



Copeland Amateur Swimming Club Newsletter

Issue 4, April 2011

Copeland ASC Committee

- Chair: Liz Bailey
- Vice Chair: Linda Stamper
- Secretary: Denise Whelan
- Treasurer: Sue Richardson
- Fundraising: Joanne Birkett
- Club Gear: Julie Southward
- Head Coach: Alan Burns
- Senior Coach:/Managers Julie Walley, Liz Bailey
- Diddy Team Managers: Kim Graham, Linda Stamper
- LTS: Neil Ross
- Website: Paul Messenger
- Publicity: Mark Southward
- Swim21: Matthew Hinde
- Welfare: Karen Carr
- Memberships: Dave Martin
- Records of Achievement: Paul Messenger
- Galas: Keith Chisholm / John Freestone
- Gala Entries: Paul Messenger
- Trophies: Marie Carhart

Land Training & St Bees swim sessions

Land Training sessions have been arranged in the old gym at St Bees School for some time. This session is an important supplement to the hours spent in the pool and all under 14 year old A, B & B/C squad members are required to attend this session on a Monday evening between 18:30-19:30.

Also on a Monday evening between 18:30-19:30, the club holds a stroke development session at St Bees school pool. D- squad swimmer should all attend this session.

Both sessions involve a fee of £2 per session, which occasionally has to be covered by club funds when attendance is low and the income from fees fails to cover pool & gym hire costs. Therefore it is necessary to seek a firm commitment to these sessions from swimmers and parents by way of pre-payment for each block of ten weeks. The next block of sessions commences Monday 9 May, therefore we ask that you make your advance payments of £20 to Denise Whelan at Copeland Sessions before 30 April 2011. You will be reminded when this payment becomes due once again. The committee would thank you in advance for your cooperation and commitment to these valuable sessions.

Thanks to the Bakers of Copeland

A very big thankyou goes out to the fundraising efforts of Fundraising Coordinator Joanne Birkett and the kind team of volunteers who baked cakes and sold them at the Copeland sessions during this year's age groups. The cakes were a big success with everyone and raised a very welcome sum of just over £168.

It is hoped that we can persuade the Copeland Bakers to repeat their resounding success again at the Griffin Gala on 7 May.

Copeland Gala Fees

For many years we have entered our own swimmers in club galas without charge. It is therefore with some regret that the committee have had to make the decision to charge Copeland swimmers for events swum in Copeland Galas. The charge will be a reduced charge of £2 per event. This will help the current financial situation to some degree. We thank you for your understanding and continued support at Galas and other fundraising activities.

Copeland ASC Fundraising Committee

At the March Committee meeting a Fundraising sub-committee was formed to assist our fundraising coordinator Joanne Birkett. This committee have been involved in the organisation of the following fundraising events:

'Swimathon' - This took place on March 27 and raised around £400.

Easter Egg Raffle— tickets are now on sale and the draw will take place on 20 April.

Egremont Co-op Bag Pack - 23 April—Our thanks to Karen Knowles for arranging this with the Co-op.

Griffin Gala Cake Stall—7 May. The cake stall was a big success at the Copeland sessions of the County Age Groups

Morrison's Bag Pack—21 May—Our thanks to Joanne Birkett for making the necessary arrangement for this one.

We always need extra help with fundraising from gifts of raffle prizes, purchasing of Bonus Ball numbers and raffle tickets to baking cakes for the Griffin gala cake stall and helping at bag packs. The more people we have who can help even just a little, the easier it becomes for Joanne and her team of fundraisers who work diligently to fulfil a difficult but invaluable role within the club.

If you can help with Easter egg raffle prizes, prizes for the raffles at forthcoming galas or perhaps more importantly with your time at one or both of the forthcoming Bag packs (which can be quite lucrative if we have enough people there), then please either add your name to the list on the club notice board or speak to Joanne, Denise Whelan (club Secretary) or any of the committee members, to put yourself forward. Your help would be most gratefully received and appreciated. Whatever we can do directly benefits our children, so please help out wherever you can.

Coaches Column

How do you get better at swimming and improve your times?

Consistency of training will bring the results. If training is inconsistent, through a lack of attendance at sessions, there will be a significant effect on performance at competitions.

The progression of the swimmer is of the ultimate importance and you have to understand the concept of the training process otherwise you will fall short of your potential.

The aerobic and technical development of the swimmer is of the upmost importance, especially in the development years. The development of the aerobic base has to be maximised prior to maturation. Too much anaerobic (fast) work at an early age is not the way to bring out the best in a swimmer, and will eventually be to their detriment, although the continued development of speed is important.

The pathway has to be progressive to enable the swimmers to improve. If swimmers are only attending a couple of sessions each week they will struggle to continue to produce personal best times every time they enter a competition.

Conduct and session discipline is also very important, things like being on time for your session ready to go in the warm up with caps and goggles on, having your training equipment with you (float, pull buoy, hand paddles, flippers, drinks) out the bag and on the poolside. Its also important to listen to do what the coaches are telling you to do and just enjoy your training.

This months Coach's swimming tips will concentrate on Butterfly:

Good butterfly swimmers have a sense of rhythm, co-ordination and dedication.

They are proud of their ability to Butterfly.

Entry

- * Arms enter shoulder width apart, thumb and forefinger first. The elbows and shoulders follow through the holes sliced in the water by the hands.
- * There is a slight pause in hand movement as the body drives forward and downward. This allows for the hips to rise to the surface which creates the desired body position.
- * Next the high elbow position is established as the pull begins.

Pull

- * Hands press outwards & downwards (as in breaststroke) and then are sculled inwards almost to the point of touching, & then pushed all the way back to the thigh. This is called the hourglass or keyhole pull pattern.
- * Throughout the pull hand speed is accelerated
- * At the end of the pull, the hands are exploded into the air with the hands pitched to catch the least amount of water resistance. This is done with the little finger leading - similar to a karate chop.

Recovery

- * Unlike freestyle, the fly recovery is made with the arms relatively straight. The entire arm just barely clears the water surface and is relaxed. The swing through the air is a direct result of exploding the hands into the air at the end of the pull.
- * The elbows are bent slightly just before entry. The hands will gently be placed into the water.

Breathing

- * The chin is tilted forward to breathe - not lifted! This is done before the hands leave the water.
- * The chin is tucked underwater before the hands enter. This makes it easier to recover the arms.
- * The common breathing pattern for butterfly is every other stroke in races over 50 metres. You will breathe less in races over 25 metres. Experiment with your own patterns. As long as you get enough oxygen to your muscles, you should breathe as little as possible to maintain a good body position.

Kick

- * The kick is the same as the freestyle flutter kick, only both legs do the same thing at the same time. The knees are bent on the whip-like downbeat and kept straight on the upbeat.
- * On the downbeat the toes are curled so that propulsion can be gained from the top surface of the foot. The toes are also pointed inwards in a pigeon toed fashion.

Alan Burns, Head Coach.

Diddy Team Costumes

The Diddy team costume has been the Navy Endurance costume with Red side panels for some years, however these are becoming increasingly difficult to acquire. The committee has therefore taken the decision that the Diddy costume will be a black or Navy costume which will be worn with the Red Copeland Diddy cap. This will be easier for parents to acquire and also allows 'many Racing' type costumes to be worn by those who have them. The club still has a number of the Endurance costumes which are being sold off either to be worn in Diddy Galas or as hard wearing training costumes. Please see Julie Southward at Copeland Sessions on Wednesdays, Saturdays & Sundays.