



Alsager Swimming Club Newsletter

June 2022 Edition

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Swim Mark

We are delighted to announce that once again Alsager Swimming Club has been Swim Mark accredited. Swim Mark accreditation is Swim England's quality standard for clubs. It recognises high standards of governance, sustainability and effectiveness. Thank you to Wendy who spends huge amounts of time every year pulling together all of the evidence needed to get the Swim Mark.



Alsager Carnival



On the 18th of June we will see the return of the Alsager Carnival.

We are planning a stall with tombola, Guess the name of the teddy (very kindly donated by one of our members), and, transport permitting, a 'soak the coach in the stocks' event.

We are looking for:

- **Volunteers to man the stall (various shifts available throughout the afternoon, adults and swimmers would both be welcome!)**
- **Tombola prizes - (no matter how small or large!!)**

Rebecca will be at Alsager Leisure Centre on Mondays at 7:45pm or Sandbach Leisure Centre on Fridays at 7pm for anybody who wants to drop donations off at the Leisure Centres. Alternatively, we will be advising of a drop off location in Alsager in due course. If you or your swimmer can spare half an hour on the day of the carnival we would be very grateful, please email the club: alsagerswimmingclub@gmail.com Thank You.

Training Session focus for June

Please see the table below detailing the training focus for each squad during each week in June.

Week Commencing	Stroke	Bronze and Bronze Transition		Silver and Gold		Platinum Transition and Platinum	
		Focus	Skill	Focus	Skill	Focus	Skill
8th June	Butterfly	Learning the timing of the kick	Trickle exhalation	During May these squads will be developing aerobic capacity with short bursts of speed.	Developing distance underwater with an efficient dolphin kick	Refine stroke skills with a higher aerobic base load.	Specific sessions will work on race pace and heart rate sets to continue to develop the 3 swimmers who are going to national and international events and to prepare the rest of the squad for next season.
13th June	Backstroke	Kicking to the surface with long legs	Diving				
20th June	Breaststroke	Underwater pull-out sequence	Finishing backstroke				
27th June	Freestyle	Upper body rotation for a narrow recovery	Breaststroke/Fly turns				

Coaching Philosophy: Training Zones - A1

If you read around the subject of swim coaching you will see reference to training zones. I also mention them in conversations and in some newsletter articles so what does this all mean?

Over the next few months we will look at each of the training zones and how they fit into each squad and where they apply to each season.

The first of these zones is often referred to as A1 but is also known as technique, very low intensity training or drills.

A1 training is entirely focused on developing the stroke technique and some of the skills to swim efficiently. An efficient swimmer can swim fast over short bursts and a well trained efficient swimmer can swim fast over longer distances and continue to swim faster well into their twenties. On the other hand a swimmer with poor technique may be able to swim fast over short distances and may continue to get faster but will never reach their full potential.

All squads use A1 training. It forms almost all of swimming lessons and provides the majority of training for the Bronze squads. By the time swimmers get into Platinum squad they still do A1 training but it is usually incorporated into the warm up and the swim down. Once a week we will do a more detailed A1 set in the top squad and then build on that during the week. The difference is that in Platinum squad we are making small and precise refinements to technique.

All A1 or technique work should initially be done at very low speeds. Drill work is slow and precise, not fast and furious.

Next month we will look at A2 or Aerobic capacity training. Phil

Training Expectations Reminder

Please can we remind all swimmers and parents of the following:

Swimmers should arrive on time to training.

Swimmers should arrive at training 5-10 minutes before the start of the session and be on poolside promptly. It causes disruption to the warm up if swimmers arrive late.

Parents must not go onto poolside unless you are authorised to do so. This is to ensure the safety of our swimmers.

If you need to speak to a coach please email the club who will forward it on or wait until the end of the session. If there is an urgent message or you need to get something to your swimmer please speak to reception who can send a message.

Swimmers should bring all the kit needed including plenty of water. Unfortunately there is not anywhere to refill water bottles so please ensure you have plenty.

Swimmers are expected to come prepared and ready to try their best. Swimmers should have a positive attitude and try their best at all sessions.

Swimmers are expected to behave appropriately and show respect to other swimmers and the coaches. Swimmers should treat other swimmers with kindness & courtesy both in and out of the pool. Coaches need swimmers to listen to them carefully to enable the training sessions to run safely and smoothly.

Could you be our new Welfare Officer?

Why do we need a new welfare officer? Our current welfare officer is looking to become a coach for the club. Therefore Gemma is stepping down from this role once her first coaching course is completed. Gemma is not leaving the club and is happy to support the new welfare officer in the role for as long as needed. If you think you could help please speak to Gemma, Phil or Rebecca about the role to find out more. Gemma says: "A welfare officer's primary role is to ensure that everyone at the club is safe. I have been the welfare officer for a couple of years now. I attended a Swim England training session for welfare officers before I began my role, which left me feeling equipped with the skills I needed for the role. Swim England also produce a document called Wavepower which gives lots of guidance about what to do in various situations. We also have an experienced Northwest regional welfare officer who is on hand to offer guidance and support whenever needed. I have found him to be very approachable and helpful when I have been unsure about anything. Through the role you get to know people within the club, it's a rewarding role and I have enjoyed it. If you think this is something you could do please do come and speak to me or drop me an email via welfareofficerasc@gmail.com."

Gala Calendar 2022

Alsager Swimming Club Gala Calendar 2022					
Month	Day	Gala Name	Location	For	Entry details
June	18th	Sputniks round 4	Macclesfield	Up to 11	Via Swimming events
July	2 nd	Graham Sykes Meet	Alan Higgs Centre, Allard Way, Coventry, CV3 1HW	Silver +	Entries now closed
	3 rd				
September	25 th	Deventia Excel gala	Moorways Sports Village, Derby, DE24 9HY	Silver +	Details to follow
	25 th				
October	1 st	North Midlands	Macclesfield Leisure centre	9+	Via Swimming events from 19 th of July
	2 nd				
	15 th				
	16 th				

Sputnik Gala Series Round 4- Entries Open

Round 4 -18/06/2022

- A specially designed series of galas for learn to swim (stages 6 and 7) and novice club swimmers aged 8 to 11. (Age as of 30th of June 2022)
- Race in a nice friendly environment.
- Have a bit of fun
- Get your first taste of a gala
- Make new friends

Closing date for entries for round 17th of June. Each event entered costs £3.50.

These galas are a great place to start competitive swimming. There is plenty of space around the pool, you are taught the correct start signals and you can start in the water if you don't like diving.

You do not need a time to enter these galas and in previous years, time penalties have been added instead of disqualifications. Individual points are awarded for where you finish in a race but also (if you do more than one gala) by how much you improve. There is also a club competition where all your points are added up. **You can enter this gala series if you either have Club train or Club compete membership.**

The galas are normally finished by 7:00 One of our coaches and other Alsager staff will be with the swimmers poolside to support them and to ensure they are in the right place at the right time.

To enter the gala, you need to go to [Swimming Events | Home](#) scroll down the page and select Satellites Sputniks 2022 Round 4. If you have never used Swimming Events before you will need to create an account. The process is pretty self-explanatory but if you have any difficulties most of the parents of older swimmers, the gala secretary (Kathryn) or welfare officer (Gemma) or other members of the committee will be able to help. You will need to know the swimmers ASA number

to sign up for an account. If you do not know it you can find it here: [Swim England Club Member Check | Find a Swim England Member \(swimming.org\)](#)

Sign up today and discover why we all love galas so much and be part of the Alsager Team. What our swimmers say about the Sputnik series galas: *"I'd never been to a swimming gala before the Sputniks. I was nervous and didn't think I would enjoy competing, but I loved every minute of it. The organisers are very kind and helpful, they don't disqualify you for anything and you get certificates with your times after each session. Now I enter as many gala's as possible. I recommend everyone gives Sputniks a go."*

Once you have signed up to enter the sputnik gala please complete the medical form via the link below by the 16th of June (this will need to be done even if you previously entered another round.)
[Sputnik Medical forms](#)

Graham Sykes Meet

Entries have now closed for this gala. If your swimmer is entering the Graham Sykes Meet and you have not already done so, please complete the medical form below by the 29th of June. [Graham Sykes Meet Medical Form](#)

City of Salford/ Bolton Metro Meet



On Saturday the 21st and Sunday the 22nd of May a total of 18 Alsager swimmers made their way to Salford. Despite not having Phil poolside and a chaotic start to Saturday morning due to missing judges our swimmers had a great weekend. Many PB's and lots and lots of medals as you can see in

the photo's. As usual the swimmers in attendance behaved impeccably, and supported each other at all times. Special thanks to Emily R who was particularly supportive of others in the team, encouraging them and giving top tips based on her own gala experiences. Well done to everyone! Thanks to Billy, Cathy, Zoe for offering to help poolside over the course of the weekend. Gemma

Reminder of additional training times.



We are pleased to be able to make the following changes to squad training times effective from **1st of May 2022** on a trial basis:

Bronze Transition – You can now swim at **BOTH** sessions offered to Bronze Transition, **Friday 7:00 to 7:45pm and Sunday 7:45 to 8:30 AM**. These sessions are at Alsager. This brings your total training time to 1.5 hours per week.

Bronze – You can now train at **ALL THREE** sessions offered to Bronze, **Monday 7:00 to 7:45 PM (Alsager), Friday 7:00 to 8:00 PM (Sandbach) and Sunday 7:00 to 7:45 AM (Alsager)**. Please note the Friday session at Sandbach is now formally extended to 1 hour. This brings your total training time to 2.5 hours per week.

Silver – You can now train for 2 hours on a Friday night at Sandbach, **7pm to 9pm**. This is in addition to Saturday morning (**7:00 to 8:30 AM**) and **Monday evening (7:45 to 9:00 PM)** both at Alsager. This brings your total training time to 4 hours 45 minutes per week. Please note that the option to train on either a Tuesday or a Thursday morning is still available, but you can still only attend a **maximum of 3 sessions in a week**.

Gold – You can now train on a **Saturday morning 7:00 to 8:30 AM** at Alsager. This is in addition to the existing sessions on Tuesday (**7 to 9 pm**), **Wednesday (7 to 9 pm) and Friday (7:45 to 10 pm)** all at Alsager. This brings your total training time to 7 hours 45 minutes per week. Please note that the option to train on either a Tuesday or a Thursday morning is still available, but you can still only attend a **maximum of 4 sessions** in a week.

Platinum Transition – You can now train on a **Sunday morning** in addition to a Saturday morning. This brings the total time available to 8 hours 45 minutes in a week.

Platinum – Training options remain unchanged at 13.5 hours per week

Please Note: These additional training times are offered on a trial basis. If we find that these additional sessions do not work we will return to the previous offerings.

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 111 111

childline.org.uk

Calls are free of charge.

24 hours 7 days a week

For more information visit swimming.org/safeguarding

Mobile Phones in changing rooms.



Mobile phones must not be used in the changing rooms under any circumstances. Once swimmers enter the changing rooms through the doors on the main corridor mobile phones should not be used at all. Swim England have reported that there have been an increase in the number safeguarding incidences involving mobile phones in changing rooms. If a swimmer has an emergency and needs to call or text someone they should go out onto the main corridor or go back onto poolside and speak to a coach or lifeguard who will show them to are a where they can safely make a call if needed. We are liaising with Everybody to improve signage about mobile phones in changing rooms. If any concerns around the use of mobile phones occurs please email the welfare officer - welfareofficerasc@gmail.com

Swap Shop

Please remember we now have 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>

