



MASC Newsletter

September 2020

Essential Kit for Swimmers when returning to the pool

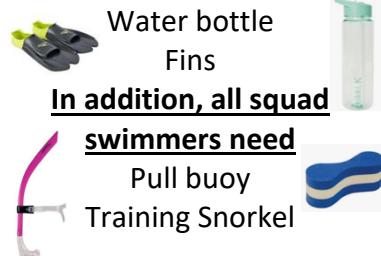
When we return to the pool it is essential that all swimmers come with their own **named** kit. We are not able to loan or share kit because of the risk of cross contamination.

All swimmers must bring the following:



Saturday 8am Teach 2

Swim & all Squad swimmers also need;



In addition, all squad swimmers need

Pull buoy
Training Snorkel

COVID-19 Update

Firstly I want to apologise that we have not yet been able to get our swimmers back in the water, unfortunately this has been totally out of our control and as you know we have been working very closely with the Blue Pool to try and get us back as safely as possible.

I am pleased to finally be able to tell you some good news, and that is that we aim to restart some sessions very soon, unfortunately due to the Blue Pool operating at reduced opening hours, and us having to have time between sessions to allow for safe exit and cleaning, the Blue Pool are unable to offer us all of our previous sessions at this time.

The Blue Pool have also stated that we will not be able to start our Teach to Swim sessions at this time. We know this will be very frustrating for many of you, but we would like to reassure you that we are actively working with the Blue Pool in the hope that we can work towards restarting these sessions as soon as possible.

In order for us to return to the pool we have to follow a number of rules that have been set by the Government, Swim England and the Blue Pool. One of these rules states that we can have a maximum of 32 swimmers in each session, four lanes of 8 swimmers. This means that at this time we will have to limit all swimmers to one session per week to allow as many members to swim as possible. We hope that as progress is made, with respect to the pandemic, we will be offered more pool time and be able to extend/provide more sessions.

At this point in time we are working with the poolside team to see if we could run all three of the sessions that have been offered to us. As you can imagine this is not an easy task as everyone's home and work lives have changed a great deal due to the current situation. We will also need to split our swimmers and coaches into bubbles so that we limit contact between them - the safety and wellbeing of our swimmers and volunteers is the most important thing to us.

In order to aid our planning could we please ask that if you have not already completed our swimmer's survey then you please do so by clicking this link [Swimmers Survey](#).

For those that are able to restart sessions, over the next few days we will be sending out various documents that will need to be completed before you will be able to get back in the water so please look out for these and get them back to us as soon as you can. If you would prefer your swimmer not to return to sessions straight away, we fully respect that decision and there will be an opportunity for you to notify us of this when we send out the documents this week.

Thank you so much for your continued support and understanding whilst we find our way through these unprecedented times. We know swimmers and their families desperately want to get back to the pool. Please be assured the committee want to see you all back there too and are doing all they can to make this happen as quickly as possible.

Swimming hat competition

Congratulations to our design a swimming hat competition winners Natalie and Chloe.

Natalie's design embraces our swordfish logo and has a lovely sea theme whilst Chloe's colourful rainbow design shows our appreciation to all the key workers.



Thank you to everyone who entered; the competition was really tough, and it was hard to choose from all your great designs.

Teach to Swim programme

Prior to lockdown we were running a very successful teach to swim programme designed for children aged 5 and upwards. We aim to start this up again as soon as the Blue Pool will allow us to.

Children taking part in the 'Teach to Swim' programme can progress through a recognised badge system and then join our squad swimming sessions to take part in competitive swimming. The sessions are run by our coaches and qualified teachers and supported by some of our own squad members who are working towards their teacher qualifications. The 'Teach to Swim' programme works progressively through stages 1 – 7 with each stage learning the core skills for the national syllabus of learning for primary aged children.

Each stage allows the child to master previously taught skills whilst introducing new aquatic skills. To progress through each stage, the child needs to demonstrate that they are confident, competent and safe in the water completing each skill for that stage.

Here are the skills swimmers must be competent in to achieve a stage (apologies for the size, you will need to zoom in to read it!)

Stage 1

By completing this Award, with or without floatation equipment or support, you will be able to:

- 1 Enter the water safely.
- 2 Move forward for a distance of 5 metres, feet may be on or off the floor.
- 3 Move backwards for a distance of 5 metres, feet may be on or off the floor.
- 4 Move sideways for a distance of 5 metres, feet may be on or off the floor.
- 5 Scoop the water and wash the face.
- 6 Be comfortable with water showered from overhead.
- 7 Move from a flat floating position on the back and return to standing.
- 8 Move from a flat floating position on the front and return to standing.
- 9 Push and glide in a flat position on the front from a wall.
- 10 Push and glide in a flat position on the back from a wall.
- 11 Give examples of two pool rules.
- 12 Exit the water safely.

Stage 2

By completing this Award, with or without floatation equipment or support, you will be able to:

- 1 Jump in from poolside safely.
- 2 Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
- 3 Move from a flat floating position on the back and return to standing without support.
- 4 Move from a flat floating position on the front and return to standing without support.
- 5 Push from a wall and glide on the back – arms can be by the side or above the head.
- 6 Push from a wall and glide on the front with arms extended.
- 7 Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, without the use of floatation equipment.
- 8 Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, without the use of floatation equipment.
- 9 Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.
- 10 Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.
- 11 Perform a log roll from the back to the front.
- 12 Perform a log roll from the front to the back.
- 13 Exit the water without support.

Stage 3

By completing this Award, without floatation equipment or support, you will be able to:

- 1 Jump in from poolside and submerge.
- 2 Sink, push away from wall and maintain a streamlined position.
- 3 Push and glide on the front with arms extended and log roll onto the back.
- 4 Push and glide on the back with arms extended and log roll onto the front.
- 5 Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
- 6 Fully submerge to pick up an object.
- 7 Correctly identify three of the four key water safety messages.*
- 8 Push and glide and travel 10 metres on the back.
- 9 Push and glide and travel 10 metres on the front.
- 10 Perform a tuck float and hold for three seconds.
- 11 Exit the water without using steps.

Stage 4

Stage 5

By completing this Award, without floatation equipment or support, you will be able to:

- 1 Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.
- 2 Push and glide from the wall towards the pool floor.
- 3 Kick 10 metres backstroke (one item of equipment optional).
- 4 Kick 10 metres front crawl (one item of equipment optional).
- 5 Kick 10 metres butterfly on the front or on the back.
- 6 Kick 10 metres breaststroke on the front (one item of equipment optional).
- 7 Perform a head first sculling action for 5 metres in a flat position on the back.
- 8 Travel on back and log roll in one continuous movement onto front.
- 9 Travel on front and log roll in one continuous movement onto back.
- 10 Push and glide swim 10 metres, choice of stroke is optional.

Stage 6

By completing this Award you will be able to:

- 1 Perform a flat stationary scull on the back.
- 2 Perform a feet first sculling action for 5 metres in a flat position on the back.
- 3 Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.
- 4 Tread water for 30 seconds.
- 5 Perform three different shaped jumps into deep water.
- 6 Push and glide and swim 10 metres backstroke (performed to Swim England expected standards).
- 7 Push and glide and swim 10 metres front crawl (performed to Swim England expected standards).
- 8 Push and glide and swim 10 metres breaststroke (performed to Swim England expected standards).
- 9 Push and glide and swim 10 metres butterfly (performed to Swim England expected standards).
- 10 Perform a handstand and hold for a minimum of three seconds.
- 11 Perform a forward somersault.
- 12 Demonstrate an action for getting help.

Stage 7

By completing this Award you will be able to:

- 1 Push and glide and swim 15 metres backstroke (performed to Swim England expected standards).
- 2 Push and glide and swim 25 metres front crawl (performed to Swim England expected standards).
- 3 Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).
- 4 Push and glide and swim 25 metres butterfly (performed to Swim England expected standards).
- 5 Perform a movement sequence (linking skills with strokes and/or breathing) of one minute duration, in a group of three or more, involving a minimum of the following skills: Sculling head first, feet first. Rotation forward or backward somersault, log roll, floating star on the front, the back, tuck float, cross float, butterfly, butterfly kick, butterfly moving, lifting one or both arms out of the water.
- 6 Perform a sitting dive or dive.
- 7 Push and glide and swim 50 metres continuously using one stroke (performed to Swim England expected standards).
- 8 Push and glide and swim 100 metres, using a minimum of three different strokes (performed to Swim England expected standards).
- 9 Tread water using eggbeater action for 30 seconds.
- 10 Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.

We look forward to welcoming our 'Teach to Swim' swimmers back soon



My Learn to Swim App

Make learning to swim even more fun with Swim England's free My Learn to Swim App.

The app allows children to gain extra rewards and

unlock new features as they develop their swimming skills and water confidence.



Fundraising

Whilst everyone is home and doing a lot more online shopping, why not use EasyFundraising to support our club?

It's a really simple way to raise money for us through your everyday online shopping with over 4,000 big name retailers including Amazon, Argos, John Lewis and ASOS, and it's completely free!

Visit www.easyfundraising.org.uk and search for

'Melksham Amateur Swimming Club'

All shopping completed via this website will earn us money

Support during Covid-19

Wiltshire Child and Adolescent Mental Health Service has created some helpful resources to support children and young people experiencing worries about coronavirus.

<https://www.oxfordhealth.nhs.uk/camhs/>

There is also a link to adult mental health services on the same website

Young Melksham also have a Teen talk and advice line for young people aged 11 – 25. Details can be found on their website

<https://youngmelksham.org.uk/what-we-do/teentalk>

Melksham Community Response

If you, members of your family or people in your community are vulnerable or elderly you can request help from the 400 volunteers who are supporting Melksham Community response. The volunteers are able to do shopping, collect prescriptions or just make a friendly phone call. Further details can be obtained at www.melkshamcommunity.co.uk or you can email them support@melkshamcommunity.co.uk or phone 01225809265



Learning the ropes of competitive swimming Open meets

So far, we have learned about entry times, heat sheets and preparation at Open Meets. Now we move on to racing and what happens post race. I am no swimming coach so please do not expect anything about the actual swimming technique here!!

In the last newsletter I explained how the swimmers will go to heat marshalling and then move to the blocks ready to swim. It is essential that the swimmers go to heat marshalling at the correct time; the Team Manager and Coach will assist with this but will not be able to go looking for swimmers who have left the pool area. Swimming Marshalls are also not there to find swimmers, they are there to check swimmers in and put them into the correct lane allocation.

The swimmers will be called to the starting area whilst the race prior to theirs is still being competed. It is essential that swimmers stay back from the blocks and out of the way of the judges at this point. There will be a chair or baskets for the swimmers to place their non-swimming gear in. It is best to stand near this until swimmers are called to the blocks. Whilst waiting the swimmers should be stretching and keeping warm.

Swimmers must not step on to the blocks (or get into the water for backstroke) until the referee blows their whistle to indicate he or she is ready for them to do so. Once all swimmers are in position the judge will state 'take your marks' which indicates swimmers should take their starting position.

At this point swimmers must no longer adjust goggles, hats or costumes.



On occasions judges may ask swimmers to 'stand down' at this point. This can be for a number of reasons and is nothing for the swimmers to worry about. When all swimmers are stationary on the blocks the judge will press a button to create the start sound (usually a beep or horn), there is often a strobe light which flashes at the same time. If you have a hearing impairment you can request to be close to the strobe light or some competitions have a strobe light they can place in individual lanes. It is imperative that swimmers do not move, wobble or leave their blocks until they hear the starting sound.

At the end of a race all swimmers must remain in their lane until the last swimmer finishes their race. In some competitions, particularly ones with a full schedule, races will conduct 'over the top' starts. This is where the swimmers from the previous race remain in the pool and the next race is started with swimmers diving in over them. It is essential that swimmers stay close to the wall and hold the lane rope when 'over the top' starts are being used. Once the swimmers competing have cleared the 15 metre mark the other swimmers may leave the pool.

Once swimmers get out of the pool, they need to remember to go back to the start to get their non-swimming clothes, again remembering not to get in the way of the judges. The swimmers need to then go to their coach for a quick reflection on the race. At this point it is essential to rehydrate, get warm and do some stretches.

The results of races are published for coaches, swimmers and parents to see about 20 minutes after a race. They are usually stuck to a wall (you will know where it is as there will be a huddle of people looking at a wall). I usually take a quick photo and then look at my leisure away from the crowd! If you use the Meet Mobile App the results often come through in real time on your phone so there is no need to fight your way to the wall!

The results of races are usually ordered in the age groups as per the rules of the competition e.g. age as of..., U9, over 16's (this will be on the entry sheet and programme if one is given out). Age groups vary for each race, so it is important the swimmer knows the age category they are racing in. Medals are usually awarded to the top 3 fastest swimmers in each age category. However, some competitions who have 'no faster than times' on their entry forms may award 'speeding tickets' rather than a medal to swimmers who go faster than the 'No faster than' time and come 1st, 2nd or 3rd. Speeding tickets are not negative! The competitions that use them are usually organised to encourage developing competitive swimmers and the entry times reflect this. Therefore, they want to ensure the right level of swimmer is entering and being awarded the medals. **Tip:** when a swimmer receives a medal record on the back the date, race and time as once they have a few it is easy to lose track. It is also good to reflect on the progress they have made over time.



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