



Alsager Swimming Club Newsletter

October 2021 Edition

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Changes to the Newsletter

Our Newsletter has changed! We hope that the new format will be read by the whole family, and that our swimmers will get involved in creating it. If you have any ideas for articles for the newsletter and/or would like to get involved in writing a piece, please get in touch with Gemma via welfareofficerasc@gmail.com

Chairpersons Report

I am delighted to be able to start the Chairperson's report this month by reflecting on the swimming club's success at the Bolton gala. It feels like a long time since we have been competing as a club in galas. All of our swimmers did the club proud and the results speak for themselves. However, I am more proud of how we came together as a team. The poolside spirit and support was more than we

could ever have asked for. So, as always, thanks go to the swimmers for representing the club in a way we can all be proud of. Also thanks to Kathryn and Ben who were at the gala supporting the swimmers. As always, it is the support from behind the scenes which helps make our club successful. This support comes in many forms including a fully voluntary committee who work tirelessly to keep things going as smoothly as possible. We also recognise the commitments you make as parents and carers to support the swimmers so my thanks are also extended to you. Rebecca.

Gala Review



1 - Team Alsager at the Bolton Gala

Bolton Metro Comeback Meet 2021 Gala Review.

It was an early start to get to the Bolton gala - up at 6am. After a 45 minute journey listening to BBC Radio 2, I had arrived at Bolton and met up with the other Alsager swimmers, Coach and Team Manager. It was a bright, sunny morning and I was looking forward to the days swimming. The pool looked very new, clear water with swimmers dotted around, we found our place on poolside. After the warm up, it was my first event: the 200 IM, I was really looking forward to this race, and was going to put all my effort into it. I did a superb dive, clean turns and a fast finish; and it definitely showed in the time. I got an 8 second improvement on my PB!!! My teammates were all so happy for me as I came back to our area. My second race was 50m breaststroke. I looked on the heat sheet to see what heat I was in and I couldn't find my name!! Kathryn was our team manager for the day, and was straight on it. She was brilliant, and discussed with the officials, and it seemed I had not been put in a heat. Unfortunately they couldn't fit me in. I've never had this happen before, it was just an unfortunate error and I can always do it at the next gala. I went on to do 200 freestyle, 100 backstroke, 100 freestyle, 50m backstroke, 50m fly and 50m freestyle and got some more PB's. Ben was our coach and was very supportive giving us feedback on our races and handy tips to improve in the next gala. Sadly no spectators were allowed at this gala so we didn't have parents to go back to between the morning and afternoon sessions, we had all taken our packed lunches which we ate together whilst we chatted about the morning's races. The afternoon races proved just as much fun, there was a brilliant team spirit, and we were supporting each other for every race. We would all go the end of the lane and cheer the swimmer on during their race, and it really helped everybody.

It was a really brilliant gala and I am looking forward to the next one at Macclesfield in October.

Barney.

Head Coach's Gala Review

The Bolton gala was the first gala of the new season. After a long period without racing it was the first chance for many swimmers to show how they were progressing. Initially there was disappointment for many after being rejected. For those of you new to galas this is not uncommon and gala offerings throughout the season will be a mix of slower swimmers rejected (i.e. Bolton) and later entries rejected (i.e. we enter early and get all entries accepted). Those who did make their way to Bolton had a great day of racing. Barney has already commented on the great team spirit on the day but it was good to hear that everyone was supporting their team. Every swimmer got at least one PB. This is not as easy as it sounds after so many months without real race practice as nerves can impact on your racing. Not only were there PBs all round, some were achieved in difficult circumstances (goggles coming off when diving in), some were big PBs in longer distance races and some were big PBs after the relative disappointment of the festival of swimming. Every member of the club should be proud of what you are achieving in training and now in competition whether you are just starting out or whether you have posted times that will put you in contention for the National Championships next summer. Keep up the good work. **Phil**



2 - Benji with his collection of medals from the Bolton Gala.

Gala Calendar 2021

Alsager Swimming Club Gala Calendar 2021 					
Month	Day	Gala Name	Location	For	Entry details
September	Sunday 26 th All day	Bolton Gala	Bolton	ALL	Entries Closed
October	Saturday 16 th Pm	Satellites Gala	Macclesfield	Bronze, Silver, Gold, Platinum Transition, Platinum.	Entries Open via swim Events
	Sunday 17 th Am				
November	Saturday 6 th	SENW Winter Regionals	Manchester	Platinum, Platinum transition with qualifying times only.	TBA
	Sunday 7 th				
	Sun 28 th	Cheshire Junior Meet	Macclesfield (TBC)	12 years and under only	Entries close on 20 th October
December	Sat 4 th	Winter Para Nationals	Swansea	Para Swimmers only	TBA
	Sun 5 th				
	Sat 4 th	Wirral Christmas Meet	Birkenhead	Silver, Gold, Platinum transition, Platinum and others aged 12+	Entries close 6 th October
	Sun 5 th				
	Sat 18 th	TBC	Macclesfield/Wigan	ALL	TBA
	Sun 19 th				

TBC= To be confirmed. TBA=To be advised once ASC has the information

Gala Medical forms for Satellites Autumn meet 2021

Entries have now closed for this Gala. Once you have received confirmation of accepted and rejected entries please complete the medical form via the link below. **Please DO NOT** complete the medical form prior to having entries confirmed. <https://forms.gle/Togiyg3nsFF6ku799> Please complete the forms by Wednesday the 13th of October to enable us to collate the information.

Swap Shop

We have set up a Facebook page to enable our club members to swap and sell preloved swim kit. This can include, fins, floats, goggles, Alsager Swimming Club branded clothing, dry robes etc. Please note the club is not responsible for the items posted on the page, collection/delivery or payments. (This is for the sellers and buyers to sort out.) However admin will do our best to ensure that only

Alsager Swimming Club members/parents are in the group. To request to join the group please follow the link below: <https://www.facebook.com/groups/alsagerSwimmingclubswapshop>



Volunteering

Alsager Swimming Club is mainly run by volunteers. We need the support of parents in several roles in order to provide the best opportunities for our swimmers. The formal roles required by all clubs are poolside officials (timekeepers and judges) and team managers. Without officials and team managers we can only offer our swimmers limited opportunities to compete. At this point in time, we do not have enough officials able to run a licensed club championship. Remember, being an official at a gala allows you to get close to the action, your expenses get paid, and you don't have to pay to watch. (Full training is provided and will be paid for by the club.) We also need more eyes on deck to assist at training. Part of our plan is to have more qualified teachers and coaches, but poolside helpers are also required to work alongside the teachers and coaches. Put quite simply the more eyes on deck the better the swimmers will be. I started as a poolside helper and enjoyed it so much I became a coach! Another area where I want to improve the offering by the club is sports science and support services. Whilst I have basic training in these areas it always helps to have a specialist on board. For these I am looking to see if we have any parents who are qualified and willing to help in the following areas:

Physiotherapy – Mainly for injury prevention, prehab and early season screening.

Yoga and Pilates – So that when we do get back to land training, we can occasionally offer swimmers something a little different

Personal Trainers – Again so that we can offer swimmers something a little different in training and for the older swimmers to follow a S & C programme

Psychology, especially sports psychology - to help with race visualisation, positive thinking and anxiety.

Nutrition – to help educate the swimmers about the healthy options for gala food and training in general.

If you can help in any area, or would like further information about any roles such as, gala official, team manager, poolside assistant, any of the ancillary roles or any other area you can think of please email the welfare officer at welfareofficerasc@gmail.com¹

Regards, Phil Head Coach

¹<https://welfareofficerasc@gmail.com>



Swimmer Profile

In each months newsletter we bring you the swimmers profiles. These will help you get to know your fellow swimmers better and may occasionally offer some top tips!

Swimmer's name:	Olivia
Age:	13
Squad:	I started at Alsager Swimming Club under its former name, this was in the 'Lower Blue' squad straight out of the learn to swim scheme, I worked hard by attending as many sessions and galas as possible to progress through each squad working my way up to black squad. When the club recently restructured, I was placed in the 'Gold' squad. I train Tuesday, Wednesday and now a Thursday morning. I love the morning sessions.
Number of years as a club swimmer:	Six and a half years.
Favourite Swimming Stroke:	Front crawl but I feel I am a strong back stroke swimmer.
Favourite competitive event:	50m free is my favourite race to compete in. I love being part of a relay team at galas too, working with my teammates. Peak and Plain gala at Crewe is always a great night as we get to compete as a team.
Favourite pre-race breakfast:	I usually have a small bowl of porridge before attending a gala. I don't tend to eat a lot before a race, but I always make sure I drink plenty of fluid. This is usually a Lucozade sport along with a bottle of water.
Favourite training activity:	Relay race practice and starts and turns.
Other hobbies:	<ul style="list-style-type: none"> • HITT workout training at School. • Working at my family farm each weekend. • Looking after my two dogs, Molly and Penny.

Swimmer's name:	James
Age:	11
Squad:	Started in Lower Blue, now in Bronze Squad.
Number of years as a club swimmer:	4 years
Favourite Swimming Stroke:	Front Crawl
Favourite snack for after swimming:	A drink of milk, cereal or rice pudding and a cookie (if I'm allowed!)
Favourite activity in training:	Diving practice
Other hobbies:	<ul style="list-style-type: none"> • Athletics • Cross country • Rugby • Drawing

If you would like to be interviewed for the swimmer profile please email Gemma @ welfareofficerasc@gmail.com



Head Coach's update

The new structure is bedding in now and swimmers are getting used to their new times and new squads. Initially there were many emails to respond to and I tried to be as flexible as possible to accommodate swimmers.

We have a coaching rota in place that is already providing more eyes on deck to develop the swimmers. There are specific areas that need strengthening, especially a Friday night where we need to run 2 sessions at 2 locations. We would welcome parents or older swimmers (16+) who would like to become level two teachers to get in touch with us.

AM	Tuesday	Thursday	Saturday	Sunday
06:15	Alsager LC	Alsager LC	Alsager LC	Alsager LC
07:00	Platinum Platinum Transition	Platinum Platinum Transition		
07:45			Platinum Transition	Silver Platinum Bronze Transition
08:30				

PM	Monday	Tuesday	Wednesday	Thursday	Friday
19:00	Alsager LC	Alsager LC	Alsager LC		Sandbach LC Alsager LC
19:45	Platinum Bronze Silver	Platinum Platinum Transition Gold	Platinum Gold Diamond	Gold Level Training Platinum & Platinum Transition Land Training	Bronze Platinum Transition Gold
21:00				Silver Diamond Platinum	Platinum Transition Gold
22:00					

Get to know your Coach

In each months newsletter we will bring you an interview with a coach or committee member. We hope these will enable you to get to know the adults involved in the club.

Nigel "Billy" Fishwick



Which sessions do you coach? *Bronze and Bronze Transition on a Friday & Sunday At Alsager.*
What are you most looking forward to in the next 12 months? *Two Things - 1). A proper summer holiday with the family. 2). The Roc Triathlon. (Swim 1500m in the sea at Abersoch / Cycle 30 miles to Snowden / Run up and down Mount Snowden / Cycle 30 miles back to Abersoch and finish with a 1 Km Run on the beach.*
What are your hobbies (other than coaching at ASC!)? *As you might have guessed Triathlon - but I also like a good game of Chess and listening to Music.*
Name 5 people you would like to have round for dinner (alive or dead) and why. *1 & 2. My Grand parents (most amazing couple I have ever had the pleasure to meet and my Gran's Roast potatoes were ace). 3. Ali Brownlee Triathlete (tips on Triathlons). 4. Morgan Freeman (Favourite Actor) 5. Robin Williams - (Very Funny man!)*
What 3 foods would you have for your last meal? *A decent curry, Gooseberry crumble with custard and a decent cup of tea.*
What is your favourite book and why? *The Hundred Year Old Man Who Climbed out a window and Disappeared by Jonas Jonason. The book covers so much of history but yet has so many twists in the novel - its just a good read.*
Name two places you

would like to visit and why. *Kona, Hawaii - the home of the Ironman. St Lucia - its beautiful and where we went on Honeymoon. If you could give one piece of advice what would it be? Always remember some days you are the pigeon but other days you are the statue!*

The Healthy Swimmer

In this section we will be including a range of advice, tips, recipes and information to help swimmers stay healthy.

Cramp, Training and Hydration.

Not everyone suffers from cramp when training but for those who do it can be painful and the first time it happens you might not know what to do. If you get a cramp in training don't panic. Make your way to the end of the pool or to the side and climb out. The lifeguards get very nervous if they see someone hopping around in the pool clutching their leg.

Once out of the water you need to stretch the muscle that is cramping and massage the area to get more blood flowing to the muscle. If you do not get rid of a cramp properly it can return quite quickly so it is worth taking time to make sure you have dealt with it properly.

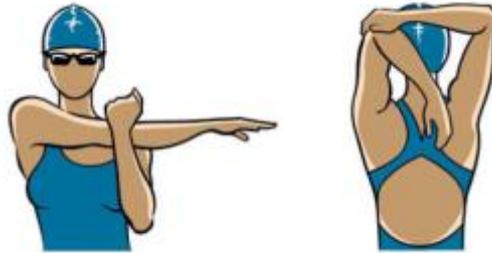
To understand what a cramp is you need to know what muscles do. A muscle can contract or relax. Instructions to do either are carried around the body as electrical impulses. Those impulses need electrolytes to function. Muscles work in pairs. As one contracts the other muscle in the pair relaxes and is stretched by the action of the first muscle contracting. If you bend your arm at the elbow the bicep in the upper arm contracts and the triceps, also in the upper arm relax and are stretched. When you straighten your arm the triceps contracts and the bicep relax and is stretched.

Here are a few simple things you can do to help prevent cramps:

- Warm up before swimming – With 45 minutes sessions we are limited on time, but you are encouraged to warm up before getting in the water. This warm-up should include dynamic stretches of any muscles prone to cramp.
- Stay hydrated throughout the day and during training.
- Relax muscles that are not being used. This may seem odd, but swimmers often get cramp in the toes because during a kick set they clench their toes leading to cramping. When you kick keep your toes relaxed.
- Stretch after training paying particular attention to muscles that are prone to cramping. These are static stretches held for 20 to 30 seconds.

If you still find that you cramp up, consider making your own isotonic drink. There is no need to buy an expensive branded product. Make a weak squash up and add A FEW grains of salt to the bottle. Or if you prefer water add a few grains of salt and about 3 times as much sugar (so still only a small amount). Iso means equal so you are making a drink where the salt and sugar concentration is similar to that in the blood that transports food and oxygen to the muscles. This helps with the electrical signals sent to the muscles.

If you need advice on how to stretch a particular muscle ask your coach. Also follow the club on Facebook where more information will be posted.



Welfare Reminder

Please do let our Welfare Officer, Gemma know if there is anything that might be affecting your swimmer, either in the pool and at home (I.e. illness, injuries, family illness, bereavement). If it matters to the swimmer, it matters to us, and our knowing enables us to better coach and support them. Also please inform us of any changes to your address or phone numbers. Please contact via the Welfare Officer email address - welfareofficerasc@gmail.com

Be Safe Enjoy your sport



When you take part in your sport, we want you to feel that

- It is fun
- You are listened to
- Your development is supported
- You feel respected
- People are there for you
- Our club is friendly and inclusive

But what if something is wrong?

What if someone else's behaviour is making you feel...

Anxious	Sad
Angry	Uncomfortable
Hurt	Unsure
Lonely	Worried

You need to be safe. Talk to someone who can help.

There are lots of people you can talk to: a parent/guardian, a trusted adult, our coach, or a club welfare officer.

Speak to someone you trust. If there is no one you feel you can talk to, contact one of the organisations below.

Alsager Swimming Clubs Welfare Officer
welfareofficerasc@gmail.com

Swimline

0808 100 4001
Calls from a landline are free, mobiles will be charged.

Childline

0800 1111
childline.org.uk
Calls are free of charge.

24 hours 7 days a week

For more information visit swimming.org/safeguarding

Other News

100 Club Draw

Congratulation to Emma Stockton this months 100 club winner!

2021 Annual General Meeting

Alsager Swimming Clubs AGM will be held on Saturday the 13th of November at 1pm via zoom, everyone is encouraged to attend. The meeting agenda and zoom link will be sent out in due course.

**For success, attitude is
equally as important as
ability.**



Walter Scott

KIT ESSENTIALS
✓ Mesh bag
✓ Goggles
✓ Kick Board
✓ Pull Buoy
✓ Fins
✓ Water Bottle (Full)