

# Centurions Post

Regular Updates for Swimmers, Lifesavers and Parents

## New Club Captain and Vice Captain Announced at Presentation Evening

The annual Centurions' Presentation Evening was, once again, a fabulous success. It was delightful to see so many families enjoying themselves and celebrating the success of our talented swimmers and life savers.

After gorging ourselves on a rather excellent buffet, it was time to sit back for the formal part of the evening. They say a picture is worth a thousand words and this year's Chairman's speech - in which Steve thanked the committee, coaches and the numerous volunteers - proved the point by showcasing our swimmers and life savers in action through a wonderful montage of photographs.

Phil Balcombe, Head Coach, thanked the outgoing Captain and Vice Captain for their work over the last year and for the excellent example they set to all the swimmers at the club. He went on to announce that this season will see Josh take on the mantle of Club Captain and Jenna the role of Vice Captain. Both swimmers are thoroughly deserving of their appointments and we wish them the very best of luck.



*Vice Captain and Captain*



Numerous awards were presented, as one would expect; Dave and Jenny kicked things off for the Life Savers with Best Rookie Girl and Boy going to Holly M, Megan A and Finley R. Age group winners were Marcus D, Tyler R, Tabitha S, Sammy D, Joe F and Tom H. Three special awards saw Outstanding Achievement going to Matthew H, Outstanding Commitment going to Daniel M, and Life-saving Excellence to Tabitha S.

On the swimming side of the club over 30 squad and age group awards were collected, each one being hard won and the recipients should be proud of their achievements. Those breaking club records were also presented with gold swim caps which you will see them sporting during future training sessions.

Special awards were presented to Phoebe B, Josh W, Lily M, Harvey J, Georgia W, Poppy M, and Edward J. The Head Coach's award, this year, went to Ella R.



The formalities done with, it was time to relax and enjoy the rest of the night either on the dance floor, at the photo booth or chatting to old and new friends.

### DATES

7 and 8 Oct - North Mids Champs

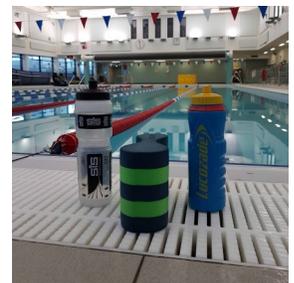
21 and 22 Oct - North Mids Champs

18th Nov - Club Sprints

19 Nov - Cheshire Juniors

25 and 26 Nov - Sheffield Snow Frills Gala

8 Apr 2018 - Swim Camp, Moreton Hall



"I don't always swim backstroke, but when I do, I pull on the lane rope" - Anonymous

# LIFESAVER'S LOG

## How to Compete at Lifesaving: Regionals 2017

When I tell people that I am a competitive lifesaving coach, the response is often "How can you "win" at saving a life?". Well, the competitors we took to the Regional Championships in Liverpool gave a masterclass in how to compete at lifesaving.

First event: rescue 7 casualties from the water. Each pair of competitors has only 90 seconds to assess the pool, come up with a plan together and get the struggling swimmers out of the water. They score points for teamwork, the number of rescues completed and how safe they keep themselves and the casualties.

The second event is a simulated dry land incident where the pair has to perform CPR on a manikin and give treatment to a conscious casualty. Here, their knowledge and communication skills are put to the test. The winning pair is awarded points for their CPR and first aid technique, calling for help, and their calm management of the situation.

Where the first two events prioritise skill, knowledge and expertise, the final two allow competitors to demonstrate their sporting prowess. Throwing a wet rope twelve metres to your partner in the water, then pulling them to land at full speed takes pinpoint precision and fantastic upper body strength. Racing the clock, the fastest pairings can do this in under eleven seconds.

The final event can appear to be the most straightforward, yet it is anything but! The swim-and-tow requires a honed swimming technique, stamina and brute strength. Our oldest competitors swim 50m full tilt before picking up their partner and towing them at top speed back again. Towing, essentially your own bodyweight through the water, is a feat of great strength and determination.

We are immensely proud of the competitors who represented Northwich Lifesaving Club at the Regional championships and we invite anyone who thinks that lifesaving cannot be a competitive sport to ask: Lucy and Sophie, Tyler and Martha, Josh and Sam, and Matt and James...they will be more than willing to take up your challenge!

## HEAD COACH'S HUB

Galas need planning. This may sound like the obvious, of course they need planning, but I am not talking about the actual running of the gala but the entry of galas by swimmers. The galas that we offer during the year are a mix of internal galas and external galas. Some are long course and some are short course. There are always galas in the year that you can enter without a qualifying time but there are also galas where you need to use a time gained at another gala. These are the ones that need planning. Let's take the example of the County Championships. These take place in January and February. The closing date is the end of December. You can only enter if you have gone faster than the qualifying time in a licensed gala during the previous 11 months. So, if you are close to a county qualifying time you need to be entering galas between now and Christmas to convert it into that all-important time. Keep your eyes open for e-mails about galas in the next few weeks. Time is running out; be prepared, get planning.

## A Coach's Life

The thought that I didn't get up before the lark on a Saturday morning was, unsurprisingly, not one of the motivating factors in training to become a swimming coach. Let's be honest, after a week in work, no one in their right mind thinks, "What I really want is to set my alarm for tomorrow at 4.30am so I can get up and enjoy a bracing January sleet shower". I have come to realise, however, that swimming coaches, together with the rest of the extended swimming community, are far from in their right minds. In fact, if there was a collective noun for those involved in the sport, it would undoubtedly be 'a Madness'.

So, what was the motivation? Well for me, and yes it may sound clichéd and grandiose, it was the opportunity to make a difference to a child's life; to teach them a life skill, help them realise their potential and have pride in their own successes. Knowing that I work my day job for a faceless global corporation may help you to appreciate the appeal. You see, coaching isn't true altruism. Not for me, at least. I would suspect the same is true of each and every coach at the club. We get a kick from making a difference.

## CLUB CAPTAIN'S CORNER

### Are you North-Mids ready?

The first major gala of this season is just around the corner, so I thought it would be a good idea to share some of my personal tips on how to deal with it. For many of you, this may be the first time you have ever competed in a gala of this scale. I know that this can be a pretty daunting prospect and it's easy to get worked up about it, so the first thing to keep in mind is that you shouldn't worry too much about it. The best thing you can do is to relax and approach it as you would any other gala: try to get as many PBs as you like but don't beat yourself up too much if the race doesn't go quite as you wanted it to. As long as you know you did the best you could, everything will be OK.

My next piece of advice is all about the gala day itself. The first thing you should do is to listen to what your coaches say on poolside because after all, they might just be the ones who give you that final piece of advice that helps get the time you wanted. Something else to remember is that it's a good idea to get everything ready the night before. Not only will this save time in the morning meaning you might get more sleep, but it means you can make sure you have all the essentials you need, including plenty of drinks and snacks, but sweets aren't the best idea!

The final and one of the most important things to remember is that you should all make the effort to support all the Centurions in the pool, as a bit of moral support really makes a difference when you're racing.

## MEET THE COACH

Have you ever wanted to know more about your coach? No? We can't blame you to be honest. However, there are column inches to fill and you've really got nothing better to be doing at the moment. So, sit back and discover that there is so much more to a coach than a mouth shouting, "kick your legs".

First up in this new article, imaginatively entitled 'Meet the Coach', is the inimitable **Jo Bradshaw**.

We caught up with Jo over her early morning G&T:

*Tell us a bit about your swimming background.* "I swam for Stockport Metro from 9 years of age until I was about 16. I was part of the squad that won the National Swimming League (now the Arena League) in 1986. I completed my Level 1 teaching certificate the following year to help out at my local club. When I went off to university I left swimming and didn't really get back into coaching until my kids started swimming at Northwich, when I was asked to help out"

*Are you a local lass?* "I grew up in Hazel Grove, Stockport but as a student got the travel bug and spent time living in and travelling around Australia."

As we chatted, Jo's attention seemed to drift and she insisted we mention the fact that she is related to 'Piggy Bardsley' who was the biggest pig farmer in Cheshire, back in the 19<sup>th</sup> Century. We aren't too sure if the size of 'Piggy' related to his physical demeanour or the vastness of his livestock holding (Google didn't help) and Jo was unable to elaborate further, having moved on to sharing with us her claim to fame. "I once got through to Swap Shop (a children's TV show) and asked Sharon Davies a really lame question, when I was about 10", she said.

*What is your most embarrassing moment, to date?* "Being hit over the head by a flying tent at my daughter's junior school sports day. Sports day got cancelled as I was sprawled over the running track while they called an ambulance. But don't print that." *OK, we won't.*

*Quick fire time now:*

*Favourite film:* Back to the Future.

*Favourite book:* Eat, Pray, Love.

*Top 3 dinner party guests:* Monty Don, Tom Hanks, Eddie Irvine.

*Celebrity crush:* James Martin.

*Finally, what do you get out of being involved with the Centurions?* "I get to still be involved in a sport I love after 40 years. I'm hopefully helping kids to reach their potential and I get to coach alongside some pretty amazing human beings!"

We left Jo indulging in her love of Italian cuisine, dabbling with her latest Kitchen Aid attachment -a pasta maker- and mumbling something about gala entry forms.



You can find the Centurions on Facebook and Twitter by clicking the buttons below or by searching Twitter for @NorthwichASC and Facebook for Northwich Centurions Swimming Club.



### Lane Etiquette

Knowing how to behave appropriately, when training, is an important skill to acquire for any swimmer. The following rules help ensure all swimmers are safe and get the most out of their sessions:

1. Lane 1,3 & 5 swim clockwise; 2,4 & 6 anti-clockwise.
2. If a faster swimmer touches your toes you must stop and let them pass.
3. When you finish your length, move to the side of the lane to let those behind you touch the wall.