

July 2009

Remember to check the web-site for gala entry closing

PLEASE PRINT OUT A NEWSLETTER IF YOU KNOW SOMEONE WITHOUT COMPUTER ACCESS. Thank you

BEST WISHES SENT TO KATHERINE BOULTON AND FAMILY by Julia Betteley

On behalf of the City of Coventry Swimming Club, I would like to wish Katherine Boulton a speedy return to health following the return of leukaemia. Katherine, aged 19, is both a swimmer and club night coach, has bravely battled the disease in recent years.

Katherine needs a bone marrow donation. Donors are always required please see http://www.blood.co.uk/pages/marrow_info.html or <http://www.anthonynolan.org.uk/> if you are interested in helping someone by joining the bone marrow register.

If you have any questions regarding donating then please contact sarah.betteley@coventry-swimming.org.uk

The ANTHONY NOLAN Trust 
Taking back lives from leukaemia

Updates available on Facebook



Susannah has been giving a daily update on Facebook. So far this month, there have been lots of up's and down's.

Katherine is staying positive and remaining cheerful despite being in pain a lot of the time, even managing to do her own entry on Facebook from time to time. The whole family have their fingers crossed that they find a bone marrow match. It takes 6 weeks for the process to be completed. Susannah urges everyone between the ages of 18 and 40 to have a simple blood test. See above and contact Sarah if you need any further information.

Director of Coaching Monthly Blog

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

I am writing this sat on poolside at Sheffield on Day two of the Youth & Senior Championships waiting for our swimmers to start for the day competing. They have a lot to live up to after the results from the Bagcat National Championships with Connor Connell winning a silver medal in the 11yrs 400m IM and BJ Lowe setting two new County Junior Records in the 200m & 400m free narrowly missing medals in both events. Others to mention are Callum Quinn who made his first national Final in the 200m Free, Jacob Scullion who swam a personal best in the 800m free and the lads who made the teams for the relays; Earl Radschenko, Mohammed Ahmed, Alex Riordan & Will Wheeler. Well done also to Emily Spencer, a terrific performance in the 100m Freestyle, her first national swim and to the girl's relay team; Leanne Burden, Shannon Donovan, Emily Spencer and Sian Rainsley. Collectively as teams they performed well so congratulations to all involved.

On the International front the news from the European Junior Championships held in Prague was positive. James Burden was selected for the 4x100m Free Relay and swam his fastest ever relay split to help the team make the final. Due to this the GB Staff selected him to swim in the final where the GB Team finished in 5th place. The experience that he gained from this coupled with the experience he gained from his individual swim in the 50m free narrowly missing the semi finals will put him in good stead for next year when he will be top of the age and pushing for finals and medals. The ICG Team have returned from Athens and I received good reports back from Steve & Anita, especially that our swimmers had conducted themselves professionally and were a credit to the Club. A full report is included in the newsletter from Steve however I would just like to say well done to all the swimmers who went to Athens and the number of supporters who joined them!

Other competitions in the past month have seen some of the Elite 1 swimmers swim at the Scottish Nationals where the star of the team was Sean Asher breaking the 2:10 barrier for the 200m IM in both the heats and the final. We have held our own Open Meet which was a fitting tribute to Graham Sykes and some excellent results again were seen from our swimmers as they finished off their seasons with personal bests ready to start again in September.

We have had the last rounds of the Junior Leagues and it was unfortunate that we missed making the final by the narrowest of margins of two points in the Nuneaton League. We are getting closer to being back where we deserve to be in the final and the team of coaches will definitely be working hard to achieve this next year. The Leicester Team performed well again like they have in every round especially as we were swimmers down due to the rule that you can only use swimmers in the third round that have swam in the previous two rounds.

This month has seen the start of the Open Water season and we had a record number of swimmers take to the water for the Midland Championships at Bosworth water, we even saw our Chairman, Membership secretary & coach plus a number of parents have a dip and complete the course! Congratulations to Grace Williams-brown who finished in 2nd position in her age in the 5k, Kim Paginton who won her age for the 3k along with Jennifer Todd (2nd), Ben Ryder (3rd), Keith Sansby (3rd) in their ages. In the 1500m race Ian Adthead & Steff Phillips won gold, Frank Stoney won silver and Allison Stoney won bronze in their ages.

On the club front this month it has all been about tying up things for the end of this season and the preparation for the next. We have also got our Summer camps happening at the moment so the work for those has taken place. Due to popular demand we have now put on a third week; 17th-20th August to be held at the University of Warwick so if you would like a place please fill in the booking form and reserve a spot.

As this is the final blog of this season before we return in September I would just like to say thanks to all the coaches, parents, volunteers and swimmers who have made it the season we have had. Some swimmers will have met their targets and others will not but now is the time to reflect and then look forward to what will be a better season next year.

I hope you all have a rest and a recharge of the batteries over the Summer with whatever you have planned and look forward to writing more positive blogs next season.

Regards *Jo Deakins*

Director of Coaching
City of Coventry Swimming Club



NATIONAL YOUTH CHAMPIONSHIPS 2009 *Report by Jo Deakins*

1 SILVER and 1 BRONZE Medal

1 New British Age Group Record

1 New West Midlands Regional Senior Record

2 New Warwickshire County Senior Record

3 New Club Records

The last 6 days in Sheffield saw the City of Coventry Swimming Club attend the ASA National Swimming Championships for Youth & Senior swimmers. These championships are the main focus for these swimmers throughout the year of training.

The club achieved some excellent results with **James Burden** winning silver in the 17/18 yrs 50m Freestyle a year under age setting a new British Age Group Record for 17 yr olds in both the heats and the final. This swim was also a new Regional, County & Club record. These results were on the back of his experiences from the European Junior Championships in Prague a month ago.

Rikki Morris won his first senior medal in the 200m backstroke in gaining the bronze medal in a new Club record after setting a personal best in the heats to reach the final. The other Club Record to be beaten was in the Women's 50m Freestyle when **Charlotte Graham** came 6th in the final to break her previous mark set in March which also was a new Senior County Record.

Mark Branch was the clubs other finalist who made the Senior final of the 200m Breaststroke.

International Children's Games 2009 *Report by Steve Burke*



Each year Councillor John Mutton submits a team of athletes to represent not only Coventry but also England. The I.C.G. is a competition open to children aged between 12 to 15 years and ran on similar lines to the Olympics comprising of track and field, swimming and various other sports. This year the games were held in Athens, Greece. 36 Countries participated some bringing more than one city making the total number of athletes 1,365 plus 271 coaches all being accommodated in Four Star hotels which deserved a little more respect than some competitors showed. I am glad to say this was not the case with our athletes. This year our team consisted of 12 track and field athletes and eight swimmers. The swimming team members were Kathryn Bilic, Shannon Donovan, Meredith Lynn, Jessica McDermott, Matthew Bruce, Alex Hammond, Jacob Scullion and Chris Young all of which were fantastic ambassadors for both Coventry and England.

We attended the opening ceremony and were left standing in a stadium for several hours waiting to march onto an overwhelming crowd in temperatures reaching the low 30's followed by an early start on day 1 with breakfast at 5.30am! Very little water had been supplied the previous evening which took its' toll on the team with Shannon being unable to compete on the first day due to heat exhaustion.

Movement of athletes at these events is a logistical nightmare. An example of this is when we were transported by bus to a central forwarding point for all athletes, we had to get off the bus, then stand and watch the same bus move two metres before we had to get back on the very same bus to be despatched to the pool

arriving a full hour before warm up and travelling to the pool back past the hotel in which we were staying! This occurred on both days of competition.

The competition was held in an outdoor, ten lane (eight of which were utilised, leaving the outside lanes empty), fifty metre pool. Being an outside pool can cause some confusion to backstrokers as they seem to forget clouds and aeroplanes move!! All heats were swum between 9.00am and 12noon, with finals taking place in the evening ensuring that no-one was competing during the hottest period of the day.

Day 1 finished with the men's 4x100 freestyle relay which turned into a race of pride for our boy's team, after our lead swimmer thought an echo was a false start signal and watched all the other swimmers enter the water before realising the race was certainly on, I timed him leaving the block and he achieved a low 61. This lap time, along with two other swimmers going under the minute would normally have seen these boys make the final but due to the start they finished 11th overall with a time of 4.06.56 – a great battle boys.

Day 2, saw Meredith miss out on a final place in the 400m free finishing 9th in a time of 4.53.23. All times can be seen on Youtube from the I.C.G website. Our team notched up several PB's and all performed very well in their individual events.

The swimming was dominated by Korea and Bangkok who both entered their National teams with the I.C.G. being the end of a gruelling tour for those kids, many of whom had possibly been competing for the last several weeks.

Well we have now heard how the Coventry team got on at the Children's games. Now let's hear what the parent's and supporters got up to! This report was kindly written by Ingrid Scullion. Sounds like they had a great time.

I would like to thank firstly Paula Donovan who managed to keep the parent's group organised at all times. Her position as Team Leader began many weeks prior to our departure by booking a splendid affordable hotel which had the added bonus of a roof top pool. Unfortunately this was only filled on our first day and appeared to then dry up and did not get re-filled for the rest of our visit. She also ensured that we all managed to get on the team coach to Heathrow.

On our arrival in Athens Paula settled easily into her role, always striving to meet the requests of the group by bagging herself a valuable space on the limited hotel internet to retrieve as much info as possible for our group excursions and keeping in close contact by text, with those who didn't quite make the meeting time because they had slept in, but still managing to arrive at the beach before us. She even managed, one evening, to reunite the whole group at the top of the Acropolis calm and relaxed with drink in one hand and mobile in the other!

We took one hour trip across Athens on the tube to catch a ferry to Aegina, which again had many of us baffled but Paula came good with help from her P.A. Claire Bilic who seemed to have a Mary Poppins hand bag, always pulling something out that someone was in need of from tissues to scarfs! We later thought we were stranded on Aegina, waiting for the return ferry to the mainland, on a

windswept jetty with waves lashing at our legs and the night drawing in but the good humour and banter within the group didn't stop, with everyone laughing at our misfortune.

On the final day we all headed to the beach where we all chilled and relaxed, some of the group were bidding their time before heading off to watch the rugby. Yes, that far from home, a bar was found prior to the match in anticipation. We all met up later for the closing ceremony and were joined by a slightly tipsy Mike Lynn (he had enjoyed watching the rugby) who appeared from across the square wearing his Wales rugby shirt, the very same shirt that Sue Lynn thought had been left safely back in England! After the ceremony we all returned to our local square to have one last drink together before retiring for the night or attending the V.I.P party being held in the Bilic room. Poor Mike



Lynn and his Welsh rugby shirt were again in trouble when he discovered after attending (gate crashed) the party that he did not have a key to his room and had to wake up Sue, who had chosen to retire early in readiness for the next day's return journey!

The flight home was a quiet affair with parents suffering from exhaustion or sore heads (perhaps from the party the night before)!

The five days was all I can say a 'ball' and would recommend it to anyone if they are lucky enough to get the chance.

Most importantly the main reason for going was to support the children which of course we did (between having fun), with flags and hooters to hand. For some it was their first time representing the country, with so much to take in and the lure of a 4star hotel giving them quite a lot of freedom, still managed to show respect and team spirit. They pulled out all their best efforts in their swims and did us all proud.

Many thanks to Anita and Steve who again, another year older, never gave up on our kids when they themselves were tired and perhaps in desperate need of a little more sleep than the teenagers!

I was alarmed when we were told that they had said they shared the coach with 32 Mexicans. Isn't that where swine flu started?????

Thanks to everyone for a great time.

National Age Group Championships

Medals:

Connor Connell – 400m IM – SILVER

Swimmers reaching finals:

BJ Lowe – 200 FC 5th
BJ Lowe – 400 FC 5th
Connor Connell – 400 FC 6th
Connor Connell – 200 BR 6th
Connor Connell – 200 IM 6th
Callum Quinn – 200 FC 10th

BJ Lowe also set new Junior Records in the 200m & 400m Freestyle. More news about the Age Group Nationals can be found in Jo's Blog – front page.

Well done to all the individual and relay swimmers who qualified.

2009 has certainly been a good year for James Burden who has also passed his driving test. His Mum used to have a lovely KA!!!!

Well done James

In June's newsletter, we did not mention that Jo Jelley and Cameron Brodie—who are Coventry Swimmers with joint memberships—also qualified for the Youth Nationals—well done to them and sorry lads.

We start a new item this month with a Swimmer Profile of the Club's Top swimmers. Starting with Elite 1 swimmer James Burden....



Name: James Burden
Age: 17
Squad: Elite 1
Coach: Joanne Deakins
Home: Bedworth
Current
PB's: 100m Freestyle – 51.77
50m Freestyle – 22.95
100m Butterfly – 58.17

Greatest Achievements to date: James has broken 22 County records since 2006. He was part of a relay team winning Gold at National Championships in Sheffield 2006. He won Gold in the 50m freestyle at ASA National Youth Championships in Sheffield 2008, which set a new British record for a 16-year-old, a new Senior County record and new City of Coventry Swimming Club record with a time of 23.65 becoming National Champion. He qualified for Beijing Olympic trials in 2008. Then, at the British Gas Championship 2009 he broke the British & English 50m freestyle record for 16 year olds in a time of 23.37, also making the men's final against much older competitors in which he finished 7th. He was the only 16/17 year old achieving the automatic qualifying time for 50m freestyle qualifying for the European Junior Championships held in Prague July 2009. He also won Bronze in the 100m freestyle and was a semi finalist in the 100m butterfly. James then came 5th in the 50m freestyle at the 57th Novia Grand Prix in Greece.

Short Term Goals: To achieve the qualifying times for the GB Championships being held in March 2009. To again qualify for the European Junior Championships being held in Helsinki in 2010.

What are your greatest swimming moments to date: I have had a few great moments, but the first one was being part of the City of Coventry Medley Relay team winning Gold at the 2006 Nationals with James swimming the Backstroke, Zak Jelley on Fly, Matt Bingley on Breast and John Noble on Free. Winning as part of a team is a special feeling, knowing that everyone did their bit to succeed together. Secondly, winning Gold and gaining a new British Record at the 2008 National Championships for 50m Freestyle was fantastic. Thirdly and most recently, was making the Men's final for the 50m Freestyle at the British Championships in 2009 at the same time breaking my British Record and qualifying for a GBR swim with the European Junior Squad in Prague. Competing for your Country is a great honour, and a chance to swim against the best from around the world. That has to be my best swimming experience ever.

What is on your ipod right now? Loads, I have everything on my ipod, mostly rap, hip and grime.

A TV show that you hate to miss? There isn't one. I love films but rarely have time to watch programmes regularly.

Favourite athlete? Swimmer, Fred Bousquet from France who is the current World Record Holder of the 50m Freestyle (20.94). Athlete, Usain Bolt, the current Olympic and World Record Holder of the 100m (9.69)

See next month for another Swimmer Profile

Midland Open Water Championships— Bosworth Water Trust

Earlier in the month, City of Coventry swimmers, Chairman, Membership Secretary, a Coach and even parents, competed at the Midland Open Water Championships held at Bosworth Water Trust. Coming in the top three for their respective age-groups were; Jennifer Todd, Ben Ryder, Grace Williams-Brown, Kim Paginton, Keith Sansby, Ian Adshead, Steff Philips, Frank and Alison Stoney. In particular, Alison, who put her own swim second to ensure that her slowest swimmer stayed motivated.

The rain held off, although it was a rather overcast day. The swimmers from JP2 and HA2 deserve a special mention, all giving it a good go and all completing the course. This was many of the swimmers first time competing in an Open Water event.

Coventry was also represented by Father and Daughter team, Keith and Emma Sansby.

Steff Philips overcame her fear of fish to also complete the course and win a Gold in her age-group (*have you seen the size of the fish at Bosworth lake?*).

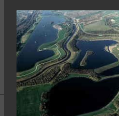


Jenni qualifies for National Open Water swim reported on by Andy Todd

The National Open Water Championships were held at Rother Valley Country Park, Rotherham on 27.7.2009. Jennifer Todd entered the 1500m event, as the only entry from the West Midlands region and knew she would have a tough time of it as she had the slowest entry time. However, although Jenni was somewhat boxed in from the start she managed to slowly reel in some of the other competitors and after 1000m had moved up to 8th. During the final 500m she managed to pass a further 3 swimmers to finish a creditable 5th in her age group

Well done JenniThanks Andy

Rother Valley Country Park



CLUB 500

The results of the July draw will appear in the August issue. It could be your name appearing here. Only you have to be "in it to win it".

Why not contact sarah.betteley@coventry-swimming.org.uk, pick your winning numbers and help your Club at the same time.

Our Regular column by Bev Randle-Bissell, Children's Physiotherapist



TO STRETCH OR NOT TO STRETCH!

(Br J Sports Med) For further information: Jamtved et al "A pragmatic randomised trial of stretching before and after physical activity to prevent injury and soreness" Br J Sports Med (2009) <http://bjsm.bmj.com/cgi/content/abstract/bjism.2009.062232v1>

For me, stretching is really important! Recent research showed that stretching reduced muscle soreness and cut the risk of injury to muscles, tendons and ligaments. The University of Sydney studied 2,000+ adults who exercised at least once a week to discover whether stretching before and after exercise had any practical benefit. People were asked to perform 30-second static stretches of 7 muscle groups before and after physical activity for 14 minutes over a 12 week period. The research highlighted that stretching reduced the risk of injuries and also reduced the risk of bothersome soreness after physical activity. And that's just in adults!



Hamstring Stretch



Quadriceps Stretch



Pectoral Stretch

With growing children an increase in muscle-tendon tightness around joints can cause a decrease in flexibility, particularly in the hamstrings if already tight. Usually when long bones grow the muscle-tendon units elongate in response to this change, but if a muscle-tendon imbalance is produced then there is an increased risk of injury at this site, particularly during a growth spurt and training more than x3 per week.

I think stretching is crucial to tight muscles! Try these stretches at home after a training session to help maintain muscle length.

Remember a screening appointment can be made for Sprint Nights, speak to your coach so that a 15 minute appointment can be arranged with Bev.

Devon Tour 2009 by Yvonne Matthews

As the tour is nearly upon us, we would like to update you on monies that have been received to support this tour.

Firstly, we have received a grant of £500.00 from the West Midlands Police fund which hands out cash to community groups. We completed an application form detailing what the Devon Tour was about, and how we were struggling to meet costs for this year – this money will help us fund swim hats, T-shirts, and fun activities that we can hopefully enjoy on the beach. We are awaiting a presentation to be made to the club from the local police force.

Secondly, a big thank you to Nicola Burns who raised £105.00 doing a sponsored swim, which she donated towards the Devon Tour.

Thirdly, many thanks goes to Ian and Jackie Fairchild who have helped us behind the scenes in printing of posters and tickets for the race night and club posters to place on the coach windows all free of charge.

Many thanks to all who have supported us with this tour over the last few months.

Yvonne & Lee Matthews/Leigh & Kay Rainsley

By the time of issue, the Devon Tour will be in full swing. Hope the weather improves for them. See next month's issue for photo's and reports.

Development Gala Moves

Group movements have now taken place due to the Development Gala.

Thomas Acford, Steven Croom-Carter, Samantha Roberts, Charlotte Downing, Jon Porter, Casey McKernon, Charlotte Harris & Alisha Collins move to HA2
Megan Price & Nicola Burns move to HA 2
Liam McSorley, Leanne Goodlad, Seamus Simpkins move to JP1
Mia Adams to JP2
Jacob Randle-Bissell moves to SP2
Chloe Smith & Helen Jones move to SP2

Other moves that have taken place include Alex Carroll to JP1 and Hannah Matthews & Sophie Greer to SP2.

There are other movements which have not yet been confirmed. Well done to all these swimmers and hope that they settle into their new groups in readiness for the new season.

Reception Achievers get to quiz James Burden. Read on for his responses.....

- RA** How old were you when you started swimming and what got you interested?
J I have always swam, I started competing at the age of 8. My mum and Dad encouraged me to swim and a friend's mum suggested going to a swimming club. Thanks Mrs Heden!
- RA.** What are your best events?
J 50m & 100m Freestyle
RA How many times and for how long do you train each week?
J 9 Sessions/16 hours in the pool and 3 sessions/3 hours land work/stretching
- RA** Do you have to swim fast all the time?
J No sometimes you have to compete through hard training which effects your times. Never swim fast in warm up or swim downs!
- RA** Do you enjoy it?
J I love competing and enjoy the travelling. Training can be hard, but success in competition keeps you going and helps you get through those early mornings!!!
- RA** When did you know you wanted to be a competitive swimmer?
J My first ever competition was with Bedworth Otters 3rd Division Diddy League. It was great and I wanted to do more.
- RA** Who encouraged you to swim?
J Mum and dad wanted me to swim so that I could enjoy family holidays abroad by the sea and in the pool.
- RA** Who is your coach?
J Jo Deakins, Director of Coaching @ City of Coventry Swimming Club
- RA** Are you good at swimming?
J I think so, you best ask Jo!!
- RA** How many galas have you been in?
J Loads - I have never added them all up. I concentrate on one or two main events during the year, but will compete in about 10/12 or so a year including Speedo League, British Champs, Nationals, Midland District and County galas.
- RA** How many trophies how you won?
J
- | | |
|---------------------|---|
| National | 50m Freestyle title 23:65 New British Record 2008 |
| | 100m Freestyle 52.77 – Bronze |
| | Boys Medley Relay Team Title GOLD 2006 |
| Midland District | 100m Backstroke Junior Trophy 06 & 07 |
| | 50m Backstroke Open 2007 |
| Warwickshire | 100m Freestyle Open Trophy 2008 |
| | 100m Freestyle Junior Trophy 2008 |
| | 100m Butterfly Junior Trophy 2008 |
| | 50m Backstroke Senior Trophy 2008 |
| | 100m Backstroke Junior Trophy 2008 |
| | 400m Medley Relay Trophy 2008 |
| | 400m Freestyle relay trophy 2008 |
| | 200m Medley relay trophy 2008 |
| | 200m Freestyle relay trophy 2008 |
| Coventry & District | 100m Freestyle Thompson Trust 2007 |
- RA** What age will you swim till?
J Until I reach my long term goal – and as long as I still enjoy it and keep winning
- RA** What is your favourite/best/worst stroke?
J Favourite: Freestyle it used to be Backstroke, but I also like Fly. Best Stroke: Freestyle. Worst Stroke: Breaststroke, I can just about manage a 50m!
- RA** Do you ever come first?
J Yes – last time I came first was at the Nationals in 2008 to be the National Champion at 50m Freestyle
- RA** Do you ever come last?
J Only if I swim breaststroke
- RA** What time do you go to bed?
J It depends if I have a competition – usually around 10-10:30pm. When I was younger I used to go to bed a lot earlier,
- RA** Do you get tired?
J Yes. I have been known to nod off in the car on the way to training.
- RA** What is the fastest time you can swim across the pool? (width of cov pool)
J Approximately 11 second's freestyle
- RA** Will you be in the 2012 Olympics?
J Who knows? I hope so. If I train hard and compete harder I will give myself the best possible chance. I would love to compete in 2012 to make the team would be a dream.

Thanks James—we do have to add here that James has just beaten his 50m Freestyle time and now has a new PB of 22.95 as well as breaking two records in one day!!!!

The Graham Sykes Memorial Gala 2009



On the 11th July, we held a gala in memory of Graham Sykes, who many of you remember as being the Club Chairman and a Past President of the Club he also acted as an official at galas. He was also a top international backstroke swimmer.

The gala took place over three sessions with a full entry showing a strong representation of City of Coventry swimmers together with teams from all over the country.

The Graham Sykes Memorial Trophy was kindly donated by Grassby Trophies and awarded to the top backstroker based on GB points. Winner of the Memorial Trophy was Coventry Elite swimmer, Zachary Jelley. The trophy was presented by Liz Sykes who also presented the Top Boy and Girl awards for each age group. Winners of the individual age groups awards were: Nathan Hughes (Biggleswade), Bethan Hinett (City of Coventry) 9yrs; Gleb Popov (City of Coventry), Eleanor Wase (Mid Beds) 10yrs; Charles Fulwell (City of Coventry), Paris Allen (City of Coventry) 11yrs; Luke Jones (Boston), Sian Rainsley (City of Coventry) 12yrs; Jacob Randle-Bissell (City of Coventry), Susannah Yielding (Boston) 13yrs; Joshua Lee (City of Coventry) 14yrs male with the 14yr and over Top Girl being Jennifer Leith (Everton) and the 15yr and over Top Boy being Andrew Reay (Wrexham). The Top Club Trophy was awarded to Boston Swimming Club.

Officials also attended from far and wide to assist at this very special meet. See left for pictures of some of our swimmers and our Top Boys and Girls.

TIP OF THE MONTH—GOAL SETTING by Joanne Deakins

Goal setting for the start of the season.

As a swimmer you need to have goals of what you would like to achieve and now is a good time to reflect on what you have done and set new targets for next year. When you have decided you then need to discuss these with you coach so that you and them are both working towards the same thing. Once this has been agreed it is a good idea to then set smaller, more achievable goals to help you along the way and it will then seem easier and more likely to hit that ultimate goal.

SMART model

The most well known method for setting objectives is the **S.M.A.R.T.** way. S.M.A.R.T refers to the acronym that describes the key characteristics of meaningful objectives, which are **S**pecific (concrete, detailed, well defined), **M**easurable (numbers, quantity, comparison), **A**chievable (feasible, actionable), **R**ealistic (considering resources) and **T**ime-Bound (a defined time line).

SMART objective are the stepping stones towards the achievement of our goals...

Think for yourself so you have your goal and no one else's in mind. Goals that you set for yourself motivate you more than goals that are set for you. Consider writing down your goals, and share them. We tend to commit to goals that are written down. If you keep a training log this might be the ideal place to keep your goals written down.

Discuss with your coach so everyone knows what it is. You have to be able to decide, with all available help, whether your goals are achievable. Remember your goals must be challenging – but goals set too high can de-motivate rather than motivate. Your coach can help you to set goals based on performance. Your coach will also help to keep you motivated and help you to measure your progress by effort, improvements and personal bests.

Set a deadline to review goals, ensure they are on track and amend if they need changing.

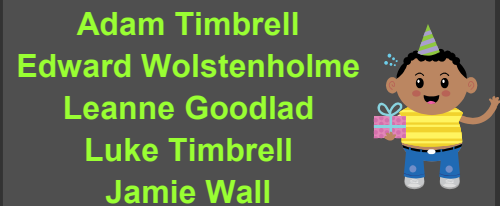
Evaluate your progress regularly, and be flexible. With your measurable goals, that provide stepping stones to your ultimate goal, you will be able to see how well you are progressing. By creating 'stepping stones' the path to your ultimate goal will become much more clear. Divide long-term goals into short-term goals with deadlines and priorities. Reflect and set new goals at the end of the time frame for the goal. . If you achieve your goals before you expected to, set new ones.

Work hard to achieve them. "Work hard in training" indicates the right sentiment, but will not provide guidance towards your goal. "Attend every session this month" or "Hold a pulse rate of 170 for this next set" however, might.

BIRTHDAYS IN AUGUST. HAPPY BIRTHDAY TO:-



**Mark Branch
Conor McSorley
Elloise Messam
Jacob Scullion
Allison Stoney**



**Adam Timbrell
Edward Wolstenholme
Leanne Goodlad
Luke Timbrell
Jamie Wall**

**George Laubscher
Kathryn Fitch
Naryman Ahmed
Caroline Taylor
Charlotte Graham
Connor Connell
Matthew Slevin**



**Kelton Aldridge
Mia Hodgson
Joseph Lapworth**

