

# Centurions Post

Regular Updates for Swimmers, Lifesavers and Parents

## Cheshire Champs 2019

Finals, Medals, Regional Times and PBs

With the County Championships over for another year, Performance Head Coach, Simon Pickering, reflected on a hard fought competition. "This year, we were proud to have 19 swimmers competing under the banner of Northwich Centurions in the individual events, and 22 swimmers representing us on Relay Sunday", he told the Post.

"However, we are not just about getting swimmers to county and then regional level. Our ultimate aim is to assist swimmers in forming realistic yet challenging goals for themselves and then help them develop and achieve them; whether that is medalling, reaching a final, achieving a regional or county qualifying time, a lifetime best time or a seasons best time. It's really about giving everything a good go and bettering yourself, which is a great lesson for life!"

Over the three weekends of competition, 14 Centurions qualified for finals, with Kyle H picking up a silver medal in the 200m breaststroke and Madeline P taking home bronze in the 200m freestyle.

Five swimmers, Eleanor M, Ella R, Laila J, Kyle H and Chloe B, set times good enough to qualify them for this year's Regional Summer Champs.

The Cheshire Champs pit Centurions against the best in the county and that leads to many different kinds of success. Out of 125 races competed, over 52% resulted in PBs. That is no mean feat at such a high level of competition.

The last day of competition saw the excitement of relays. Centurions showed well, with the 200m medley team of Aleksandra N, April M, Evie P and Tahlia B picking up a well deserved bronze medal. "That was an astounding performance", said Pickering. "Simply being picked to represent your club at a



county level is a tremendous honour and all 22 should be proud of their swims."

Centurions now turn their attention to the Wirral Open in March where the focus for some will be on chasing regional qualifying times and for others on challenging to better themselves.

### DATES

10th Feb -  
Sputniks, Round 1

16th & 17th March  
Wirral Spring Meet

17th March -  
Sputniks, Round 2

23rd March  
Annual Swimathon

4th May -  
Sputniks, Round 3

25th May -  
Sputniks, Round 4



## Witton Albion Mascot Experience



The lucky winners of a competition to act as mascots at Witton Albion Football Club had an unforgettable experience when they walked onto the pitch in mid-January.

Before escorting the team out for their game, the swimmers and lifesavers enjoyed a stadium tour and a chance to meet the management and players. At half-time they were treated to snacks, and after the game were provided with a meal; the same food as the Witton players!

The icing on the cake was revelling in a Witton victory, as they beat visiting team, Matlock Town 1 - 0. Chairman, Steve Bradshaw told the Post, “Everyone thoroughly enjoyed themselves, and the behaviour of the children was impeccable. It made me very proud to be associated with such a wonderful club. I would like to extend my thanks to Witton Albion for making us feel so welcome. It was a great day all round and we hope this is the start of a great relationship with them supporting the local community.”



## LIFESAVERS' LOG

The coaching team at Lifesaving would like to welcome back all of our lifesavers after the Christmas break as well as a big hello to our new starters! We hope that all that good food and chocolate hasn't driven all your lifesaving knowledge and skills from your heads and that you're fresh and ready for the new term!

As the number of lifesavers approaches 60, the club becomes more and more reliant on its volunteer coaching team. We have a strong squad of teachers and instructors all of whom bring their own skills and experiences poolside to help our swimmers.

Dave has been a lifesaving coach for over 20 years and his experience as an assessor, lifeguard and teacher-trainer means that he is an invaluable resource to our club. Often to be found teaching the older swimmers the more technical elements of the silver and gold courses, anyone with a specific, niche question knows that Dave is the person to ask.

Wendy is, together with Dave, the headcoach at lifesaving and the club could not function without her! Do you need a syllabus for the Bronze course? Ask Wendy, she has them at her fingertips. Do you need to know which lifesavers are ready to be assessed for their next award? Ask Wendy, she will have the complete list ready to check off. Although she doesn't teach as much as she would like, every lifesaver knows that if she steps in to cover their class then their lessons will be fun, fast-paced and that they will learn something new.

You might not be able to see Jenny at first, across a crowded pool with lots of activity and (controlled) chaos, but you will certainly be able to hear her! Confident and energetic, lifesavers in her class know that she has a plan that will keep them moving, keep them fit, and keep them thinking so that they are ready for whatever the course assessment or competition will throw at them.

Everyone enjoys Bob's classes because they know that he is well-prepared and comes with a fun, can-do attitude. He volunteers for everything and is often to be found assessing still-water and beach awards in far flung (but unfortunately, not exotic) locations, and is a stalwart representative of the club at competitions up and down the country.

At lifesaving, we like to keep things in the family. Nowhere is this more apparent than with the family trio of teachers, Kelly, Charlotte and Tabi. Loyal members of the club from when Charlotte and Tabi swam with us, all three bring energy, enthusiasm and fun to their lessons. Charlotte is often to be found with the silver swimmers, finessing their technique, whereas Kelly and Tabi are mainly based in the small pool with the youngest rookies, teaching them the basics and making sure they have fun! Tabi is currently completing her training to become a fully fledged instructor, so she will be moving round the pool this term, taking the opportunity to practise teaching different ages and stages.

Ruth takes on the lifesavers at the vital transition stage between our rookie courses and the survive and save syllabus. It can be quite a jump, and Ruth is an excellent, fun and knowledgeable guide through the different skills. Her background as a swimming teacher is of huge benefit to the lifesavers who become more capable and confident in the water in her classes.

Derek is our newest recruit and we are delighted to welcome him to teaching team. He qualified as a lifesaving instructor just before Christmas so this will be his first full term teaching our Bronze swimmers. Derek prepares thoroughly for every class he takes and is known for finding new and innovative ways to teach skills. If you see swimmers wearing crowns or carrying flags, then you will know they are being taught by Derek!

The club is delighted to have the support of all these teachers and instructors week in, week out, all year long. Each is vital to the continuing success of the club and to the achievements of the lifesavers. If any parent watching on a Monday night is getting itchy feet and wants a closer look at the action, then please come and talk to any of the teaching team and we will be happy to welcome you aboard!

## The Breakfast Of Champions?

Andy Says, "Eat Porridge, Kids. It's the breakfast of champions!"

Now, for the regular reader of the Centurions Post, you will be aware that Andy says a lot of things, many of which require the qualification of a legal disclaimer. Is this month's statement any different? We'll let you be the judge.

One Sunday morning of the Cheshire Championships, Eleanor M swam her heat and produced an amazing performance. She smashed her best time by over a second and gained a regional time.

She had porridge for breakfast.

This theme repeated itself with the next swimmer, Chloe B, followed by Laila J and Ella R; all smashing their 50m backstroke PBs and achieving a regional qualifying time.

What did they all have for breakfast? You guessed it.

Porridge.

So does this evidence support Andy's bold statement?

Maybe. Regardless, such a nutritional breakfast certainly cannot do aspiring champions any harm.



## Club Birthdays

The month of February sees us celebrating the following birthdays:

Aimee B, Silver, James C, Gold, Seraphina C, Link, Isabelle C, Lessons, Ben C, Lessons, Stephen Joseph D, Bronze, Alexander F R, Life Saving, Anthony F R, Life Saving, Poppy J, Life Saving, Finlay J, Link, Fay Helen L, Lessons, Ted L, Silver, Olivia M, Life Saving, Bethany M, Bronze, Charlotte P, Student, Zoe P, Silver, Danny P, Lessons, Jack P, Life Saving, Samantha W, Lessons.

*HAPPY BIRTHDAY!!!*



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



## Swimming and Gluten Intolerance

What are the right types of food for athletes who are gluten-intolerant?

Swimmers suffering from Coeliac disease or Gluten Intolerance often struggle to find types of food that can help provide the energy required for training. What are the right types of food for them?

Coeliac disease is an autoimmune disease that affects the small intestine causing it to become inflamed. The inflammation is caused by digesting gluten, i.e. a protein found in various types of cereal, such as wheat, barley and rye. Some people are gluten-sensitive or Gluten intolerant. In other words, they suffer from similar symptoms to people who have coeliac disease, for example stomach ache, headache or a swollen stomach, without having inflamed mucosa in the colon.

Food stores sell a vast array of products containing gluten. Not just the cereal-based foodstuffs mentioned above, such as pasta or bread, but also, for example, those containing only a small amount of flour for thickening purposes.

### **Gluten-free diet: what to eat before training**

From a sports viewpoint, somebody who has recently discovered they suffer from coeliac disease or Gluten intolerance might think they will struggle to store away enough energy for a training session, rather like a vegan worries about eating too much protein. This is because eating a standard bowl of pasta to provide your body with the sugar supply it requires is out of the question. You need to come up with some alternatives to make sure you are getting the right nutrition.

So here is a short list of types of food containing carbohydrates that are ideal for a gluten-free diet:

### **Rice**

A gluten-free cereal that is an excellent source of carbohydrates. Shops also sell rice pasta, so that you do not have to miss out on a tasty bowl of pasta.

### **Fruit**

Fructose, the type of sugar found in fruit, is an excellent source of carbohydrates that also contains plenty of vitamins and other extremely important micro-nutrients. Ideal for mid-morning or mid-afternoon snacks.

### **Quinoa**

This can be eaten instead of rice and contains a healthy dose of protein.

### **Potatoes**

Not to be seen as a vegetable, they contain starch that makes them rich in carbohydrates.

### **Legumes**

beans, chickpeas, lentils... all excellent sources of carbohydrates, vitamins and, of course, protein.

### **Gluten-free diet: the importance of mineral salts**

Omega-3 is an excellent ingredient in any gluten-free diet, because it helps reduce inflammation of the small intestine. It is found in abundance in fish, such as salmon, sardines, shellfish and tuna.

A swimmer's diet must include plenty of water and mineral salts. The latter can be taken before going to the pool, during and after training.

Although mineral salts are recommended for everybody, swimmers suffering from coeliac disease or gluten intolerance certainly cannot do without them.



# 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](mailto: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
- Setting of 2019 budget & memberships – communicated

### Planning

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

### Recruitment & Training

- Memberships Officer & Treasurer positions open – Thanks!!! To those who have come forward – transition to begin in Feb
- Social/Presentation evening parent representatives to input into the yearly event – contact Becci if interested

### Fundraising & Sponsorships

- Now pursuing media, internal club events sponsors – is your business interested?

Contact [chair@northwichcenturions.co.uk](mailto:chair@northwichcenturions.co.uk)

## What is coming up in the next 6 months?

### Events and communication

- Securing long course training for 2019 – Done & booked
- Scheduling parents/coaches meetings – performance squad 11th Feb, Mental Health 4th Mar

### Planning

- 2018-19 lifesaving/swimming/non-swim plan & 5 year plan – Ongoing
- 2019 AGM – communications will be sent Mar/ Apr on the AGM plus how you can be nominated if you wish

### 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 (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?

Key for the committee is to replace Josie L who is stepping down and covers our Memberships & Treasury roles. We have two parents who have come forward and we will start the transition during Feb. Also, we sent an email to parents regarding joining the planning committee for the yearly Social/Presentation evening. Please ensure you put yourself forward if you would like a say in how the event should run by emailing the address below.

Next Committee Meeting is in early March – please contact Becci Johnson ([parentliaison@northwichcenturions.co.uk](mailto:parentliaison@northwichcenturions.co.uk)) for any items to be raised.