

Centurions Post

Regular Updates for Swimmers, Lifesavers and Parents

A Relaxing Summer?

As Summer approached, the Centurions, far from relaxing, entered a busy period of competition. Four of our swimmers were picked to represent the North Midlands in the Inter Association Gala; Chloe, Eleanor, Poppy and Annelies. Poppy qualified for the Swim England Open Water Nationals where, with a water temperature of just over 18 degrees, she bravely chose to swim without a wetsuit and posted an excellent time of 23:07 for her 1500 meters.

The Club Champs ran successfully over two weekends, with the highest number of entrants we have seen. The supporters who braved the heat were treated to some excellent racing, some club records being broken and numerous PBs. As always, the swimmers did themselves and the Club proud. Thanks must also be extended to the army of volunteers who enabled the two days to run so smoothly. Without them, we would be lost.



Turn judges getting to grips with lap counters

Meanwhile the Life Savers weren't idle, competing in Crewe where they did us all proud and returned with several medals, and during July, holding the Club Competition which was a great success.

It wasn't just those in the water that were busy over the summer months. Six of our coaches passed their STA Level 2 Certificate in Aquatic Teaching, following six months of observations, skills/stroke analysis and multiple practical and theory exams. One teacher went on to successfully complete her ASA Level 1 Coaching Qualification. Finally, another one of our volunteers has qualified as a Level 1 Judge and joins two others in beginning their Level 2 Judge qualification.

2017-2018 Season

As we head into a new season it is timely to address a common question: what equipment swimmers are expected to bring to their training sessions? The only essentials for swimmers in Bronze and Silver squads are a water bottle and well fitting goggles. Whilst hats are not compulsory for training, for those with long hair it will make the session easier. Please note that hats are essential for competing.

The club have a number of kick boards and pull buoys for use by the lower squads (and the top squads if they forget theirs), however we do not hold a stock of fins as these would take too long to sort out at a training session.

DATES

7 and 8 Oct - North Mids Champs

21 and 22 Oct - North Mids Champs

23 Sep - Annual Club Social & Presentation evening, Winnington Park Rec.

25 and 26 Nov - Sheffield Snow Frills Gala

8 Apr 2018 - Swim Camp, Moreton Hall

Phil Balcombe,
Head Coach,
"Don't count the laps. Make the laps count."



LIFESAVER'S LOG

Lifesaving Bronze Sport Class

As an alternative to our normal lifesaving activities, this class is aimed at improving a range of skills that could help rescue, self-rescue and survival. We work on a range of techniques, improving swimming technique and fitness, including manikin towing, rope throws, underwater skills and fin work.

For those that want, ultimately there are a range of speed competitions available. This is what the current class have to say:



"It's hard, but you can see the improvements"

"physically and mentally challenging"

"It's brilliant"

"More difficult than I thought."

"The coach is mean, he makes us work hard"

"All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work"

HEAD COACH'S HUB

We currently enter the National Arena League (on the second Saturdays in October, November and December) and the Peak and Plains League (P&P) contested over 3 rounds taking place throughout the year. In both leagues the age groups cover 2 years (11-12, 13-14 etc). There are restrictions on how many individual events a swimmer can do and in the case of P&P a limit on the total number of events. In P&P there is also a cut off time, faster than that time and your swim will not count for points.

Team selection is made by the head coach looking at who are the fastest swimmers in each age group. Team selection is modified where one swimmer has too many events or where events fall close together. In these cases, the next fastest swimmer is selected. For relay teams, the fastest combination is picked.

Team selections are e-mailed to the swimmers 2 to 3 weeks before the gala. If anyone is not available then reserves are selected. Competition for places is strong so if you are called as a reserve it is still a big achievement to be selected. Swimmers in Platinum, Gold and Transition squads are expected to be available for Arena League if selected. Repeated refusal to swim may jeopardise your place in the squad.

Session Knowhow

Water Bottles are an essential part of your swimming kit. Please make sure you always bring one to each session, filled with water.

Dehydration is a very real danger for you when you are working so hard in the water. It's easy to miss the fact that you will be sweating, and so replenishing your body's fluids is critical if you want to avoid feeling dizzy, feeling faint or nauseous or getting a headache.

You will constantly be reminded of this, so make a coach happy at your next session and remember your water bottle.

CLUB DESK

Situated at the far end of the pool and staffed by parent volunteers.

The place to: ask questions, hand in gala entries (sealed envelope with gala & swimmer's name written on it please), buy items or place orders from the swim shop.

CLUB CAPTAIN'S CORNER

As many of you know by now, I have decided to give up swimming. It was a bittersweet decision and I wanted to take this time to say thank you.

Firstly, to the committee members; I understand how much effort and hard work you put in to keep this club going and the club would not exist today if it wasn't for you. Secondly, to all the coaches who have made me believe in myself, especially when I was a pain in the pool and didn't want to try hard - you really helped me to turn my training around. And finally, to the swimmers. You have encouraged me to work hard as all of you have great skill and determination, which I was lacking a year ago.

Once I became club captain and realised how hard working and determined you all were, I knew that I would have to work extra hard to even have a chance at leading you and setting an example.

I hope that the next club captain takes on this role and performs their duties even better than I did. Once again, thank you to all at Northwich Centurions and I'm looking forward to lifeguarding and teaching for the club.

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