

CITY OF COVENTRY SWIMMING CLUB Training Scheme Newsletter



Issue 6—September 2009

Welcome to Issue 6 of the Training Scheme Newsletter at the start of a new season. We have several gala's coming up including three on the same night with the National Arena Swimming League, see <http://www.nationalswimmingleague.org.uk/> for more info. We really need people to write gala reports. You do not have to be an expert in swimming to write a report, just highlight some good swims, note the winners, and be positive and encouraging. If you are attending one of the gala's and would like to have a go at a report, just email Julia Betteley. Perhaps some of you could group together to write one. No-one expects literary excellence, this is an informal newsletter written by the members for the members.

More members are adding items to the newsletter each month. It does not matter how small your article is, if you feel that the members would like to read it, then please submit. Thank you.

Director of Coaching Monthly Blog - Sept 2009

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

When I start to write these it is always with an eye on what we have done recently however, this month I am writing with a view to looking forwards to the new season and if the results that came in from the Coventry sprints at the weekend are anything to go by then I think we are in for a positive season from all areas of the club.

We have had some changes in the Coaching team over the summer with both Mark Strachan and Matt Wolstenholme leaving for pastures new. This has meant that at Junior Performance level we have welcomed on board Mark Branch and Kostas Stamatakis who have both started well and are enjoying the challenge of coaching at this level. The other change has been to the Elite 2 squad who are now under the charge of John Adye with the help and guidance of Helen Slatter and myself. Helen's experience that she is

bringing into the squad and the club has been invaluable with her background as a swimmer (3 Olympic Games plus all major games), Coach (coached National Medallists), Team Manager (Beijing Olympics open Water & other GB Internationals) and generally being involved in the sport of swimming over the last 30 years.

Since the last newsletter the older swimmers swam in the National Youth & Senior Championships and the GB Grand Prix held in Leeds. At the Nationals they achieved 1 Silver (James Burden 50m Free) and bronze Medal (Rikki Morris 200m Back), 1 New British Age Group Record (James 17 yrs 50m Free), 1 New West Midlands Regional Senior Record (James 50m Free), 2 New Warwickshire County Senior Record (James & Charlotte Graham 50m Free) & 3 New Club Records (James, Rikki & Charlotte). Cameron Brodie, swimming for Kelly College, set a new British 16yr age 200m fly record. At the GB Grand Prix the records fell again with 2 County Records (Rikki Morris 200m Butterfly & Charlotte Graham 50m Free) & 5 new Club Records (Rikki on 200m Free, Back & Fly & Charlotte on 50m & 100m Free).

On the club front this month it has all been about preparations for the new season and tying up loose ends from last season. All the competition plans are now in place as are the coaching plans for each squad. A review of the

Pathways project has occurred and new developments in these are planned to help streamline the success of this. The club is coming to the end of its financial year so John Hughes is busy pulling the accounts together ready for the AGM in November and working on a budget for next year. The new students have arrived in town and we welcome any new members that will want to join us, we have one new member already in Tom Rooke who has come to Coventry University from Crawley. Tom is a sprint breaststroker who made finals at the Summer Nationals and swam 1:04.0 for the 100m long course so will be a good asset to the team.

I hope you have all had a good summer and are back into training and working hard for the new season. I wish you all success this season and hope you achieve your goals you have set using the advice in the last newsletter!

Regards
Jo Deakins
Director of
Coaching
City of Coventry Swimming Club



Swimming Calendar by Julia Betteley

This season's calendars are available on the club's website and can be found under the Swimming menu on the left hand side of the homepage.

- Hover on dates that are underlined to get a brief description.
- For more information click on the date.
- Scroll down to the bottom of the page to find the link to your squad's calendar.

Information is still being input for this season and will be updated throughout the season where appropriate.



A message from Katherine Boulton

I would like to take this opportunity to thank everyone for their support over the past couple of months. I am pleased to say I have now been given a date for my bone marrow transplant starting the 9th November, this will be over at the Queen Elizabeth Hospital in Birmingham. I will be in hospital for 4-6 weeks for the transplant. I am doing very well between the treatments of the intensive courses of chemotherapy.



I would also like to thank my mum and the rest of my family for their support, without the close networks that we have it would make this challenging period in my life a greater test than it already is. I will hopefully be down on club nights as often as possible as I do miss it and I hope to see you all there.

Thank You *Katherine Boulton* x x x

September Bonus Ball winners

- 1 £20.50 129 **Jacky Earle**
- 2 £12.30 265 **Lorraine Gowing**
- 3 £ 8.20 183 **Yvonne Matthews**

With £41 to Club Funds

It's that time of year when we say Goodbye and Good luck to the City of Coventry swimmers embarking on their University Studies



Fran Lynn

Fran departed on the 19 September to Glamorgan University to study Geography. She will return to City of Coventry Swimming Club in the holidays. Fran is joining the University Swimming Club and will continue to compete. She is also keen to continue with her coaching so will be checking out how she can help locally.

Tom Varley

Tom is off to Oxford, studying for a degree in engineering science.

"I have not made any plans of yet but would like to carry on hopefully! Possibly do the Uni swimming competitions and swim at Coventry during my holidays, which are pretty long!"



Kellie Donovan

Kellie is now at Plymouth University where she will study Architecture (the full 7 year course!!). She will be joining the University swimming team so hopefully will keep swimming and competing.



Kim Paginton

Kim will be a few miles down the road from Kellie at Exeter University, near the sea, studying Exercise and Sport Sciences.

"I intend to continue swimming, hopefully I can sign up to swim for the University and then be able to compete in BUCS against Cov Uni swim team :-p"

Charlotte Graham

Charlotte travelled to America on a recruiting trip in July, and decided that this was the best place for her to continue her education and swimming career. She has been at the Indian River State College, Florida, for just over 6 weeks and says that she has, so far, enjoyed every day.

"The training is very tough and we combine swimming and dry land (running, circuit and weights) 10 sessions a week. Our first major meet is in December and I am looking to swim fast as my training is going very well here, I am pushing myself more than I ever have before. Although I love it here, I can't wait to get back into the Coventry pool at Christmas and represent Coventry at the Commonwealth Trials in March and pull out some best swims. Miss you all, keep training hard".



Rikki Morris answers questions from JP1 swimmers:

Q. What do you eat for breakfast before early morning training/competitions?

A. I have a cup of tea and a bowl of Crunchy Nut before every competition.

Q. Has your younger brother ever beaten you in a competition?

A. My younger brother Ryan beat me on a head to head 200m I.M. at the Coventry and Districts 2 years ago, but that is the only time he has ever beaten me!

Q. How old were you when you started doing competitions?

A. I was 10 when I started to compete individually but I started competing in relays at 9.

Q. What is your favourite stroke?

A. My favourite stroke is Backstroke it is also my best stroke.

Q. Have you ever had any injuries?

A. When I was 15 I dislocated my ankle, snapping all of the ligaments in it. I was on crutches for a week. 6 weeks after the injury I had the Commonwealth Trials. I competed but the injury was too bad and hurt too much so I went home early from the Championships.



Devon Tour 2010

Fundraising has begun for the 2010 Tour. The Bonus Ball draw is beginning again on the balcony at Club nights (Friday). Please support this very good cause. Most of us know the fun the children have during this week away. If you can help or would like to offer sponsorship, please contact Leigh Rainsley.



Strange but true....Jonathan Porter HA2 achieved exactly the same BAG points (222) in three races (breast, free and back) at the September Sprint meet!

Bet he could not do that again!!!

Who is Doug? *By Claire Darby*

We have all seen Doug training on Friday nights and competing on Sprint nights. He is a long standing and very valued member of City of Coventry Swimming club. His cheerful smile and willingness to share all of his achievements with anyone who will listen are what make Doug special.

Doug is a competitive swimmer and has competed in the Special Olympics a number of times and has won many medals. His favourite event is breaststroke, but he has competed at backstroke as well.

He trains on a Friday evening at City of Coventry and on a Sunday at the Midlands Sports Centre for the Disabled. Doug's training consists of land work, technique and skills, and fitness.

He flies over to Jersey in November to compete again in the 2009 Special Olympics.

We all wish him the very best of luck.



Massage and Soft Tissue Therapy... *by Bev Randle-Bissell*

Having just spent the weekend at a conference on massage and soft tissue therapies hosted by the English Cricket Team and GB Basketball Team Physio, I feel fired up to share with you my enthusiasm for the benefits of massage.

In a nutshell, massage works by stimulating the connective tissue that lies beneath the superficial layer of skin which is embedded in a layer of fascia that supports and links the muscles, nerves, blood vessels, lymph and digestive system. Fascia can easily form adhesions through stiffness, repetitive movement or trauma. This causes problems as structures are prevented from moving freely as tissue hardens, contracts and movement becomes limited. From the earliest signs of a muscle niggles to pain caused from previous trauma, massaging enables the tissue to be lengthened and mobility can then be restored as the fascia becomes more fluid as it is released. Blood flow and the removal of blood lactate is also increased which decreases the onset of muscle soreness experienced after exercise. For swimmers it is important that any medium applied (such as oil) is removed during competition as this may act as an additional drag. The massage technique also becomes more difficult to apply as the skin becomes slippery and less able to be gripped.

The difference in the types of massage is based upon the depth of pressure and the direction and amount of pull that is applied. Sports massage is a combination of soft tissue techniques used as part of a conditioning programme before/during/after competition and also for the assessment, prevention and treatment of an injury. There is a growing body of evidence showing these techniques prevent injury, enhance recovery and aid relaxation. And it is safe and effective to use with all age ranges. Suresh *et al* (2008) showed: "After massage therapy, children and adolescents reported highly significant improvement in their levels of distress, pain, tension, discomfort, and mood..."!!!

If you would like to try some soft tissue techniques you can arrange to come and see me during Sprint Night and see for yourself whether you think it works for you...



Devon Tour 2010

By Jo Deakins

The Devon Tour is an annual event that is run by volunteers of the club. A team of 36 swimmers aged 10-12 years are taken on a Tour of Devon for a week each August. During the week they compete in an minimum of 3 galas against local opposition and also engage in other activities whilst staying in a youth hostel type accommodation. This year the selection criteria has changed slightly in that for the 2010 Tour we will only be using Sprint Night times achieved in Sept, Oct, November & December 2009. There is also an availability form which needs completing for swimmers to be considered for selection. The team will only be selected from swimmers who have returned a completed availability form so if you wish your child to be in the frame to be selected please ensure a form is filled in and handed back to your parent rep, coach or into the Club Night Desk on Fridays by the deadline of 30th November. Forms are available from the Club Night Desk or your coach. Details of the selection criteria are available on the Club's website.

HAPPY OCTOBER BIRTHDAYS TO:

Mary Hughes
Katerina Jackson
Hannah Matthews
Aiden Page
Tyler Price
Daniel Riley
Charlotte Rogers
Michelle Todd
Emma Williams
Sophie Richards
Seamus Simpkins
Daisy Bowater
Martin Sutcliffe
Eleanor Bonas
Gleb Popov
Fiona Cunningham
Emma Bysouth
Lucy Mangan
Taylor Connell
Carla Harris
Benjamin Stoney
Jade Woodward
Abigail Smith

POST DEVON TOUR 2009 by Yvonne Matthews

Well that's it for another year and what a success it was. We believe everyone had a fantastic time - We know we did.



Lee and I would like to take this opportunity to say thank to everybody that has supported us throughout the year, with fundraising, producing posters, tickets, sponsoring bag packs and for producing the CD's. These were produced by Alex Randle-Bissell to whom we are really grateful.

We would also like to thank Leigh and Kay Rainsley for all their support whilst we were on tour and would like to wish them well for next year.

Lastly we would also like to say thank you to the kids, who were on the whole a pleasure to take away.

We have had a fantastic two years in being involved with the Devon Tour and we would highly recommend parents to be part of this - it is an experience that we would not have missed for the world.

Yvonne and Lee Matthews

Members tell us their good news....

Sian Rainsley won Bronze at the Inter-Regional Triathlon Championships in Tredegar, South Wales a couple of weeks ago representing the West Midlands against the rest of the UK.

Sian's Dad, Leigh tells us all about it....

Well we all spent the weekend in a Travel Lodge and after a Friday evening at Frankie and Benny's we headed off to Bryn Bach Parc on the Saturday morning where the Finals were being held on Sunday 13th September. Sian had a practice swim in the lake (very cold) and a ride round a very technical bike course with a lot of up and fast downhill section, a walk round the run course was followed by a Chinese back at the lodge. We had an early start as Sian was in the first race of the day which was the 11/12 year old girls. After a good swim Sian left the transition in 3rd place to begin the bike ride. She came back in to transition in 8th place and managed to work her way through the athletes to finish in 3rd overall. She was awarded the bronze medal which was the only medal won by the West Midlands team in 2009.



And a very Special Happy Birthday to Joshua Fairchild who was unfortunately omitted from the list. Very sorry Joshua and hope you have a lovely birthday.

Free fins!!

Jackie Bruce (Matthew Bruce's Mum), has three pairs of used fins to give away.

1 x 6-7 blue (faint "Brucie" on front but hardly noticeable together with an L and R)

2 x 8-9, one pair of black, one blue.

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