

Training Scheme Newsletter



Jo's Blog

Welcome to my monthly blog for January and the first one of the New Year with a review of the Club's news and achievements and updates on projects & developments that I have been working on.

The New Year has already seen some fast swimming from our members at the Development Gala, our own Level 3 Meet and the Maxwell Meet at the weekend. As I write this we still have the Burns meet to come this month. Congratulations to Earl Radschenko who has achieved his first individual National Qualifying Time in the 100m Backstroke. Congratulations to our individual winners at the Level 3 meet; Chloe Smith, Helen Jones, Leah Gowing, Daisy Bowater, Hannah Matthews, Eva Vicary, Faye Edwards, Jemma Hancox, Luke Wyman, Kelton Aldridge, Liam McSorley, Adam Timbrell, Earl Radschenko, Harrison Walker, Jacob Scullion, Thomas Acford & Joshua Lee. At the Maxwell meet due to the excellent results there are too many swimmers who medalled or pb'd at the meet to mention individually however the results have been pleasing to read and it shows a good start to the New Year across the whole of the Club. The other competition we have been involved in this month was the Ginger North Trophy Gala at Leamington. This was a relay gala and some swimmers were swimming in their first gala. We finished in third place overall on the night behind Nuneaton & Leamington.

This month has also seen the next stage of the England Talent Programme Camps and we had five swimmers on the Level 1 camp (Callum Quinn, Sam Richards, Earl Radschenko, Emily Spencer & Jacob Scullion), BJ Lowe had to withdraw from the Level 2 camp due to injury and Jennifer Todd on the Open Water Camp.

On the club front the land work programmes & structure within the club squads continues to progress. There have been changes made to the Sunday evening sessions and land work is due to start this Sunday (31st Jan). Externally, I have also been involved in the running of the Regional Level 1 camp where I was the Head Coach of the programme and I have also attended a weekend away on a Leadership Course run by the ASA. We have also been heavily involved in the Cov & District Winter Training which has gone well again this year and plans to continue it in 2011 are already in place.

As you can see there is never a quiet month in the year and January has been no exception!

Regards *Jo Deakins*

Director of Coaching—City of Coventry Swimming Club

Competition Entry Deadlines

Diddy Practice Gala—5th February

Birmingham online entry will close on 12th February

Rugby online entry will close on 27th February.



BEACON PROGRAMME UPDATE

by Frank Stoney

City of Coventry Swimming Club has been invited to be part of English Swimming's Beacon Programme, joining existing centres at Crystal Palace, Manchester, Sunderland, Norwich and Portsmouth. The English ASA hopes to eventually have 8 or 9 Programmes to fit with British Swimming and enhance swimming's development.

Until fairly recently, English swimming programmes have varied in the support given in each region. This has led to inconsistencies in the opportunities available to athletes and coaches at local and regional level.

The Programme aims to address the issues by enhancing the support given at local and regional level. The initiative is modelled on a hub and satellite basis with a Swim 21 Performance Club, like City of Coventry, heading the sub-regional Swim 21 network of clubs and also providing a focal role for the regional network.

The Club is already a Swim 21 Club at all stages of swimming from Learn to Swim right through to Elite Performance and being part of the programme will give us an opportunity to develop at all levels as a centre of excellence.

The club already fulfils many of the requirements to be a Beacon Programme Centre and because of this; members will probably notice few changes. The most noticeable changes will be the advertisement for a Head Coach for the programme and a small number of athletes and coaches from the regional squad attending the Elite 1 session on Saturdays. There will be more access for members to enhanced Sports Science input from Coventry University and more development courses for coaches.

Sainsbury's Active Kids Vouchers

We have signed up to the Sainsbury's Active Kids Scheme, collecting vouchers for equipment. We would be grateful if you could also ask your friends and relatives to collect the vouchers for us. **Sue Adams** will be co-ordinating the collection. Details of the scheme are awaited and further details will follow. In the meantime, please start collecting.

Sainsbury's



Standing Order for Training Fees

All groups can now pay their fees by Standing Order. If you wish to set up an Order then please contact;
john.hughes@coventry-swimming.org.uk

CLUB 500 WINNERS

December		
1 st		Gayle Page - 87
2 nd		Tony Carroll - 27
3 rd		Julia Betteley - 4
January 2010		
1 st	253	Stephanie Acford
2 nd	11	Yvonne Dunkley
3 rd	134	Jackie Fairchild

HAPPY BIRTHDAY'S

JANUARY 2010

Paris Allen
Eve Barnes
Kathryn Bilic
Leanne Burden
Jade Edge
Jack Hall
Helen Jones
Jessica McDermott
Kim Paginton
Shannon Swift
Grace Williams-Brown
Rikki Morris

Joshua Lee
Conor Yardley
Mohammed Ahmed
Alexander Carroll
Spencer Smith
Eve Hodson
Abbey Jobling
Eva Vicary
Jack Ensor
Amy Trenberth
Neve McLaughlin
Yasmin Boff

FEBRUARY 2010

Matthew Bingley
Polly Darby
Samuel Fairchild
Lucy Hall
Meredith Lynn
John Noble
Robert Sansby
Katrina Woollorton
Mark Sykes
Reece Quinn
Harrison Walker
Sam Adams

John Adye
Olivia Thompson
Kayleigh Osborne
Kyle Palmer
Bailey Connell
Ambika Pargappa
Hannah Williamson
Amy Smith
Katie Masterson
Ben Sanders

Book Loving Volunteer wanted

We are in need of a volunteer to catalogue (and possibly house) our growing number of second hand books. At present the books are sold at our open meets but, mindful of the fact that not all our members attend these meets, we would like to extend the service so that books can be selected online and collected at Club Night on Fridays.

Therefore, if anyone would like to become our book monitor, could you please email ruth.jelley@coventry-swimming.org.uk or make yourself known to us at the desk any Friday.

CITY OF COVENTRY—WATER POLO

Can you help City of Coventry build on 2009's success?

Last season, city of Coventry youth water polo squad had their most successful season since 1986, coming runners up in the West Midlands Water Polo League behind Boldmere.

The squad (**Connor Clifford**, Hebe Davies-Colley, Jordan Elliot, **Dan & Molly Griffin**, **Jack Hinett**, Andy Kirkwood, Sam McKinnon, **Sophie & Georgia Linney**, **Ryan & Conor McSorley**, **Alex Riordan** and Ismail Zamaan), Boldmere apart, beat every other West Midlands team both home and away – a huge achievement.

But here's the challenge – all the players in bold above have played their last youth season so we need to recruit more players born in **1995 or later** to build upon last season's success.

Are you up for joining this up and coming section of City of Coventry Swimming Club?

If you would like to learn more about water polo please contact Claire Walmsley or Matt Elliott (coaches) on covjuniorpolo@hotmail.co.uk

OR better still, why not come along to a training session and have a go.....

All training takes place at Central baths:

Fridays 7.20 – 8pm Mini Polo (aged 8+ and must be confident in deep water)



RACE NIGHT – 20TH DECEMBER 2009 by Yvonne Matthews

The race night was a fantastic success, the kids and adults thoroughly enjoyed it. The jockeys were very excited to ride the horses and overall the night raised a fabulous £239.00. These funds will contribute towards something for the club and will keep you updated as to what it will be spent on.

As part of the race night there were 2 competitions, one to name the horses for the next race night which we hope to hold around June 2010 - this was won by Katerina Jackson and another was a limerick which was won by Allison Stoney. These 2 competition winners won a tin of sweets each.

We would like to say a very big thank you to all those that supported the race night, and hope to see you at the next one. If you have not attended one before, please come along to the next one and see what it is all about. A very Happy New Year to you all and thanks for the continuing support.

Yvonne and Lee Matthews.

The Shoulder Girdle...

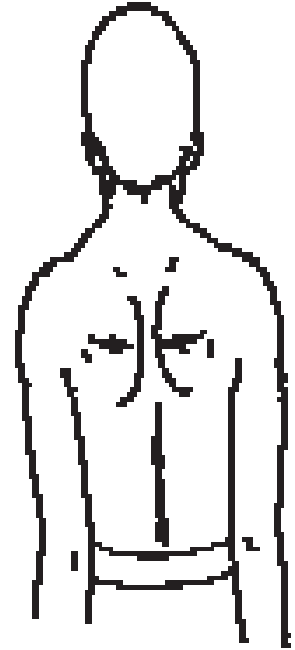
The most common cause of time lost to training in swimmers is due to overuse injuries of the shoulder causing pain (Blanch 2004). The shoulder joint can place the long arm bone (humerus) in 16,000 positions and this amount of mobility is found nowhere else within the body!

If there is a limitation of range of movement in the shoulder girdle, the transference of force may encourage compensatory movements and muscular imbalances which can affect the positioning of the shoulder blade or even the spine. Increased flexibility and multi directional instability of the shoulder joint can often be seen in swimmers and developing children and is also frequently involved in shoulder pain in swimmers; although it can be seen as advantageous as extreme shoulder elevation and rotation whilst flexing the elbow is required to achieve a good catch position when swimming fast (Blanch 2004).

Retraining the stabilising muscles of the shoulder blade forms an integral part of the rehab of shoulder pain in swimmers so that a secure foundation for arm movement can be gained. By utilising proprioception and control exercises, activation of the shoulder stability muscles (rotator cuff) influences the shoulder joint so it can rotate around a stable axis working in partnership with lower trapezius and serratus anterior muscles to secure the shoulder blade onto the rib cage.

Firstly, to activate the shoulder blade stabilisers: sit upright, tuck the chin and relax the shoulders and contract the muscles at the bottom of the shoulder blade as though you are pulling them flat against the rib cage and hold this position for x10 seconds.

Repeating this exercise throughout the day in a concentrated manner with control will encourage a proprioceptive retraining effect as you become more aware of their positioning and level of muscle activity surrounding that area. Taping will also help achieve this effect. (If you would like to try taping, please book in to see me on a Friday Spring Night). Once stability is maintained, mobility can be introduced through differing ranges whilst progressing the loads placed upon the area by adding various forms of resistance.



If you would like me to write about anything specific to do with physiotherapy and swimming, please do not hesitate to contact me to let me know: randlebissells@aol.com

Bev Randle-Bissell

Remember to support the **2010 Devon Tour** by purchasing a bonus ball number from Leigh, Sian or Alice Rainsley on the balcony at Sprint nights.

CLUB CHAMPIONSHIPS – (BINGO AND RAFFLE) by Yvonne Matthews

As you may be aware there was a bingo event held during the warm-up session of the club championships which was very well supported and a raffle.

These events together raised a fabulous £150.00 thank you all for your support.

Ingrid Scullion, Claire Bilic and Yvonne Matthews

Success for Lee

16 year old Lee Marrs (Senior Club) has been successful in gaining a place in the Windsurfing **National RSX Transition Squad**. (RSX is the Olympic kit). Lee has swam with the club for many years. 8 youths out of a larger field of potential competitors have been selected. The process involved attending 3 training/racing camps in October, November & December as well as performance in an international event. Lee came 43rd out of 125 in his class at the World's in August held in Weymouth. Well done Lee

CLUB CHAMPIONSHIP 2009 TROPHY WINNERS

Female 200 Free – Sian Rainsley

Male 200 IM—Jacob Scullion

Male 100 Free—Aiden Page

Male 50 Breast—Robert Sansby

Male 50 Fly—Robert Sansby

Female 200 IM—Jennifer Todd

Male u12 50 Back—Samuel Richards

Male u12 IM—Samuel Richards

Female 100 Free—Emma Sansby

Female 50 Breast—Polly Darby

Female 50 Fly—Jennifer Todd

Male 200 Free—Jacob Scullion

Female u12 IM—Sian Rainsley

Female u12 50 Back—Natalie Clark



Well done to all