

Centurions Post

Regular Updates for Swimmers, Lifesavers and Parents

Centurions Close-Out Successful 2018

Club Sprints, Percy Mason, Arena League

Centurion swimmers have made sure that the last few weeks of the year have been peppered with success in three key events. Triumph in the Percy Mason Memorial Meet, where Centurions walked away as Top Visiting Club, was sandwiched between the Club Sprints and a spectacular Arena League final round.

The Club Sprints were a resounding success with more than 400 individual swims taking



place during the day. A great turnout from swimmers in stages 6 and 7 means that those competing in the Development Squad need to

keep an eye out for some talented competitors making their way through the club. The highlight of the day was Geoff Lewis donning the gear and competing in four events. The reason? To encourage younger members of the club to participate and prove that anyone can have a go.

The Arena League, this year, gifted Centurions with three trips to Darwen. For those that were lucky enough to be able to watch the event unfold, it was an experience they will not forget in a hurry. The Performance Head Coach made his selections from across both Performance and Development Squads and put his faith in some inexperienced and young, first-time competitors. The teams from each of the three rounds repaid that trust with gutsy and hard fought swims, earning valuable point after valuable point.

The team spirit was outstanding and the passion and determination of everyone involved meant Centurions completed the 'B' final in 2nd place.

There were too many key performances to single out any one in particular, but looking at the determination on Centurions' faces this last few weeks should send a clear message that they are only going to get even better.



DATES

Jan 19th, 20th,
26th, Feb 2nd, 3rd

Cheshire County
Champs

16th & 17th March

Wirral Spring Meet

23rd March

Annual Swimathon



Andy Says, "Happy
Holidays, kids.

Remember, relaxing
and having fun at this
time of year will make
you a champion"*

*relaxing and having fun
may or may not make you a
champion

'Maniac' Liaison Officer Simply Passionate?



Parent Liaison Officer, Becci Johnson, has been described as 'maniacal' by her fellow coaches at this month's Percy Mason gala in Warrington.

The allegation surrounds a new Centurions banner that Johnson was instrumental in bringing to the Northwich based club.

"To be frank, we are afraid to even look at the thing", fabricated Development Head Coach, Jo Bradshaw. "I managed to get a photo of Becci just as one of our swimmers kindly offered to help carry the banner onto poolside with her. I mean, that look in her eyes is bordering on deranged."

Becci's husband is at his wits end, 'She has become obsessed. Our morning routine is now a nightmare, with no-one allowed to leave the house for work or school until the banner has been unfurled with us all standing to attention.'

Johnson denies assertions that her new constant companion has become a fixation. "Back away from my banner", growled the 46 year old dental nurse, "It's mine. I sourced it. I carry it. I erect it. I position it on poolside. Capiisce?"

Whether her position within the club has now become untenable, only time will tell. Until then, the general public are advised to give Johnson a wide berth and avoid looking directly at the banner.

Wishing You A
Swimmingly
Happy
Holiday Season!

The Committee would like to wish Swimmers, Lifesavers, Parents, Coaches, Teachers, Volunteers and everyone else associated with Centurions a very happy holiday season and a happy and healthy New Year

End of Year Recognition

With 2018 drawing to a close, it is a good time to reflect on a transformative year for Centurions.

We welcomed Simon Pickering to our club as Performance Head Coach, taking the opportunity to appoint Andy Day as Assistant Performance Head Coach, with Jo Bradshaw taking overall responsibility for our Development Squad. Meanwhile, Josie Lawton was appointed Head Teacher, leading stages 6 & 7.

During the course of this year our band of officials also grew in numbers and experience. Jeff Pratt and Simon Beckman achieved their J2S qualifications, with James Ma and David Skae becoming J1s. Duncan Appelbe and Melanie Ridge began their J1 journey and Yvonne, Chris, Debbie, Imogen, Sam, Neil, Dot and Alison all qualified as Timekeepers.

Our coaching and teaching team continued to ensure all their wards were well looked after, and that their technique, strength and stamina improved markedly over the year. Further, they all stepped up and went above and beyond during our coaching transition period, ensuring all sessions were covered and able to run as normal.

The Team Manger ranks were augmented this year, with Josie Lawton, Nicky Pratt, Helen Tasker-Hall and Kate Bradley being joined by newly qualified Andy Day, John Bradley and Simon Beckman.

Thank you doesn't quite do justice to the amount of work and dedication these people commit to Centurions. Every single one of them is key to our ability to function. Without coaches, we would have no training and without team managers and officials, we would not be allowed to enter galas.

These are the people that you all see on poolside. However, there are even more volunteers working in the background that are equally important (and equally praiseworthy) to the running of our club and again, without whom we could not operate. Caroline Garvey continued to manage our Gala process; a thankless and stressful job and utterly crucial. Ali Beckman and Neil Fisher provided a year of welfare support, making sure the needs of all our members were cared for. Josie Lawton once more kept all our finances in check as well as managing our membership. The Chairman and committee provided strategic direction and whole club support. Becci Johnson bought a banner.

Last but by no means least, there are a core of parents who offer their services throughout the year, and at our internal galas, who warrant recognition. They happily support us by taking registers, running the swim-shops, providing refreshments and much, much more.

Thank you to you all. Without your tireless and selfless work throughout 2018, Centurions would not be the club we are today.



A few of our many volunteers

LIFESAVERS' LOG

RLSS Lifesaving Distinction

Every week on a Monday night the pool is full of lifesavers practising for a huge variety of awards. There are seven-year-olds in the small pool working towards their Rookie awards, there are twelve-year olds making their first steps in the Survive and Save syllabus and there are fifteen-year olds powering up the pool practising for their Silver Sport award.

Special mention, however, must go to Dan, Will and Jacob who, on Dec 10th, were presented with their Lifesaving Distinction awards. This is a hugely special moment for the club and a triumph for the boys. We are all incredibly proud of them. Not only is this a "first" for Centurions - these 3 Distinctions are the first to be achieved by Lifesavers in the North West Region.

Lifesaving Distinction awards are only achieved by those lifesavers who complete three Survive & Save Gold level awards in a 2-year period. To reach this point, the boys had to work their way through the core and optional modules of each other level over the course of several years at the club. They have had to learn first aid and CPR techniques. They have had to understand the particular risks associated with swimming in quarries, estuaries, coastal tides, rivers and canals. They have had to learn how to minimise these risks and how to protect both themselves and others. All three have had to develop their swimming skills and stamina, the Gold Sport award is demanding and requires speed, stamina and the ability to tow a fully filled manikin whilst fully clothed!

To Dan, Will & Jacob - "Congratulations! All your teachers recognise the extent of your efforts and applaud your dedication and commitment to lifesaving and to our club. We hope that your example inspires the younger swimmers and maybe we will have more distinction award winners in the future!"

Here is Helen Kendall, Chair of the RLSS Liverpool & North West Region presenting the awards to Will, Dan and Jacob.



Club Birthdays

The month of December sees us celebrating the following birthdays:

Joseph C, Silver, Spencer A, Lessons, Emily H, Lessons, Ruby Anne B, Lessons, Harry W, Lessons, Louise Erin D, Bronze, Aleksandra N, Silver, Lucy P, Gold, Jessica E, Life Saving, Tom H, Life Saving, Grace H, Lessons, Madeline P, Platinum, Ella M, Bronze, Charlotte C, Gold, Keira J, Life Saving, Scarlett J, Life Saving, Taylor D, Lessons, Sam S, Gold Transition, Lily L, Lessons, Chloe S, Gold, Chloe B, Gold, George S, Platinum, Sophie R, Lessons

HAPPY BIRTHDAY!!!



Nutrition For Young Swimmers

Butterfly, backstroke, breaststroke, front crawl and good nutrition – what do they have in common? All five are crucial for success in the pool; yet, most young swimmers have difficulty executing them properly and on a consistent basis. While these swimming techniques take years of effort and practice to accomplish, good nutrition can actually be achieved relatively quickly and easily.

Here are some basic nutrition tips for the young swimmer that can be incorporated into their daily routines.

1. Eat breakfast every day! If this is an issue, start with something simple, like a glass of juice or half a banana. Work your way up to a well-balanced meal, which includes at least 3 of the 4 food groups. A good and quick example would be a whole-grain cereal, with low-fat milk and some fresh berries on top.
2. Snack, Snack, Snack! After starting the day off right with a well-balanced meal, your aim is to have something to eat every 2 to 3 hours. Include healthy snacks between breakfast and lunch, lunch and supper, and after supper. Healthy snacks include fruits and vegetables, whole-grain crackers and low-fat cheese, low-fat yogurt, trail mix, a chicken wrap, and even granola bars (find a low sugar option)
3. Hydrate all day! Water is your best option. Most kids need about 1.5-2 litres, per day (including swimmers). Juice, pop, sports or energy drinks are not good options due to their high sugar content. If taste is an issue, try adding a lemon or lime slice. A good habit to adopt is to carry a water bottle around with you wherever you go.
4. Add some variety to your diet! Try to make every day look a little bit different. Have a different breakfast in the morning. Pack a different lunch for school, and include different snacks throughout the day. Challenge yourself by trying a new fruit or vegetable you don't normally eat every week.
5. Prepare, Execute & Recover! Prepare for your swimming by hydrating and having a well-balanced meal a few hours before you hit the pool. Give yourself at least an hour to digest and absorb the nutrients before starting. During your swimming, rehydrate with water every 15 minutes. Once finished, start the recovery process by having a snack within 30 minutes and a well-balanced meal within 2 hours.
6. Protein! Every meal should include a healthy source of protein. Protein is a critical component of a young athlete's diet. It is used for energy, and for maintenance and repair of body tissues and muscles. One of the best sources of protein is lean servings of chicken.

All of these practices can be achieved with some simple planning. Plan out your entire day the night before. Select your breakfast items, pack your school lunch and snacks, and fill up your water bottle. And, if you have swimming on your schedule, plan out how you will prepare and recover from your activity.

The healthy nutrition habits identified above will contribute to a healthier lifestyle, improved training, and a better performance in the pool. These simple practices naturally boost metabolism, increase energy levels, and provide your body with the nutrients it requires for optimal health when achieved on a consistent basis.



COMMITTEE CORNER

Each month we will update you on the work the committee are undertaking behind the scenes to keep our club at the top of their game. If you have any questions you want to ask about the committee, please email

chair@northwichcenturions.co.uk.

Don't forget to head over to our website to [see who your committee members are](#), [understand what the committee is](#) and [read-up on the minutes of our meetings](#).

What are we working on?

Events and communication

- Parents/coaches meeting on being planned for the new year – mental health/parent+swimmers meetings – planning in progress
- Swim Camp – planning is underway – have you booked your place?
- Setting of 2019 budget & memberships – to be communicated in Jan

Planning

- Review of changing club data software – in progress – evaluation in progress based on requirements & demos being organised

Recruitment & Training

- Memberships Officer & Treasurer positions open – contact chair@northwichcenturions.co.uk
- Fundraising/Sponsorships – Yvonne M has joined us – Thanks!
- Training new coaches/teachers – volunteers always needed

Fundraising & Sponsorships

- Club Sprints Raffle– thank you all who supported – we raised £481
- Now pursuing media, internal club events and swim camp sponsors – is your business interested? Contact chair@northwichcenturions.co.uk

What is coming up in the next 6 months?

Events and communication

- Securing long course training for 2019 – in progress
- Scheduling parents/coaches meetings – nutrition 15th Dec
- Mascots at Witton Albion 12th Jan – Draw winners will be having an afternoon as mascots at Witton Albion!!

Planning

- Further educational sessions to be booked for the new year – Mental health
- 2018-19 lifesaving/swimming/non-swim plan & 5 year plan – in Oct newsletter & on the noticeboard – will be review in Jan

Recruitment & Training

- Recruiting and training volunteers (teachers/coaches/committee) to support the 2018-19 planning – we need you . Please contact us.

Stabilisation and Process

- Completing the internal committee processes by Dec (15% remain)
- Working on membership leavers and how we retain older swimmers

Fundraising, Sponsorships & Marketing

- Securing long-term relationships with local companies to support & promote the club – ongoing & Witton Albion partnering underway
- Extending the media and marketing coverage for NCSC – more being seen in the Guardian

What have we done?

Firstly, we wish you and your families a very merry Christmas and a Happy New Year and a BIG thank you to you all for your support over the last 12 months. As you will have seen, Josie L who covers our Memberships & Treasury roles is stepping down in May which leaves us with two open positions to be filled. We are reliant on volunteers and the club could not function without people stepping forward and joining us. Anyone who is interested, can you please contact Steve chair@northwichcenturions.co.uk. We would like to get people started in January so they can work alongside Josie until May.

Next Committee Meeting is 17th January - please contact Becci Johnson (parentliaison@northwichcenturions.co.uk) for any items to be raised.