate Atherton&Leigh -
Stalybridge 191 A&L 125**

This puts us at the top of the table one point ahead of Oldham with just one gala to go!

Training Kit

Have you got the right swimming kit?

Coach's Corner

This month we shine the light on the Masters Team.

UPCOMING COMPETITIONS

**Jubilee Gale at Copley 9th July 7.45pm warm up
Senior Gala at ORCA 13th July 7.15pm warm up
Points Score at Copley 21st July 7.00pm warm up**

**Manchester Long Course at
Manchester Aquatics 11th July 8.00am warm up
Salford Summer Spectacular Gala at
Broughton 18th/19th July**

Children's Committee

Details of items discussed at our first meeting.

SUMMER BREAK

The last session will be Saturday 15th August and we will return on Tuesday 1st September.



Racing is about more than just strength of character

We all know that swimming can be a mentally tough sport – especially as you move up the ladder of competition. Winning can become an even more elusive chimera that seems farther and farther away than ever. But you still have to keep trying. No one ever progressed to the next level by quitting. You can go through weeks of losing races, even struggling to chip away at pb's, starting to get disheartened – and then all of a sudden a great swim comes out of nowhere – and possibly the event you weren't even expecting any success at. You didn't see it coming and it's all suddenly worth it again – you rediscover your love of swimming!!!

This all takes great mental strength to keep on picking yourself up over and over again. But there are things we can do to boost our chances of success so that the odds are stacked in our favour instead of against us. I've made reference in the past to nutrition and that's one great way of doing it, but another equally powerful way is through developing better and better physical strength. OK, we all want that six-pack or washboard stomach, nice muscle tone and definition if only for our beach bodies (my bikini is a bit too tight these days...) but better strength will do wonders for our ability to swim with proper stroke technique and power in the water. These things are vital for good race performance.

For those of you unlucky enough to be in my group, you'll have noticed we've been doing more land-based stuff lately – push-ups, squats, sit-ups, etc. These are all great ways of getting the kind of strength that gives us the edge in the water and gets those race times moving in the right direction. And there's no reason why you can't carry them on at home. Even just ten push-ups, squats and sit-ups a day can start to make a significant difference to the way you develop physically and you'll find you have a lot more power to use in the water.

But even strength isn't the whole story. For good stroke mechanics you also need flexibility. I'll be showing my swimmers the kind of flexibility exercises they can be using every day in order to be able to swim their strokes correctly. But simple ones could include just sitting on your feet whilst watching TV, fastening your shoes standing up with straight legs, etc, etc. We'll run through some of these on poolside and then you can practise these whenever you like.

Dave Rees

Director of Swimming



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Training Kit

We're lucky enough to be in a sport that we can enjoy without having to spend ridiculous amounts of money on it. OK, the latest racing jammers, goggles, etc can cost a small fortune, but just by avoiding the very latest generation of these things you can bring the cost down considerably – e.g. these Maru goggles are great for racing AND training and are £9.99 from **Proswimwear** and should last for months (if they don't get lost!) and these Arena Powerskin ST Raptors are proper



FINA-approved compression racing jammers and are £39.60 from **Allensswimwear**. Make sure you buy a size smaller than your normal training size to ensure a tight fit – even so you should get a good year's racing out of them.



One thing I would really like to start to push for in our senior swimmers is a full range of training equipment. By this I mean hand paddles (the smallest size available), fins (or flippers to us older generation) and mesh bag for the poolside. It's fine for swimmers to borrow from the club's stock of them (especially kickboards & pull buoys), but there's a much better chance of finding a pair that suits the individual rather than borrowing a standard pair that could be slightly too big or small, and you also get used to the way your particular pair perform in the water, which can help you handle them properly. It's also easier to feel more of a personal investment in your sport if you have your own personalised equipment. It's all available in a range of colours and designs and you'll easily find some you really like.



Fins and hand paddles will really help us to improve stroke mechanics and strength in the water which is crucial for all growing and developing swimmers – I'm sure they will have a really positive effect. I'm planning on making more and more use of them in our training as time goes on.

Dave Rees

Director of Swimming

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Coach's Corner

Did you know we have have a Masters Group for the more mature swimmers?!!

Our club has a thriving Masters contingent who train regularly, compete both in the club's league galas and also in external meets.

On June 12th-14th our senior swimmers competed in the 2015 ASA National Championships at Manchester Aquatics Centre. Laura Bowden competed in the 800m FC, the 100FC, the 100m & 200m backstroke and 200IM. She won one gold medal, three silvers and a bronze. Emma Gage swam in the 50m & 100m fly, the 50m, 100m, 200m & 400m FC, 200m & 400m IM, winning 7 golds and one silver and also breaking many British records in the process!!! Claire Hughes competed in the 50m & 100m FC, gaining two bronze medals and George Morreal swam in the 100m BK and 100m FC. Simon Smith competed in the 50m, 100m & 200m Breaststroke and won two silvers and one gold.

And our Director of Swimming, David Rees swam in the 50m & 100m Br, 50m & 100m fly and the 50m FC, winning three gold medals and two bronzes.

Masters Training Sessions take place on Tuesdays and Thursdays at 9pm. Feel free to come along and have a go!

Emma Curry

Head Coach

Children's Committee

Our first meeting took place on 13th June. We discussed team selection and issues to do with home gala start times. We also agreed to purchase a new team mascot. If you, as Junior Members, have any suggestions or queries you want to raise this is the forum to do so. Details of next meeting coming soon.

SUMMER BREAK!

The Swimming Club will be breaking up for 2 weeks in the Summer. The last session will be Saturday 15th August and we will return on Tuesday 1st September.

Enjoy the Break and see you all back ready to train in September!



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