

## New group structure

The new group structure has been in place now since October and has worked well so far. As with any changes there have been a few teething issues, but on the whole I am pleased with how things have gone. I have spoken with each of the coaches to ask how they think it has worked for their individual group and swimmers and I will be tweaking things here and there over the coming months.

The question with any new structure is whether to build a structure to fit the swimmers already here, or put a structure in place that can hopefully lead to improvements and take the club forward. I had the latter strongly in my mind when designing the new structure, but was very mindful of catering for our swimmers as best I could. I think this new structure treads that fine line carefully.

A big concern for me was the amount of swimmers we had doing less than half the sessions they had available to them in their particular group. I wanted to try and group swimmers of a like-mind together and get some dynamism going in each group, where the swimmers drive each other as well as being motivated and guided by the coach. Attendances are up across the club which is awesome to see!

I was also very aware that we are a competitive swimming club that had a lot of swimmers who didn't compete. I understand that racing is not for everyone and Junior Club (our non-competitive group which we created 4 years ago) now has a thriving membership - this is great to see. The fact remained though that we wanted to get more swimmers racing and experiencing that unique feeling of pitting themselves against other swimmers. I am delighted with the response and we had well over 100 swimmers entered at the clubs November and January Open Meets and the recent Warwickshire County Championships.

We have recently had some issues where as a club we have missed some entries as Open Meets we had planned to attend, filled up and closed too quickly. I would urge everyone to get your entries in for meets as soon as possible so we avoid this problem in the future. There are competition calendars on the club website so you can see any meets planned for your particular group.

Can I thank the coaching staff and the club committee for their continued support and also everyone for buying into the changes. We are all members of this great club and together we can make it even better. Swim fast!!

**Adam Ruckwood**

Head Coach

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## On-line Safety

Social media plays a huge part in daily life nowadays, and with a little knowledge can be a safe and positive way for young people to interact.



**Below are a few tips on how to keep your children safe:-**

- Firstly the best way to protect your child online is to grow a relationship where they feel comfortable coming to you with any concerns they have about something they have seen, or someone has told them.
- Allow them to have an age appropriate account, whether that is Facebook or another. My advise would be to not 'friend' them but to have access to that account, whether by knowing their password or asking them to show you every few days how they have been interacting. Have a rule that they don't accept friend requests from anyone they don't actually know in real life.
- Speak to them about the footprint left by anything that is posted online, whether comments or pictures/videos. A good benchmark is to ask them to think whether they would post that comment or picture on the school notice board or show it to a parent...if the answer is no, don't post it!
- On that point, the taking of pictures and videos is already banned poolside but really common sense should dictate that this extends to the changing rooms too. It would be all too easy to even inadvertently have someone in the background not fully clothed, and if posted online could have serious repercussions.

I'm always happy to answer any questions you might have, and help with any concerns. Alternatively you can find advice at:-

[www.getsafeonline.org](http://www.getsafeonline.org)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

The ASA helpline for anyone worried about abuse in swimming,  
**Swimline on 0808 100 4001/0800 731 7466**

**Claire Smith**

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# Stretching & Massage

Stretching is a key component of the daily training plan for athletes. It plays an important role in the recovery process and in preparing for the next training session. Stretching increases blood flow to muscles, stimulates the passage of amino acids (building blocks of protein) into muscles, accelerates protein synthesis in cells, and inhibits protein breakdown. These processes help the muscle repair itself and improve the body's ability to recover in time for subsequent practices or competitions. Stretching as part of recovery can also reduce the chance of injury and enhance stroke technique during subsequent swims. Its effects on increasing flexibility and range of motion allow the arms and legs to move freely and unencumbered.

## A few important directions for stretching:

- **Stretch when muscles are warmed-up.**
- **Stretch major muscle groups (lower leg, upper leg, back, shoulders, neck).**
- **Hold each stretch for 20-30 seconds.**
- **Do not bounce.**
- **Do not stretch to the point of feeling pain. If you stretch and feel pain, you may be at risk of tearing a muscle.**
- **Do not hold your breath. Breathe freely and stay relaxed.**

Keep in mind that not all athletes are built the same. A stretching routine that works for one person may not work equally as well on another person. A stretching program should be designed for the individual, taking into consideration individual needs and body type.

## Massage and Recovery

Many swimmers face chronic muscle soreness, fatigue and tightness around peak training times and during multiple-day swim meets. Sports massage, which involves the rhythmic compression of muscle tissue, stimulates blood circulation during recovery. Similar to active recovery, the blood circulation can help cleanse the tissue of metabolic wastes and reduce the delayed onset of muscle soreness.

Massage during recovery can alleviate muscle tightness and induce mental relaxation. This can improve power output efforts and/or subsequent swimming performances that may otherwise be compromised by psychological tension or a muscle's inability to fully contract or relax. By alleviating muscle discomfort and spasm, massage during recovery may also improve training and racing performances that have been compromised by strength, endurance, flexibility and/or technique limitations associated with pain.

The appropriate use of massage, both post-race and post-workout, can facilitate the overall recovery process and contribute to the prevention and management of overuse injuries.



## Great news about the 50m Olympic pool announcement!

You may have seen in the news that the Council have announced that a 50m Pool could be built at the **Alan Higgs Centre** to be built to coincide with Coventry Sports Centre closing in 2019. This is great news and what we have been waiting to hear for two years now!

There is still a long way to go, and funding needs to be secured in order for it to come to fruition, but the fact it has been announced goes a long way to seeing a replacement to Fairfax Street.

The reason for this email was to give you the heads up on the latest and what we know so far, and to ask that if anyone speaks to you about it that you are positive about the news and that it is good news for the City. We still need to work well with the Council and the ASA are fighting hard on our behalf too.

If there are any queries or questions on any of this please let me know.

### Jo Deakins

Club Programme Manager

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# Warwickshire Championships

City of Coventry Swimming Club played host to the Warwickshire Championships over the last 2 weekends of February and the first weekend in March. Our city's Olympic 50m pool attracting swimmers from all over to take part in this competitive long course meet. Coventry swimmers performed exceptionally well topping the medal table with a haul of 96 medals comprising of 39 golds, 35 silvers and 22 bronzes, greatly improving on last years performance.

There were numerous excellent performances from swimmers in all the age groups with special mentions going to **Joshua Fairchild** who swam in the S14 category picking up a medal in every event he swam. He took silver in the 50m and 100m Freestyle, 100m Backstroke and 100m Breaststroke. He then went on to win Gold in his main event, the 200m Freestyle.

**Eva Vicary** had an outstanding championship winning gold in every event she entered in the Open age group. In an impressive display Eva won the 50m, 200m, 400m and 800m Freestyle, 100m Breaststroke and 200m Individual Medley.

**Alex Carroll**, also competing in the open age group, picked up gold in the 400m Individual Medley and the 200m backstroke. He also won silver in the 200m butterfly.

**Joseph Iacovides** picked up a full collection of medals, again in the open age group. He won gold in the 1500m Freestyle, took silver (behind **Alex Carroll**) in the 400m Individual medley and collected bronze in the 400m freestyle, with fellow Coventry swimmers **Joe Evans** taking silver and **Sam Richards** gold in the same event.



**Evan McWhiter** had a fantastic championships, winning a total of 9 medals - 7 golds and 2 silvers. The golds came in the 50m and 100m Backstroke, the 50m and 100m Breaststroke, the 50m freestyle, 50m Butterfly and the 200m Individual Medley. He picked up his silver in the 100m Freestyle and the 200m Backstroke.

Mentions should also go to **Erin Jones** in the 13 and under age group. She took gold in the 200m Backstroke, setting a new personal best by 4 seconds.

**Alana Timms** (13 and under age group) took gold in the 200m Butterfly, winning the event and smashing her personal best time by 9 seconds. Also in this event, **Fiona Hall** picked up the silver medal, whilst still only 11 years old. Fiona also featured in the 10-12 years medley relay team collecting bronze with team mates **Molly Tranter**, **Abigail Charlesworth** and **Beth Turrall**.

Coach **Rikki Morris** was thrilled with his swimmers "...we had many impressive performances resulting in multiple finalists and medalists, smashing our medal tally from this meet last year. It's been an exceptional display from so many City of Coventry swimmers

## University of Warwick sports plans

The University of Warwick are publishing their blueprint for the new sports centre and inviting public comments. We could maybe also make people aware and publish the link if people would like to suggest they could build a 50m pool?? From what we've seen there's room to extend but maybe not the gallery, however if we don't ask we won't get!

[www2.warwick.ac.uk/services/estates/services/projects/timeline/sports\\_hub/consultation](http://www2.warwick.ac.uk/services/estates/services/projects/timeline/sports_hub/consultation)

## Parent Reps for Squads

As a club it has been decided to re-introduce Parent reps for the squads, the Aim of this is to create a robust communication system between the whole squad including the coach so that everyone feels welcome, included and informed.

They will be able to support newer parents to navigate around our website and explain gala entries, movement criteria, "Who's Who" etc.

The role will also include organising social events for each squad and fundraising opportunities.

The parent reps should be able to pass on any issues raised to them through the correct channels within the club such as the coaches, head coach, welfare officer, club programme manager or membership secretary, this will hopefully take the pressure off pool side quires during training sessions.

Please look out for a separate news letter shortly introducing who the Reps are for each squad and their contact details. In the mean time if you have any quires please contact me.

**Jackie Fairchild**

Parent Rep Co-ordinator

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# ICG 2016

The International Children's Games (ICG) is an International Olympic Committee-sanctioned event held every year where children from cities around the world and between the ages of 12 and 15 participate in a variety of sports and cultural activities.

## New Taipei City, July 11th - 16th

- Swimmers will compete in 4 individual events plus 2 relay.
- A maximum of 2 athletes from each team are allowed to participate in each event.
- The competition will take place according to FINA rules.
- Venue: Xinzhuang Civil Sports Center (10x50m lane facility)

Coaches and swimmers selected are:

**Steve Burke** - Coach  
**Anita Ryder** - Coach  
**Charlotte Anderson**  
**Isobel Holden**  
**Lauren McConnachie**  
**Ana Vicary**  
**Ollie Hurst**  
**Anthony Nghiem**  
**Ryan Pahle**  
**Hadden Smith**



*Good Luck Team Coventry.*

Follow the progress at: [www.icg-newtaipeicity2016.com](http://www.icg-newtaipeicity2016.com)



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