

Centurions Post

Regular Updates for Swimmers, Lifesavers and Parents

Centurions Take Flight

A New Generation Launch Their Swimming Careers

The first round of the 2018 Sputnik Gala Series took place in Macclesfield at the end of February. The Sputniks are designed to allow those new to the world of swimming the chance to experience competition in a team situation.

Nineteen swimmers from across our stages Six, Seven, Bronze and Silver squads took part and, as we've come to expect from Centurion swimmers, did us all proud.

Events included Freestyle, Breaststroke, 100IM and 200IM as well as Mixed Medley Relays. Coach, Jo Bradshaw said, "Entering your first competitive gala can be a daunting experience, especially for some of the very young ones. But on behalf of the coaching team I have to say that we couldn't be more proud of them all. Yes, there were a few wobbles and that is only to be expected, but once they were in the water, they never looked back and most importantly got out smiling. This is the start of many happy years of competition for our new crop of talented youngsters."

What was noticeable, even above the many outstanding races, was the team spirit within the Centurion camp. "It was quite remarkable to see", said Simon Beckman who, along with Nickie Ma, was also poolside with the squad. "Every single swimmer supported their teammates. Not only were they there, at the end of the lanes, to cheer each other on but when a race did not go according to plan they were incredibly supportive - offering an arm around the shoulder and a comforting word."

With round 2 just around the corner, Centurions can only go from strength to strength.

Swimathon 2018

This year's charity Swimathon, which sees teams of five or six swimmers taking part in a continuous 55 minute relay, will take place on Sunday 18th March. Centurion teams, consisting of children from across all squads, will be swimming at 5pm, 6pm, and 7pm.

The swimathon is a fabulous charity fundraising event, laid on by the Rotary Club of Northwich, and raises money for local good causes. Please do all you can to help support the swimmers involved and the charities for whom they swim.

DATES

24 March - Peaks and Plains League

24 March - Sputnik Gala

24, 25 March - Wirral Spring Meet

8 Apr - Swim Camp, Moreton Hall

21 Apr - Sputnik Gala



"Brrrrmm Brrrrmm"

Andy demos his new 'Crazy Frog Invisible Pool Bike'

"You'll all want one!"

LIFESAVER'S LOG

Keep it in the family!

Tabitha has been a lifesaver for many years. In 2017 mum - Kelly - joined as an instructor . In January 2018 Charlotte joined her mum and sister to make it a real family affair.

Charlotte and Tabi had their first encounter with the swimming pool at just a few weeks old...and so began their life- long love with the pool. My own love of all things water I had passed on...yippee!

Having worked through swimming lessons and into swimming club, when faced with the choice to either continue swimming and become more competitive or follow an alternative swimming path, both of them chose Lifesaving (some might say this had to do with an early start for training, but I couldn't possibly comment!). Anyway, Lifesaving it was...and what a choice! New skills, life skills, life 'saving' skills that add to their armoury and fulfil their pool 'fix', whilst having fun, making new friends...and now passing on that passion, knowledge and love for the water.

You'll see Tabi, as well as still continuing to train herself also assists instructing. She's hoping to take her Instructors award later this year too, when she turns 17. Charlotte has made her love for the pool her profession, not only being a Lifeguard and swimming teacher, but also Lifesaving Instructor too.

A few years ago, knowing my own love of water, Charlotte challenged me to do the NPLQ myself. Enter stage left, Mr Dave Williams trainer extraordinaire and I passed...Now a qualified swimming teacher and Lifesaving Instructor, in my 'spare' time I'm usually resident in the small pool on a Monday evening with the Rookies, bouncing around the pool side!

Kelly

HEAD COACH HUB

Over the next few months, Phil will share with us a series of items relating to progression through the club squad system.

Stage 6 and 7 – What are they and what is expected of the Swimmers?

Stage 6 & 7 are lessons lasting 30 minutes each. The lessons take place on a Monday evening. Lessons only occur in term time and we use the Cheshire West and Chester website to determine when school holidays occur. The skills required to pass each stage are set out as part of the Swim England Learn to Swim programme. Swimmers must be able to demonstrate competence in skills, not just once, but on repeated occasions. These are not competitive classes but we are a competitive swimming club so we encourage stage 6 and 7 swimmers to take part in low level novice events. Parents should look out for e-mails from gala@northwichcenturions.co.uk inviting swimmers to enter Sputniks (February to May), the Club Championships (June) and the Club Sprints (November), if they would like their children to enter.

The skills required at these levels can be found on the Swim England website using this link:

www.swimming.org/learntoswim/asa-learn-to-swim-awards-1-7

CLUB CAPTAIN'S CORNER

The Poolside Survival Kit

Many of the younger swimmers in the club might not quite be used to galas yet. So for those that don't have the experience, you need to be prepared for what you are going to encounter. A swimming meet can take hours and between warm-up and going home, you might only be in the pool racing for a few minutes. That's a long time to be sat around on poolside. So, there are a few things that you need to remember to take to get you through this time.

The first thing that you need to know is that you are going to get hungry. Remember to pack plenty of snacks. Something high in carbs is always a good idea whereas sweets are not. Although the sugar gives you plenty of energy at the time, it will leave you feeling low later on. The next thing is to stay hydrated. Dehydration can be devastating when it comes to a gala, so pack lots of water to last the entire day. Another thing to remember is that you are going to have A LOT of time to kill, so take something to keep yourself entertained. I like to listen to music but remember that you are not allowed to take photos on poolside so be careful. The other thing is the obvious, don't forget to bring your trunks or costume (with spares), along with your hats and goggles and a couple of towels. The final thing to have is your Northwich top or hoodie. Not only will these essential items keep you warm, but it also shows which team you belong to and helps bring up team morale.

If you remember to take all that, then you will get through the gala without any problems.

To Sweat or Not To Sweat...

- *The trouble with jogging is that the ice falls out of your glass. (Martin Mull)*

Sweating is good. You exercise - your muscles generate heat - your body sweats - you cool down. When your body sweats, you lose fluid and consequently lose body weight. This fall in body weight is often used to infer a level of dehydration (short term changes in body weight over a training session will be largely due to fluid loss). It is well known that exercise performance is impaired when dehydrated by only 2% (this is 1.4kg for an average 70kg male, and 1.2kg for an average 60kg female). A 5% loss in body weight can reduce exercise capacity by 30%. Sweat rates in swimming are low (approx. 0.5 litres/hr) compared to running (approx. 1 litre/hr) and cycling (approx. 1.5 litre/hour). However, your body needs to be adequately hydrated in order to sweat. This means if you are dehydrated going into exercise, you will sweat less and get hotter as a result. Anything you then drink will be partly used to rehydrate your body, before it can be used as sweat to control body temperature, so you will lose less fluid as sweat. It is also difficult to replace all the fluid lost during exercise by drinking during exercise. This all means that if you are hydrated before the session, your body weight should fall during exercise even if you are drinking fluids during that session. The harder the session, or the warmer the pool, the more you will sweat and the more fluid you will need. If your body weight does not fall, or rises during the session, you are probably a little dehydrated to start with, or doing a very easy session.

So always have your bottle to hand during, and particularly after training. Weigh yourself before and after exercise, and multiply that weight change by 1.5 to see how much fluid you should aim to consume to rehydrate completely. The better you rehydrate after training, the better you recover and the better your next session will be.

A Splash of Science, by Dr J.

Yes, the doctor is in the house. This is the first of a series of articles by our resident coaching doctor, John Bradley. John has a PhD in Exercise Physiology, specialising in lactic acid metabolism and has kindly agreed to share his thoughts on and around training in a competitive sporting environment.

Roles and Responsibilities

I know, I know. It's the type of headline that inspires you to ignore the article. Don't though. Please. As a club, we are working very hard to become more transparent in terms of how we are set up and who does what.

So, appended to this month's newsletter are a couple of informative diagrams that aim to do just that. They should give you a much better idea of the different roles within the club's committee and coaching team structure and who is currently fulfilling those roles.

Save the Date

We can now confirm this year's presentation evening is being held on
Saturday 15th September 2018



Did You Know?

"Ooh, that's a strong smell of chlorine, they've put too much in the pool". We've all said it and smelt it.

The truth is probably not what you want to hear.

That strong smell is not in fact chlorine (that's a myth) but chloramines.

Chloramines are released as a result of the combination of chlorine and unwanted additions to the pool such as perspiration, body oils and, yes, urine.



MEET THE COACH

Let's crack on then, shall we? It's March after all. And although that is wholly irrelevant, this month we turn the Super Trooper onto pastry making supremo, swimming and life saving coach, **Wendy Metcalfe**.

Being banned from local coffee shops, cafes and libraries alike, I remained undeterred as I struck out to meet Wendy. It was Saturday evening and I knew from my pre-interview questionnaire that on a typical Saturday night I would find her relaxing in her garden with her dog, her husband and a gin & tonic.

Sure enough, there she was, just as described. And though surprised to see me, given she had never told me where she lived or invited me round, I was the more astonished - what with it being dark, snowing and minus 2 degrees. "I'b a greeture of habit, dear boy", she grinned, waving me over to join her. "Bull ub a bew, and get to doe be".



Not the usual first question, but why are you wearing a nose clip and grinning insanely at me? "Ah, yes, I get that question a lot. Here, I'll take it off for a few moments. It's an old habit from my days as a synchronised swimming teacher and judge. There are two schools of thought at play, you see; I say that just because we aren't physically performing the Transitions, Patterns and Lifts doesn't mean we can't wear the 'uniform'. Everyone else believes that to be nonsense. We simply agree to disagree."

Err. Ok then. So tell me about your swimming background. "I swam for Hyde Seals up to the age of 11. I was taught to swim in the days when you didn't turn your feet out in breaststroke, and I still can't do it. I think that's what cost me first place in the 1986 all-comers Charlie Chaplin impersonators competition, if I'm honest."

How did you get into coaching? "The usual way, I suppose. Jenny, my daughter, started synchro aged 5 and that's when I trained as a synchro teacher, to prevent death from boredom – watching from the side. Six months later, Jenny started with Inverness Swimming Club and so I took my ASA level 1 with the Highland Swim Team. I have been teaching now for 20 years."

And after all this time, you still look so happy in your role. "Well to be truthful, that could just be the synchro-grin. My jaw froze like this back in 1999. It can be troublesome. Being the only person beaming madly during the last 45 minutes of The Green Mile doesn't make you too popular. Anyway, we moved to Northwich Swimming club 18 years ago and that's when I started teaching here. Prior to that I used to live around South Manchester and also lived in Inverness for 7 years."

Do you have a claim to fame? "Ooh yes, Sue Johnstone (Brookside and The Royle Family actress) once looked after Jenny, as a baby, so I could go swimming. Also, Wilf McGuinness (ex Man Utd manager) is a distant cousin"

Quick Fire Time: Fave Food? "My cheese pie." *Fave Film?* "At the moment, It's The Dish. I also love musicals" *Fave book?* "The Plantagenets by Dan Jones." *Top 3 Dinner Party Guests?* "Elizabeth the First, Emmeline Pankhurst and Mo Mowlam."

Celebrity Crush? "Honestly, I haven't a clue. I don't think I would recognise a celebrity if they hit me on the head with a brick!" *As you were, Boris. Stand down.*



Any embarrassing moments you'd like to share? "I think nearly knocking myself out when one of the lane ropes snapped, as I was pulling it tight, qualifies. It wasn't my proudest moment."

What do you get out of being involved with the Centurions? "I really enjoy watching the swimmers progress and achieve their goals. Also, I have made some really good friends."

It was getting late and it was so cold my mouth had frozen into its own rictus. As I took my leave, beginning my scramble back over her garden wall, I glanced over my shoulder. Wendy's nose clip was already back in place and she was taking the opportunity to scrape her hair back so tightly that her eyebrows were somewhere around the crown of her head.

"It's bart of der youdeeforb!", she bawled up at me, grinning wildly. I wasn't sure if she was angry or not. I guess I'll never know.

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.

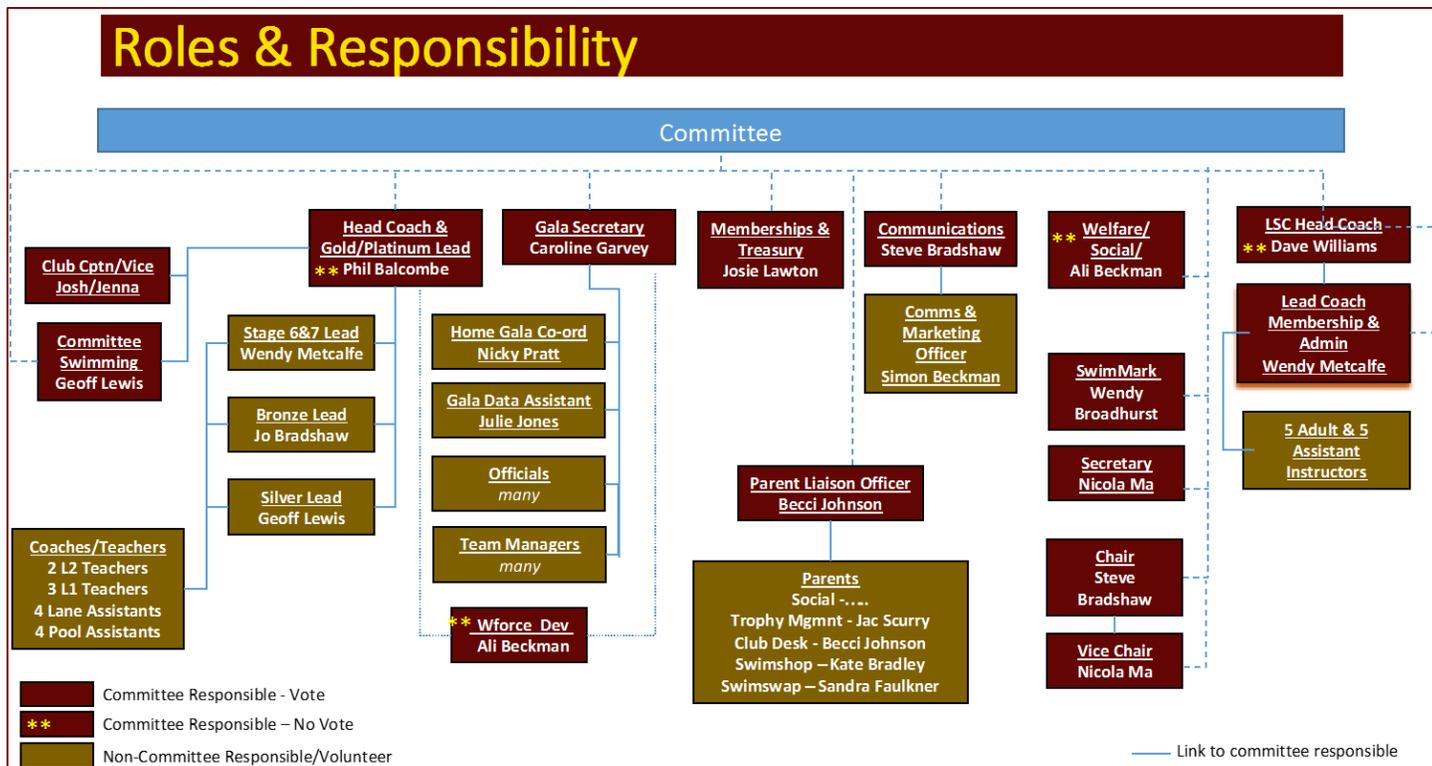


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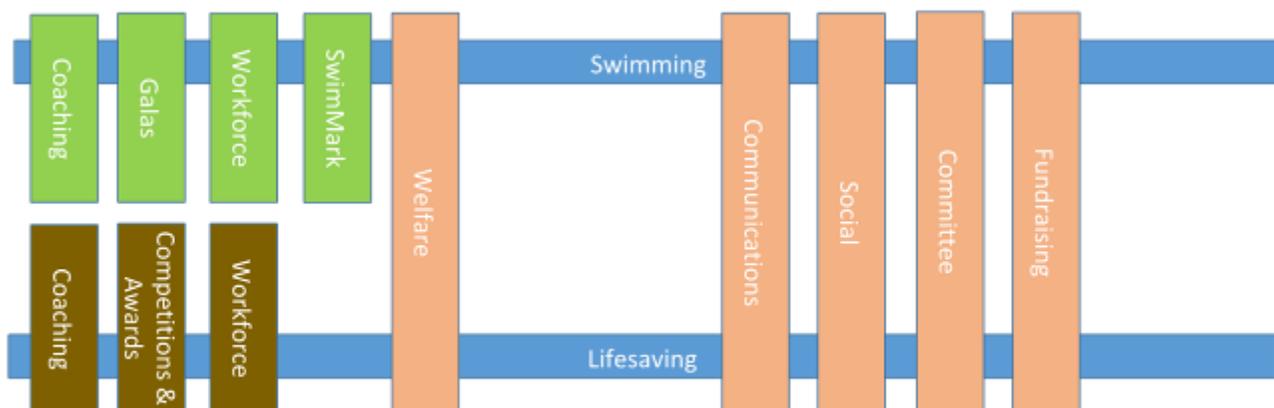
If you have an article you would like to submit for publication in the newsletter or any ideas as to what you would like to see in future issues, please let us know by contacting us at: comms@northwichcenturions.co.uk

Who Are the Committee and What Do They Do?

The Committee is a group of volunteers which is made up of the people/roles below who meet regularly (at least one every two months) and is responsible for making sure that NCSC sticks to its aims and objectives as detailed in the constitution, mission statement and short-term vision strategy whilst progressing actions to support those.



Responsibility Across Swimming & LSC



- Covers Swimming & LSC
- Swimming specific
- LSC specific