



50m Olympic pool plans

The club were delighted that the petition and campaign run over the past 18 months or so to keep a 50m pool in the City has resulted in plans being drawn up for a replacement.

A £14m Olympic-sized swimming pool could be built in Coventry after a deal was struck to take over the Alan Higgs Centre and the building will be transferred to the Coventry and Warwickshire Award Trust.

An eight-lane, 50m pool could be built at the centre in Allard Way to open in late 2018, Coventry City Council said. One idea is to create 500 permanent seats to allow the pool to be used for regional competitions.

Funding for the project is expected to be made up of council capital and grants from external funders, it said.

ICG 2016

The International Children's Games (ICG) is an International Olympic Committee-sanctioned event held every year where children from cities around the world and between the ages of 12 and 15 participate in a variety of sports and cultural activities. The Games will be held in New Taipei City from 11th – 16th July. We wish all our swimmers the best of luck as they swim fast in Taipei.

Steve Burke - Coach
Anita Ryder - Coach
Charlotte Anderson
Isobel Holden
Lauren McConnachie
Ana Vicary
Ollie Hurst
Anthony Nghiem
Ryan Pahile
Hadden Smith

Follow the progress at: www.icg-newtaipeicity2016.com



Wasps Rugby Partnership



Representatives of the club have met recently with the Community Development Manager from Wasps Rugby Club with a view to building positive relationships between the two clubs. Talks were very productive with enthusiasm from both to explore exciting new opportunities for the clubs to work together.

So watch out at the Graham Sykes Gala you never know who might fly by for a visit. Sting the Wasps mascot likes buzzing about a pool!



National qualifiers

COCSC have 14 swimmers who have qualified for British Nationals:

Joe Evans, Sophie Stables, Madeleine Hoare, Matt Bruce, Abbie Grantham, Charlie Waddingham, Abi Humphreys, Eva Vicary, Rebecca Winn, Lauren Cox, Dan Moore, Alex Carroll, Tom Stacey & Ellie Fodor

Some of these are for individuals and relays, some are just doing relays.

We have 4 swimmers qualified for English Nationals;

Josh Fairchild, Lauren McConnachie, Tom Mitchell & Ollie Hurst

Also we have a qualifier for Welsh Nationals;
Faith Goodliffe

Midlands Youth 2016

Josh Fairchild led the way for the City of Coventry Swimming Club as they completed a huge medal haul on home soil at the Midlands Youth Championships.



Coventry's 50-metre pool hosted the event at the end of April which brought together the best young swimmers in the region to compete against each other for the coveted title of West Midlands Champions. **Josh** was the club's top swimmer in the multi-classification events by winning two gold medals (100m and 200m breaststroke) and he also finished second in the 50m, 100m and 200m freestyle races.

Eva Vicary came away with no fewer than four gold medals in the 100m, 200m, 400m freestyle events and the 50m breaststroke. **Lauren Cox** was also in good form by winning the 50m and 100m backstroke event, while also taking gold in the 50m freestyle.

Charlie Waddingham performed admirably in the breaststroke events after winning the 100m event and finishing runner-up in the 200m category, while also taking bronze in the 50m race. It was a double celebration of gold medals for **Abigail Humphries** after she was victorious in the 200m butterfly and 400m individual medley, and **Rebecca Winn** also tasted success in the 400m individual medley. Rebecca also finished runner-up in the 100m and 200m breaststroke. **Brad Mcleavy** did not collect any winners medals, but he won silver in the 200m backstroke and also finished third in the 200m individual medley as well as the 50m and 100m backstroke. **Joe Evans** took silver both the 200m and 400m freestyle events, while **Joe Iacovides** was runner-up in the 400 individual medley and came third in the 400m freestyle. **Anna Vicary** claimed three medals after finishing second in the 200m breaststroke and 400m individual medley and she also came third in the 100m breaststroke. Coventry also performed well in the team events by winning two gold and four silver medals as the home club won 44 medals in total (16 gold, 18 silver and 10 bronze).

Masters European Meet

After the success of the COCSC Masters Squad at the Long Course Nationals Meet in Sheffield last month, Coach David Jelly Moreton took a 15 strong squad to the European Masters Championships in London.

The event was held between 25th and 29th May at the London Aquatics Centre. The competition was heavily oversubscribed and competition was tough. For most of our swimmers this was their first international competition. The sheer numbers of competitors led to very long queues for the swimmers to even enter the building before events, long queues waiting for warm ups and events, with some competitors waiting on the roadside! On each day action began very early and ran on very late, on at least one day, events went on until 01:40 am to restart at 06:00 am. Warm ups were very congested and extremely short.

The Masters would like to extend a big thank you to Coach David Jelly Moreton for his hard work, dedication and commitment to the squad to train and prepare us for this competition. We all appreciate that Coach Jelly had put a lot of extra time and effort into our training plan away from the pool and unpaid.

The training for the Europeans began last year, and resulted in many of the swimmers recording PB's and lifetime PB's as well as broken records. Some highlights of the European Championships in their respective age groups

Miguel Machado

Breaking a Portuguese Record
4th fastest GBR swimmer in the 100m Freestyle
Fastest GBR swimmer in the 50m Freestyle
3rd fastest GBR swimmer in the 50m Backstroke

John Smith

Breaking a Scottish Record
Fastest GBR swimmer in the 200m Freestyle
4th fastest GBR swimmer in the 400m Freestyle

Fiona Cunningham

4th fastest GBR swimmer in the 100m Butterfly
3rd fastest GBR swimmer in the 200m Butterfly

Steve Goult

4th fastest GBR swimmer in the 100m Breaststroke

Julie Diamond

2nd fastest GBR swimmer in the 200 m Backstroke

Looking to the future, the plan is to take a stronger squad to the Midland Championships and the short course National Championships in October, then building towards the 17th FINA Masters World Championships 2017 in Budapest.

Swimmers sponsorship by

GFORCE[®]

T E A M W E A R

We are over the moon to announce that following the introduction of our new kit supplier Gforce; they have kindly offered to sponsor one of the clubs up and coming swimmers.

Eva Vicary is the lucky swimmer. Having progressed through the clubs ranks from learn to swim to Senior Elite Squad, Eva is the very embodiment of the City of Coventry Swimming Club's ethos. Eva has made waves and will turn heads in her specially designed and made track suit promoting this new sponsorship deal.



Eva said "I was very surprised and pleased that my name was put forward to be sponsored by Gforce and I think its is very good of Gforce to be getting involved with young athletes"

Jo Deakins City of Coventry Swimming Club Programme Manager told us "This sponsorship of Eva shows the support that Gforce are wishing to give the Club and our swimmers as we strive to move forwards for the benefit of all."

Thanks go to Gforce too as they have kindly provided the club with a new pop up banner that we can take to galas and have pool side.



Midlands Age Group 2016



City of Coventry Swimming Club host the West Midlands Age Group Championships at our Olympic 50m Pool in the city centre.

The Coventry swimmers put in an excellent performance bringing home a total of 19 medals comprising of 1 Gold, 12 Silver and 6 bronze.

Medallists over the two weekends were:

Eva Vicary - Gold in the 800 free (16 years).

Ana Vicary - Silver in the 800 free (15 years).

Tom Stacey - Silver in the 1500 free (17 years).

Aimee Hood who picked up Silver in the 200 fly, 200 Breast, 800 free and Bronze in the 400 IM (11/12 years).

Tom Mitchell - silver in the 50 back, bronze in the 100 and 200 back (14 years),

Hanna Dixon who won silver in the all three of the breaststroke events, 50, 100, 200 (13 years).

Niall Connell - silver in the 400 IM and bronze in the 200 IM (11/12 years).

Tommy Smith - bronze in the 100 and 200 free (13 years).

Fiona Hall - silver in the 50 fly (11/12 years)

Ryan Griffiths - silver in the 200 breaststroke (13 years).

As well as the medallists Coventry also had many swimmers make multiple finals but just get touched into 4th place thus missing out on a medal. These swimmers were: **Ellie Fodor, Alana Timms, Lauren McConnachie, Madeleine Hoare, Erin Jones and Caitlin Newport.**

A mention should also go to **Jasmine Marajh** (50 fly 14 years), **Isobel Holden** (50 fly 14 years), **Carys Eadon** (50 free 14 years), **Anthony Nghiem** (100 fly 14 years) and **Thomas Strachan** (100 breaststroke 14 years) who were finalists in their respective events.

Coach Rikki Morris was pleased with all of the swimmers performances with a great improvement on the medal tally from last year.

Devon Tour 2016 - bring it on ...

This years Devon tour will be departing on Sunday 24th July to spend six days based in Okehampton, and as usual promises to be a fun packed week for all involved. The swimmers will be competing in four galas which are being held in Exeter, Ilfracombe, Dawlish & Barnstaple. Although the main focus of the tour are the galas the children will also get to do some very exciting activities during the day including laser combat at survival woodlands, gorge scrambling and climbing, waterpark slides at quaywest and the ultimate assault course.

The final day we will be at the woodlands adventure park before returning home to Coventry on the evening of Friday 29th July.

This will be a fun packed and adventurous week for all.

You can follow the team progress on the clubs website and on facebook.



Training Camps at the University of Warwick

The Club are holding their very popular Swim Skills Camps again over the Summer holidays at the University of Warwick. There are four camps available on the following dates:

Monday-Thursday 1st-4th August

Monday-Thursday 8th-11th August

Monday-Thursday 15th-18th August

Monday-Thursday 22nd-25th August

We focus on a different stroke each day and the camps are open to all club members aged 8-12 yrs who are in the Squads. The cost is **£35.00 per day** or **£100.00** if do all four days. Booking forms are available either from the Club Website or from Rikki Morris (rikki.morris@coventry-swimming.org.uk)

Places are still available on all four weeks but they are filling up.

Awards Night

The Clubs annual awards night is on **Friday, 9th September**. Come and celebrate the successes of the previous season with our swimmers.

Wyken Working Men's Club,
219 Ansty Road, Coventry CV2 3FL
7.30pm onwards

Tickets on sale now

Adults £4.00

Children under 16 £2.00

Family of 4 £10.00

Family of 5+ £12.00

This year we will be introducing several new awards to recognise the achievements across the whole squad structure. Also swimmers have the chance to vote on-line via our club website for their "swimmers swimmer"

Hope to see you all there.

Parent Reps

As a club we have decided to reintroduce our parent representatives, the main aim of this is to create a robust communication system between the whole squad including the coach so that everyone's feels welcome, included and informed.

Hopefully this will take some of the pressure of the coaches especially on pool side and will enable them to give 100% of their session time to the swimmers.

All the rep's will be happy to help with any club matters including :-

Navigating around the clubs website, gala explanation and entry, movement criteria, membership services, ranking systems, social events and fund raising ideas.

The reps will also be working closely with our clubs welfare officer so if you have any concerns or issues with your child please let us know as soon as possible so things can be addressed promptly.

Please see parent rep information on the website or contact jackie.fairchild@coventry-swimming.org.uk



Head Coach's report....

It has been a busy period of time since the last newsletter with a host of meets around Easter, the National Arena League Final, this seasons Nuneaton, Leicester and Mercian leagues, Olympic Trials, Cov & District Secondaries and both Age and Youth Regional Championships. The swimmers have raced hard and produced some great swims.

The club will be finishing its association with the ASA Beacon Programme Network soon. The club have taken the decision not to renew the contract for a further 4 years until 2021 and so when the current contract expires in March 2017, we will cease to be a Beacon club. The Beacon Programme has been excellent for the City of Coventry Swimming Club and we are very grateful for the opportunities it has given the club over the past 6 years.



The elite swimmers from the West Midlands that come in and train on Saturday's will stop from the end of July. These sessions will be replaced with some sessions for talented young swimmers in our network to help support their development and start in October.

We will have a new(ish) member of staff starting with us in September. **Jacob Scullion** will be re-joining the coaching staff to take on the role of High Achievers 3 coach starting in the new season. Jacob has been with the club since he was a young boy and swam right the way through the club regularly making Nationals.

Until last year Jacob was the coach of Junior Performance 2 but has had a year off spending time in Madrid as part of his degree. He is now back and really keen to get back on deck and start working with the swimmers again. He will be helping Jess and Paul occasionally over the next few weeks to give him a chance to get to know the swimmers.

Many thanks to **Tom Herbert** who stepped down as the coach of HA3. Tom recently secured a full-time job working for the Trust as a Duty Manager and with the shift patterns, sadly can't combine his work and the coaching. Tom will continue as a member of the coaching staff to cover as and when he can.

The new club structure has been in place for almost a year now and **Jo Deakins** and I have been reviewing things and how it has settled in. There were a few teething

problems with the swimmers movements in January, but things have now settled down and it is working well. As you know one of the aims of the new structure was to increase attendances at training - if swimmers want to fulfil their potential, a consistent approach to training is fundamental.

It is pleasing to see attendance levels up across the club. We will be making some slight changes to a couple of the groups ready for September, but we will communicate those changes to you as soon as possible. These changes are mainly to do with numbers in those particular groups and the alterations will hopefully alleviate these problems.

The training timetable for the summer will be up on the club website this week. We condense some of the sessions and groups over the summer as so many people are away on holiday. This saves the club some money in pool-time costs which is important to help balance the books.

If there are any issues please let me know.

I hope everyone enjoys their summer!!

Adam Ruckwood

Head Coach

adam.ruckwood@coventry-swimming.org.uk

Sleep and Recovery

The majority of the body's muscle rebuilding occurs while the body is at rest. Therefore, in order to benefit the most from the work done during practice and to perform optimal, it is important for athletes to get sufficient sleep during their time away from the pool.

Getting too little sleep can hinder recovery from exercise by impairing glucose metabolism, increasing cortisol levels (causing decreased tissue repair and growth), and compromising immune function. Not only is protein breakdown reduced during sleep, growth hormone is released during this time. Sleep also helps maintain optimal emotional and social function during the day.



Train smart...Swim Fast!

