

Club Kit Launch

Over the summer we have been working with G-force to finalise the design and style for the new kit. We are hopeful that the kit will be ready and available by the end of September to coincide with the new club structure, training groups and the new website. Our fingers are crossed that by the Awards Night we will have some samples to show and share with you all. Once we have the samples we'll make them available on Friday Club Nights so you can see the new kit in advance of making an order.

Prices:

Sublimated Polo Shirt £28.00
(available in male and female cut)

Games Shorts £15.00
(unisex)

Athletics Shorts £13.00
(female cut)

Hooded Top £26.00

The new kit will be available to buy online and there will be a link from the new COCSC website. Kit will then be sent direct to your home or your chosen delivery address. Over the next few weeks we will be working on designs for track pants, tracksuit tops and bags with the aim of having them available to buy by Christmas.

Thank you for your patience and we hope you'll all like the new kit when it arrives!



Annual Awards Night

Awards Night this year is to be held at the Standard Triumph Club, Coventry Business Park, Herald Ave, Coventry CV5 6UB on **Friday 11th September** from 7.00pm. Along with the annual awards, plus medals to all swimmers who have represented the Club, back by popular demand is the disco and Magician from last Year!

Hope you can come and join us for a celebration of the 2014/2015

COCSC Welfare matters..

Parents and carers are reminded that they are responsible for their children's travel to training sessions right up until the point at which they are changed and on poolside. Similarly swimmers should be collected promptly when sessions are finished from the changing areas/outside the facility.

Anyone with any concerns or issues regarding this in respect of their own or another child, please contact your child's coach in the first instance.

Devon Tour 2015

Devon Tour 2015 was another successful year with 51 swimmers & adults/young helpers attending the tour.



The tour ran from 26th July to 1st August with us heading straight to Tiverton after leaving Coventry to a Gala with Tiverton Swimming Club who have agreed to host a gala for us for the last 3 years. After the gala we then continued on to the accommodation at Okehampton Youth Hostel to recharge ready for the busy week ahead.

Monday we visited Laser Games near Ilfracombe for a bit of team orientated fun in the woods. The weather was not at its best with high winds gusting up to 50mph so we had to have a change of plan for the afternoon as we were to visit Ilfracombe Tunnels Beach. We decided to extend our time at Laser Games and then head straight to Ilfracombe Swimming Pool early ready for the gala that evening. Thankfully the pool has a large expanse of lush green parkland right outside its doors so we made best use of this encouraging the kids to get involved in team games. We eventually headed into Ilfracombe's newly refurbished pool for a gala hosted by Ilfracombe's newly re-created swimming club before finishing off the evening with a chip supper back out on the grass area in front of the pool then the coach trip back to the accommodation.

Tuesday brought us improved weather conditions and a highly exciting day at Ultimate Adventure Centre where the kids and most of the adults took part in High Wire and Total Wipeout activities before heading to Barnstaple Swimming club for our 3rd gala of the week. After the gala finished we headed over the road as normal to invade Pizza Hut who accommodated us all and fed us well.



Wednesday brought the sunshine out to play which was a relief as we headed to Splashdown Quaywest so everyone could ride the waterslides. As the sun was still shining towards the end of the day we left the water park a little early and headed to the sandy beach across the road so we could all have a paddle, build sandcastles and play

a bit of football on the beach. We later headed to our final gala of the week at Dawlish where the gala is more geared towards fun races mixed in with some of the more traditional races too. A few other clubs attended from Oddcombe & Exmouth as well as the hosts Dawlish. Again we finished off with a chip supper and some games on the grass sports fields outside the pool complex.

Thursday we visited Woodlands Adventure Park where we spent the whole day as there was no pressure of any galas that day.

Friday we stayed local using the local adventure group Adventure Okehampton to entertain the kids and instruct them in Canoeing, Mountain Boarding and Team Building games. The evening was the kids turn to entertain everyone with our Devon Tours got talent competition and finally ending the evening with a preview of the Devon Tour DVD just to remind them of what they had experienced during the week. Then off to bed and dreams of our return home.

Needless to say everyone on the tour had a great time and faced their fears and pushed themselves further than they had before. Without a doubt every one on the squad will have gained a lot personally from the tour and learnt something about themselves and others they shared the experience with.

Planning for Devon Tour 2016 is already ongoing.....

Swimming and the art of Recovery

Most of us associate increases in training load with increases in fitness level. What we often overlook is the fact that the real gains in exercise capacity occur when the body and muscles are at rest. While practice is where we see times improving, the underlying adaptations to this training actually occur while the body recovers from this workload. So, while workout is the all-important stimulus that initiates the adaptation process, the majority of the body's "metabolic rebuilding" occurs while the body is at rest (i.e. during recovery).

Cool Down – Eat – Stretch – Massage – Sleep

These are the five key components to an optimal recovery that all swimmers should understand, believe in, and most importantly, practice on a regular basis. Here's why:

Cool Down and Recovery

Swimming at high intensities, such as during racing and tough sets, can cause metabolites like inorganic phosphate, ADP, hydrogen ions, and of course, lactate, to accumulate in the muscles. A build-up of these metabolites is associated with conditions that can compromise the next swimming performance.

Cool down (active recovery) facilitates the removal/ utilisation of lactate after a race or tough set. The intensity of the cool down influences how quickly this removal/utilisation of lactate occurs. Too high an intensity may produce additional lactate, while too low an

intensity may not create enough circulation to remove/utilise the lactate any faster than standing around would (passive recovery). Because sprinters tend to have and engage more fast-twitch muscle fibres than distance swimmers, they tend to produce larger amounts of lactate than distance swimmers. This also means that it tends to take longer for sprinters to remove/utilise accumulated lactate after races and other tough swims.

Therefore, the recommended intensity and duration of a swimmer's cool down depends on the individual's distance orientation and event:

Distance	Cool Down	Intensity	Heart Rate
Sprinter (50-100 m/y)	25 min	Easy	(120-130 bpm)
Middle Distance (200-500 m/y)	20 min	Easy-Moderate	(130-140 bpm)
Long Distance (+500 m/y)	10-15 min	Moderate	(140-150 bpm)

At meets where a warm down pool is not available, swimmers should complete their active recovery on land. This should include active stretching, light jogging, arm rotations and/or other land-based exercises that engage the same muscle groups used during the swim. Even on land this type of activity increases the blood circulation and removes/utilises metabolites faster than passive recovery alone.



**New look
COCSC website
Launch 12th/13th September**

Great swims at the National Championships

GB Nationals:

Silver – **Tom Stacey** – 3k Open Water
Bronze – **Abigail Humphreys** – 800m Free
Bronze – **Abigail Humphreys** – 200m Fly
Bronze – **Joseph Iacovides** – 400m IM

Top 10 finishes for **Joseph Iacovides** (4th in the 1500m Free and 8th in the 200m IM), **Abigail Humphreys** (5th in the 400m IM and 8th in the 200m IM), **Megan Gibson** (6th in the 200m Back and 8th in the 100m Back) and **Alex Carroll** (7th in the 400m IM and 10th in the 200m Back).

English Nationals:

Gold – **Leah Gowing** – 100m Free
Gold – **Matt Bruce** – 50m Free
Gold – **Madeleine Hoare** – 200m Free
Silver – Men's 4x100 Free Relay – **Joe Evans, Sam Richards, Tom Herbert, Charlie Waddingham**
Bronze – **Joshua Fairchild** – 200m Free (Multidisciplinary)

Top 10 finishes for **Sam Richards** (4th in the 200m IM and 8th in the 200m Free), **Charlie Waddingham** (4th in the 400m Free, 5th in the 200m Breast and 8th in the 100m Breast), **Joe Evans** (5th in the 400m Free and 7th in the 200m Free), **Abbie Grantham** (8th in the 400m Free), **Madeleine Hoare** (9th in the 100m Free), **Matt Bruce** (10th in the 50m Breast)

Scottish Nationals:

Gold – **Sophie Stables** – 100m Fly
Gold – **Sophie Stables** – 200m Fly
Top 10 finishes for **Sophie Stables** (4th in the 50m Free and 5th in the 100m Free)

Welsh Nationals:

Top 10 finishes for **Faith Goodliffe** (6th in the 200m Breast and 9th in the 100m Breast), **Bethan Hinett** (8th in the 400m IM, 9th in the 200m Back and 9th in the 200m Fly)



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