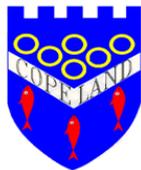


Copeland ASC Committee

- 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: Paul Messenger / Michael Stephenson
- Website: Paul Messenger
- Publicity: Mark Southward
- Swim21: Matthew Hinde
- Welfare: Karen Carr
- Memberships: Paul Messenger / Nicola Stephenson
- Records of Achievement: Paul Messenger
- Galas: Keith Chisholm / John Freestone
- Gala Entries: Paul Messenger
- Trophies: Marie Carhart



Copeland Amateur Swimming Club

Registered Charity Number: 1103769

Newsletter

Issue 7, July 2011

Coaches Question

Coach's question received only one reply last month and so is being repeated this month. Go to Coach's column for details.
Good Luck!

Gala Information

Entries are currently open for the Workington President's Gala and The Ulverston Graded Gala both of which take place in September. The Workington meet will be staged at Moorclose Pool on Saturday 10th September and offers a competition of medium distance events for swimmers of all levels. The Ulverston Graded Gala will be staged at Kendal Leisure Centre on Saturday 24th September and offers sprint events in all strokes for swimmers below National Qualifying level. Entry forms are available from Paul Messenger or from the 'Upcoming Galas' page of the club website.

New Volunteers

Copeland ASC welcomes two new volunteers to roles within the club this month. Michael and Nicola Stephenson whose daughter Lucy swims in 'B/C' squad, have kindly volunteered to take on the roles of Lean to Swim Coordinator and Membership Secretary respectively and Paul Messenger has offered to support and steer Michael & Nicola through their take-over of these roles over the next few months. The committee of Copeland ASC would like to formally welcome Michael & Nicola on-board and thank them for their invaluable help. Our thanks also goes to Paul for agreeing to support them in the initial months.

www.copelandasc.org.uk

We would like to publicise the Copeland ASC website this month. Paul Messenger has been updating the web site over recent months has been doing a great job of keeping it up to date and adding new things of interest. We would encourage all swimmers and parents to make use of the site as a way of keeping up to speed with what's going on. We are seldom able to get around everyone individually to keep them up to speed, so visiting the web site is an ideal alternative.

You will find information on how to join the club, squad structure and pool time information, a page for recent news including 'Bonus Ball winners', News on upcoming galas, news on our annual Griffin and Graded Galas, the club calendar of events, the club Newsletters are all put on the website, News on our progress in achieving the Clubmark Swim 21 accreditation, and blank swimmers log books and the club nutrition booklet can also be found in this section. New additions are a photo gallery that is being populated as photos are obtained and a current PB & club record lists (although this is password protected at the moment—the password can be obtained from Paul Messenger).

Sponsorship from Lloyds Bank

Copeland Amateur Swimming Club is operated as a registered charity and just like many other amateur sports clubs is in constant need of sponsorship and fundraising. The club was therefore delighted when the Whitehaven branch of Lloyds Bank donated £1000 in recognition of the many hours of voluntary work one of its employees, Mrs Karen Carr, performs on behalf of the swimming club. The donation is made up of two parts; the first element represents what the bank would have paid Karen for the hours she has worked voluntarily over a period of time and the second element is a 'matched' donation from Lloyds bank.

Club Treasurer Sue Richardson said, fundraising activities and charitable donations from a significant and very important part of our income and we are extremely grateful both to Karen for her work on our behalf and of course to the generosity of Lloyds Bank Whitehaven. We really can't thank them enough.



Coach's Column

Backstroke Tips

- * At the turn kick off the wall to carry momentum from the push from the wall as far down the pool as possible. This is a skill that should only be used when it is faster for the particular swimmer in question. The movement from the kick in to stroke must be at speed some swimmers end up almost stopping before starting the stroke to stop this then do fewer kicks.

Entry

- * The hand enters slightly outside the shoulder with the little finger first. The elbow is locked straight.
- * The arm continues to slice downward deep into the water until the swimmer's opposite shoulder leaves the water and comes into view in front of the swimmer's chin. The elbow is still locked straight.
- * Only at this time does the elbow bend to the high elbow position. Since the swimmer is on their back the elbow will point to the bottom of the pool.

Pull

- * The pull is initiated with the opposite hip. The entire trunk muscles are used to execute the pull. Ideally the hand stays in place in the pool and the body is pulled past that point.
- * The water is then "arm wrestled" towards the feet in a motion similar to throwing mud at the feet.
- * Throughout the pull hand speed is accelerated.
- * Throughout the pull the hips and shoulders are rotated from side to side.

Recovery

- * The shoulder leaves the water first, followed by the arm with elbow straight, and finally the hand with little finger first.
- * The arm is raised straight into the air and the swimmer can look down their arm as if they were looking down the barrel of a rifle.
- * The little finger will enter the water first. Extra care should be taken at this time to keep the elbow straight.
- * Also as the arm leaves the swimmer's field of vision, the arm is directed wide of the body so the hand will enter the water wider than the shoulders. Also at this time hand speed is accelerated to coincide with the finish of the pull of the opposite hand.

Kick

- * **A strong kick is the key to overall backstroke success.**
- * A steady six beat kick rhythm is necessary to maintain proper body position and forward momentum.
- * The knee will bend on the upward power phase of the kick. Propulsion comes from the top of the foot. Kick as if a crab is biting your toe and kick him off.
- * The knee is kept straight on the downbeat of the kick to avoid creating extra resistance.
- * The toes are kept inward in a "pigeon toed" position to help in kicking the water off the tops of the feet. The water surface should look like it is boiling.

Breathing

Although the swimmer could breathe at any time during backstroke swimming, it is good to develop a pattern of breathing in on one arm pull and out on the other. This prevents shallow breathing and breath holding.

Body Position

- * The head is the key to proper position. The head should rest on the water as if the water were a pillow. The chin is high and the shoulders press into the water to find perfect balance between the centre of gravity and the centre of floatation.
- * The head is kept still throughout the stroke.
- * The hips are rotated alternately to the surface. Stay on your side as long as you can on each pull.

Six steps to Improving your swimming:

1. Work on keeping strokes long and strong at training. In every effort ask yourself "Could I do this with fewer strokes?" When doing skills work like drills aim for perfection, then perfection with the minimum number of strokes.
2. Develop real speed by working hard during your speed work training and getting the best out of every effort. Train fast to Race fast.
3. Every turn in training is a race turn, every dive is a race dive. Every finish should be completed on the wall with power and controlled aggression. Train as you would like to race.
4. Drills should be completed with precision and with 100% concentration. Think technique first at all times.
5. Challenge yourself to swim fast when tired. When racing, challenge yourself to swim fast when tired, to swim fast heats then faster finals.
6. Learn to enjoy pressure situations. Being nervous is a sign that something great is about to happen. Your body is getting ready to do something brilliant. Learn to enjoy the pressure of competition.

Coach's Question:

The first Coach's question is in two parts. If you have the answers, write them down, include your name and pass them to one of your coach's or poolside helpers. All correct answers will go into a drawer for the coach's secret prize of the month which will be announced with the winner's name in next month's newsletter.

1. What should you eat the night before a competition?
2. What should you eat on the day of your competition?

Alan Burns
Head Coach