

# Centurions Post

Regular Updates for Swimmers, Lifesavers and Parents

## Centurions March On Macc North Midlands Championship Success

After four days and eight sessions of competition, the Centurion swimmers came away from the North Midlands Champs with their heads held high.

Across both weekends, hard work in training and a positive, determined attitude was seen to pay off as PBs came flooding in; 167 in the first weekend alone.



By the end of the competition, across the squad, more than three quarters of swims ended in a PB, there were 36 new County qualifying times posted, with 11 swimmers achieving this milestone for the first time, and two provisional Regional qualifying times. Centurions also picked up 8 gold medals, 14 silver and 24 bronze. Overall, the club finished in 5th place, moving up two places on last year's event.

Whilst these figures make fabulous reading, what they cannot reflect are perhaps some of the most important elements of all; technique and attitude in the pool, and team-spirit, behaviour and mindset at poolside. In all these areas, Coaches, Team

Managers and parents are rightly proud of each and every one of their swimmers.

Asked for their thoughts on the event, one coach said, "I am so proud of everything we have achieved. It really is something for us to celebrate. For me though, watching two of our youngest swimmers, both at just 9 years old, in their first ever North Midlands gala, was brilliant. Seeing them doing well was even better. But, seeing them with huge smiles on their faces, enjoying the whole experience, is what it's all about".

### Arena League

Round one of this year's Arena league saw the Centurions travelling to Everton. Fantastic swimming by every member of the squad saw us finishing the evening in an amazing 2nd place. With all results now in, Centurions sit at 3rd place in the league. Round 2 will take place in Leigh on November 11th.

### DATES

18th Nov - Club Sprints

19 Nov - Cheshire Juniors

25 and 26 Nov - Sheffield Snow Frills Gala

16 Apr 17 Dec - Wirral Metro Christmas Gala

8 Apr 2018 - Swim Camp, Moreton Hall

"Seven days without swimming makes one weak"



# LIFESAVER'S LOG

## Lifesaving is Something Different

Most people would be able to guess what happens in a competitive swimming club. Joining a Lifesaving club can be more of a step into the unknown. What will I be asked to do? Will I be able to do it? Will I enjoy it? Will anyone talk to me? One of our new Rookies, Madison, explains how she felt when she joined us.

Having moved through stages 6 and 7 in no more than 2 years, being given the choice between the swimming club or the junior lifesavers was a pretty hard choice to make. Though I found myself leaning towards the swimming club, not having to swim competitively was what drove me to Lifesaving. I must admit that my first lesson was a bit nerve-racking but since one of my friends already went, she introduced me to a few of the people there and I quietly found myself chatting a lot to everybody.

My first few weeks had me a bit on edge but I soon got used to it and now look forward to the 16 lengths of warm-up we do every week. My teacher is compelling and explains things well. So far, I have very much enjoyed junior lifesaving and look forward to whatever I'll do next.

*Madison (Rookie Gold)*

## COACH'S UPDATE

Well, the new season is now firmly underway with our first major gala series completed, the first round of Arena League done and our coaching/teaching sessions as busy as ever. It is great to see so many of our members progressing through the squads and many more asking how they get to 'move up' too.

Remember that although the golden PB (Personal Best) time might be what you're aiming for and we do have criteria based on times to move into the next squad, this isn't the only thing you should be concentrating on. We're looking for swimmers who have great technical ability too, who are eager to take on-board new skills and work on them in training, and who have a great attitude in training.

PBs are sometimes hard to attain, you'll go through periods when it seems like you'll never get another PB again but keep working hard in your training, listen to your coach/teacher and most importantly, believe in yourself. As Michael Phelps once said "You can't put a limit on anything. The more you dream, the farther you get"

## Talent Inspiration Programme

Having been proposed as a potential candidate and selected, by panel, along with another 149 athletes, Phoebe attended a 3-day residential programme at Loughborough University, recently.

Designed to inspire and inform potential future elite athletes into what it takes to perform at a high level, the Talent Inspiration Programme is run alongside the School's Games.

From turning up to an event not knowing anyone, obtaining your accreditation and staying in accommodation you've never seen before, the programme shows young athletes what it would be like to partake in a multi-sport event.

Phoebe had the opportunity to take part in workshops and events, including team building, nutrition, sports, and psychology, as well as being able to spectate some of the events taking place at the School's Games. She found the whole experience really enjoyable, as well as informative, and has made new friends in a range of different sports.

If you wish to know more about the programme, please speak with Jo or visit <http://schoolgamesfinals.org/talent-inspiration-programme>

## CLUB CAPTAIN'S CORNER

### How To Handle A Defeat

In the world of competitive swimming, we don't always win. The truth is, that on a gala day, you might just not perform. This could be as a result of injury, stress, pressure or simply because you had a bad race.

For whatever reason, it's never easy when you don't swim as well as you would like to and moving on from this disappointment can be even harder still.

I, myself, admit that I sometimes let not performing well in a race annoy me, and this is often because I know that I can do better. Even though you may feel really bad at the time, I find that the trick is to accept defeat, to find out what went wrong, and then to move on to the next race forgetting about the whole experience.

Losing is one of the hardest parts of any sport, and although we can all be guilty of being disappointed after a bad race, you are only human and therefore it is not wrong to feel like this.

The most important thing is that you don't beat yourself up too much when things don't go well because I find that this only makes you feel worse.

*Josh*

## MEET THE COACH

In the second of our series, we turn our attention to a coach who bridges the gap between competitive swim coaching and life saving. A coach with a hidden talent for plastering walls. Yes, really. **Jenny Metcalfe**.

Setting down her deep-fried Mars Bar and removing her nose clip and what appeared to be a forced grin (old habits die hard), Jenny set to, answering our first probing question.

*Tell us a little about your swimming background:* “I started synchronised swimming to begin with, training alongside a girl who went on to represent Scotland at the Commonwealth Games, before joining a competitive swimming club in Inverness. I moved to Northwich ASC when I was 7 years old”.

*How did you get into coaching?* “I took my teaching levels one and two through Northwich SC and also became a lifesaving instructor last year. I have been coaching for about 9 years now but been at the club for 18.

*We couldn't help noticing you're clutching a can of Irn Bru.* “Ah yes, well I spent 6 years living just outside Inverness but moved back to Cheshire when I was 7. I lost my Scottish accent very quickly but I guess some part of me will always be a Scot. Hoots mon etc”.

*And are you still in Cheshire?* “No, I have just moved to Manchester to start my first proper job as a lawyer.”\*\*

For all you Harry Potter fans out there, Jenny tells us that she was at University with Emma Watson, although interestingly she doesn't make the list of top 3 dinner guests. That particular honour is extended to William Shakespeare, Michelle Obama and Baroness Hale (President of the Supreme Court). Jenny smiled knowingly when asked whether the final choice was a blatant attempt to bolster her burgeoning legal career.

*Tell us about your most embarrassing moment.* “I fell off a piano stool, hit an open door and impaled my brace into my face – I couldn't open my mouth for 12 hours!” Whether this provided welcome auditory relief to Jenny's family, we are as yet unable to establish.

*Quick fire time now:*

*Favourite food:* My mum's homemade fish pie.

*Favourite film:* The Dish.

*Favourite book:* On Beauty by Zadie Smith.

*Celebrity crush:* Lin Manuel Miranda. (*Nope we've never heard of him either*).

*What do you get out of being involved with the Centurions?* “I love teaching. I really enjoy the variety in lifesaving. I can plan to do something different every week. I hope my enthusiasm inspires the kids; they are brilliant.”

\*\*The Editor wishes to make it clear that, at times, poetic licence may have been employed for the sake of comedic purpose. No offense is intended to either the subject of this interview or the loyal reader.



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.



### Tesco Bags of Help Scheme - Time to Vote!

The Centurions have been successful in our application to be shortlisted as one of the local community projects who will receive a cash grant, raised from the sale of carrier bags in Tesco stores, of up to £4000. To vote, you will need to make a purchase, in store, of any value. You will receive one token per transaction and can use that token to vote for the Centurions. For more details, see our Facebook page or our website.