



# Training Scheme Newsletter

August 2009 Issue 5

## CLUB 500

500 Club was set up to raise funds for City of Coventry Swimming Club and started in March 2004.

It's a chance for you to win something for yourself as well as helping the club to develop young swimmers to enable them to reach their full potential.

It costs £12 per number per year, payable in advance. Half of the money collected will be used as prize money for the monthly draws.

The monthly draw will take place on the last Friday of each month and the first 3 numbers drawn will receive a cash prize. The amounts depend on how many of the numbers are purchased but if all 500 numbers are sold you could win £125, £75 or £50.

Any questions please ask sarah.betteley@coventry-swimming.org.uk

## July Club 500 Winners

Prize	Name
1st	Bob Gristwood
2nd	Jacky Earle
3rd	Simon Sinclair

## August Club 500 Winners

Prize	Number	Name
1st	23	Gwyn Lewis
2nd	156	Mark Vicary Major R S Page MBE
3rd	36	

## Swimmer Profile—Rikki Morris

**Name:** Rikki Morris  
**Coach:** Joanne Deakins  
**Home Town:** Nuneaton

**Age:** 19  
**Squad:** Elite 1

### Current PB's:

	LC	SC
100 Backstroke	58.30	57.17
200 Backstroke	2.03.95	1.58.54
200 Butterfly	2.04.66	2.01.96
200 Freestyle		1.51.75
400 Freestyle	4.03.38	3.57.64
800 Freestyle	8.25.33	8.30.13
200 I.M		2.05.13



### Records Held:

2002	12 year old 200 Backstroke District Record	2.29.83
2005	200 Butterfly County and District Junior Record	2.11.51
2009	200 Butterfly County Senior Record	2.01.96
	200 Butterfly Club Record	2.01.96
	200 Backstroke Club Record	1.58.54
	200 Freestyle Club Record	1.51.75
	800 Freestyle Club Record	8.30.13

### Greatest Achievement to Date:

I have won Gold in the men's 200m Backstroke at District level for the last 5 years in succession (2005-2009).

Nationally, qualifying for 19 National Finals; In 2004, I finished 5th in the 14 years 200m Butterfly. In 2007, I finished 4th in the 17/18 years 200 Backstroke. In 2008, I made 3 Finals and finished 4<sup>th</sup> in the 17/18 yrs 100m Backstroke, 2<sup>nd</sup> in the 17/18 yrs 200m Backstroke and Gold for the 17/18 yrs 800m Freestyle. This year I finished 3<sup>rd</sup> in the Open Age Group for the 200m Backstroke.

At the British Championships in 2008, I qualified for the Commonwealth Youth Games. In 2009, I made it to the semi-finals for the 200 Backstroke, breaking the Club Record both in the heats and the semi-final.

Internationally, in 2008 I was selected to swim at the WIISE International, representing England and winning a Silver medal in the 200m Backstroke and a Gold in the 4x100 Medley Relay in a New WIISE Record. I also competed at the Commonwealth Youth Games for England, in India, finishing 7th in the 100m Backstroke and 5th in the 200m Backstroke. I also competed in the 50m Backstroke.

### My Short Term Goals:

To qualify for the Commonwealth Games which are being held next year in India. If I am unable to qualify for the Commonwealth Games I will be trying to qualify for the Tri Nations, also being held next year.

### Favourite Artist? (music)

I listen to Hip-Hop and R n B, and my favourite artists are Usher, Nelly and Akon

### Best Film ever?

My Favourite film is Rocky IV but I think the best film ever is The Godfather.

### Favourite Sporting Legend?

Even though I am a Man Utd fan, my favourite sporting legend is Steven Gerrard. Another one of my favourite sporting legends is Usain Bolt, he is the greatest athletes of all time.

# DEVON TOUR



Yvonne & Lee Matthews—2009 Organisers

The annual Devon Tour has been running for approximately 21 years. Each year the Club selects a team of swimmers aged between 9 and 12 years of age.

This year the young City of Coventry swimmers commenced their annual tour of Devon on the 2<sup>nd</sup> August 2009.

Day times are full of fun with the evenings being taken up with competitions against local Devon Clubs. This year the team competed against Exeter, Torridge, Barnstaple and Dawlish. The Devon Tour is an opportunity for these young swimmers to compete against and meet other young swimmers from out of their area. It is also a good opportunity for the team to bond in readiness for the upcoming season with the National Junior League and National Speedo League competitions commencing shortly.



Left: The City of Coventry swimmers pose for Team photo's before departing on the Devon Tour.



Right: Day at Roadford Water Lakes.

## 2009 Devon Tour by Yvonne Matthews

The tour started with a trip down to Devon on the Sunday, arriving at Exeter Youth Hostel. With bags being dropped in the swimmers rooms and gathering of kit bags they went off to their first gala at Exeter. This was very exciting, but also daunting for some swimmers as they had not taken part in galas before. They arrived back at the Youth Hostel for their evening meal of jacket potatoes, sausage, beans and cheese. After unpacking their bags they eventually fell asleep ready to wake up nice and early, refreshed and raring to go.

Day two was a long, exciting and wet day at Roadford Water Lakes which involved windsurfing, canoeing and sailing, the swimmers had a fantastic swim at Torridge, and continued to improve over the week. Their anxiety and nerves had begun to disappear.

A day on Woolacombe Beach took place on the Tuesday, again the weather not that fantastic, but they did manage a few hours without rain, and the swimmers had a fantastic time in the waves. A team of already wet swimmers made it to the Barnstaple gala and again did really well and was enjoyed by all – this one being the toughest gala of the week.

Wednesday was a trip to Woodlands Leisure Park, the day was dry!!! The swimmers went on rides throughout the day, and nearly the whole team managed to hijack "The Pirate Ship". This was a vision to remember with a "Sea of Red T-shirts" and smiley faces was fantastic. From here we headed off to Dawlish, the last gala of the week, with Coventry being renowned for being extremely late – not this year we were 20 minutes early!! We will also make local headlines in their local paper, as Coventry have never made it on time.

The days were packed full and it was amazing to see what you can fit into one day. Although, extremely tired a fantastic time was had by all. The team returned to Coventry on the 7<sup>th</sup> August, after having a wonderful, if not very tiring week. It really is a fantastic opportunity for these young swimmers.



Leigh & Kay Rainsley—2010 Organisers

## Devon Tour 2010

This year's organisers were Yvonne and Lee Matthews, who have done a fantastic job, with the support of Leigh and Kay Rainsley, who have the daunting task of beginning the organising and fund raising again, so that another team of young swimmers can again tour Devon next year. If you are interested in providing any sponsorship for the 2010 Devon Tour, please contact Jo Deakins – Director of Coaching at Coventry Sports Centre on 76252579.



The last evening—football with a difference!



Presentation of Trophy at Torridge Swim Club



Presentation of Trophy at Dawlish Swim Club

## Devon Tour Fund-raising

Each year the Tour is organised by two parent/carer volunteers with two others who then organise it for the following year. The cost of the Tour is met with a contribution from parents and fundraising. This year, along with last year the tour was sponsored by Buildbase who provided the swimmers with T-shirts, pens, notepads and water bottles. They were also lucky enough last year to have caps, but due to the difficult financial climate were unable to provide these this year. This sponsorship deal has been greatly appreciated for the last two years. Internal fundraising has also taken place with selling of candyfloss, Race Night, Bag Pack and a sponsored swim. Finally, with a grant secured from the West Midlands Police Property Fund.



Yvonne and children being presented with grant by representative of the West Midlands Police Property Fund

## 500 miles to watch a Gala, but well worth it!

by Jackie Fairchild

As many of you are aware the City of Coventry Swimming club has just returned from their annual tour of Devon. A total of 36 children aged between 9-12 and from groups ranging from Sharks to Elite 2 were selected to represent our club in 4 galas stretching from one end of Devon to the other.

As parents of a child lucky enough to participate in this years tour we decided along with a few other slightly mad parents that it would be a good idea to travel down to support all the children at a few of the gala's.

The Galas were held at Exeter, Torrington, Barnstaple and Dawlish, (where we managed to surprise the host organisers by actually arriving on time for the first time in years) each day the children had action packed activities which alone would make them shattered, yet they arrived every evening with a smile on their faces and a skip in their step ready to face their opposition.

The children all had numerous races at each Gala and although they were clearly tired they were on such a high that they gave their all and produced some excellent swims. Coventry won the Gala's at Torrington and Dawlish, they were disappointed to come second at Barnstaple as that was the one the coaches and managers were hoping they would win, but it was a close call and they should all be proud of themselves regardless of the result – anyway there is always next year to set the record straight!

The whole of the city of Coventry swimming club should be extremely proud of these children as they were fantastic representative of our city, they showed great camaraderie towards each and every member of the team regardless of how fast they were swimming, they also demonstrated exceptionally good behaviour, were always smart and ready for action and they remembered to applaud the other teams even when they had be beaten by them.

The children's superb performances were a credit to the Coaches and team managers who had given up their own time to support our children throughout every aspect of the tour, they all deserve a medal.

During our 3 day's following two of the Gala's we travel over 500 hundred miles but it was well worth it and I would urge anyone in future years who can get down to Devon to support the club to do so.

Also if your child is lucky enough to be offered a place next year don't hesitate as they will have the time of their lives and have a fantastic opportunity to make new friends as well as represent Coventry.

## A BIG Thank you!!

We have been contacted by the parents of the Devon Tour swimmers, who have requested a **THANK YOU** to be given to:

Yvonne and Lee Matthews

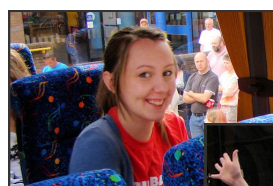
Leigh and Kay Rainsley

Ben Jelley

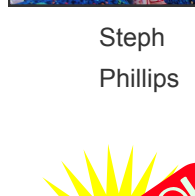
Fran Lynn

Steph Phillips.

The children all had a fabulous time and were looked after so well by the excellent team of parents and coaches.



Fran Lynn



Steph Phillips



Ben Jelley



Team photo - City of Coventry Swimming Club and Dawlish Swimming Club

## Why Cheetahs don't stretch...

By Bev Randle-Bissell



Although stretching after exercise is advocated, there has always been much debate whether static stretches before exercise reduces force which may have an impact on performance. The main issue is that each person is unique with some people being inflexible and some having a good range of movement (ROM). Some muscles are very elastic and slow to start whereas some are more springy and faster to start with less force – hence why you never see a Cheetah stretching before catching its prey!

Children often display an increased ROM in their joints which decreases as the ligaments tighten with age. Some children have an excessive ROM which is termed as hypermobility. This is determined by the type 1:3 ratio variation of collagen in the ligaments such as joints that can be put into positions that aren't acquired through the sheer hard work of training like being able to do the splits! This being the case, muscles are required to work twice as hard to provide enough force and muscular tightness for support and stability which could lead to painful joints and muscle fatigue as the body utilises energy less effectively. Research has shown a link between children with hypermobility and reduced concentration levels which could be reflected in schoolwork.

An increased ROM in the shoulder of a swimmer does have its benefits, however, as a larger range of motion is enabled to pull through water. It's when an imbalance of tight muscles, loose ligaments and weak stabilizing muscles occurs which leads to tissue damage, pain and injury at an early age. This highlights the importance of screening and individual awareness so that programmes can be tailored around a swimmer's differing needs.



## Happy September Birthday's to:-

Cameron Brodie  
Connor Clifford  
Abigayle Jones-Pitt  
Liam McSorley  
Jennifer Todd  
James Williams  
Bethan Hinett  
Konstantinos Stamatakis  
Vasil Pirozek  
Amar Kandola  
George Phillips  
Joseph Foulstone

Craig Chomitzki  
Leah Gowing  
Sophie Linney  
Alexander Riordan  
Samuel Wallen  
Sophie Greer  
Lorna Allen  
Jemma Hancox  
Maria Pirozek  
Emily Spencer  
Savannah Trail  
Megan Davey



Apologies to Faye Edwards who has moved to SP2 but was omitted from the July report.