

Copeland ASC Committee

- Chair: Liz Bailey
- Vice Chair: Linda Stamper
- Secretary: Denise Whelan
- Treasurer: Sue Richrdson
- 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
- Website: Paul Messenger
- Publicity: Mark Southward
- Swim21: Matthew Hinde
- Welfare: Karen Carr
- Memberships: Vacancy
- 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 6, June 2011

Coaches Question

The first coach's question can be found in Coach's column on page 2.

Look out for the winner and their prize in this space next month.

Volunteers Needed

As a registered charity, Copeland ASC is always in need of new volunteers to help with the running of the club, with fundraising activities and of course in putting on swimming Galas. The people you regularly see on poolside and at Galas are mostly all volunteers. Some are very experienced and others are learning the ropes, but all are invaluable to the successful running of the club. With so many roles to cover the club is always in need of more volunteers to share the load. If you can help out in any way at all, please make yourself known to our club secretary Denise Whelan who is regularly in the foyer at Copeland squad sessions or else any committee member, who will put your name forward -we'll soon put you to work!

We have had a couple of parents of relatively new club swimmers volunteer their help recently, which shows admirable commitment and we thank those parents very much indeed. If there are any more of you willing to help share the load & shape the club for the future, please volunteer and join in.

Parents & Coach's

When swimmers move into the main squads they may still be quite young. During these early years children will occasionally forget the good stroke techniques they mastered earlier. Coaches and poolside helpers will attempt to correct faults when they are spotted, but they also have to strike a balance for the whole group in relation to delivery of the prescribed training programme to achieve Long Term Athlete Development aims. Some 'stroke faults' may take more time to resolve than others, for instance it is rare that a 9 year old masters the Butterfly technique quickly as it requires physical maturity that most 9 year olds haven't had a chance to develop. However, if any parents have concerns over the stroke development of their child/children, we make the offer to you to bring your concerns to the attention of Julie Walley (Senior Coach) who will assess those concerns and, where she feels it is necessary, will arrange for extra stroke development sessions. All we ask is that you speak to Julie either before the start or at the end of a session, as she is busy enough with swimmers during the sessions themselves. Thank you.

Fundraising News

Morrison's Bag Pack: The fundraising team have done it again by holding a very successful Bag Pack at Whitehaven Morrison's store, raising an awesome £806. It has been a case of the few doing the work that many hands would have made much lighter, potentially covering more check-outs and raising even more money. So special thanks go to those who took part and a special mention to Joanne Birkett, Denise Whelan & Sophie Whelan who really put themselves out by being there all day. Ladies, Copeland ASC is eternally grateful to you for your dedication and selfless support of the club. Our sincere thanks go out to all of you.

Graded Gala Cake Stall: The Copeland ASC Bakers had another successful day at the Graded Gals on 18 June, where hot dogs, pies, biscuits & cakes sold well again, raising around £180. Our sincere thanks to all those who made the goodies and to those who spent their time in the foyer manning the tables and working together so that everyone could see their own children swim. Those I have to single out include Joanne Birkett, Karen Wake, Denise Whelan, Sara Baker & Chris Stamper (and we don't believe he didn't eat any cakes either)! Their efforts and dedication are a great asset to the club and are very much appreciated indeed.

Learn to Swim Scheme

There are currently vacancies in the Copeland ASC Learn to Swim scheme sessions on Wednesday evenings. Do you know anyone who would like to learn to swim with us? If so, please pass on their details to a committee member and we'll make contact to arrange an assessment and get things going.

Coach's Column

Parents / Coach's Session:

I would just like to remind parents of Learn to Swim, D & C squad children of the opportunity to meet with myself & Senior Coach Julie Walley at Cleator Moor Bowls Centre on Wednesday 29 June. I have arranged this session to give us the opportunity to speak to you and for you to ask us questions about the swimming development of your children and about Copeland ASC and its aims. It is hoped that such sessions will help to improve communications to the benefit of everyone. I hope many of you can make it and I look forward to speaking with you. A second session will be arranged for parents of B/C, B & A squad swimmers in due course.

North West Regional Age Group Championships

Copeland swimmers Scott Bailey, Alex Messenger and Isaac Hinde, qualified to take part in the NWR Championships on the 4/5 June and the 11/12 June 2011 at Manchester Aquatics centre. This was a high standard competition and all three swimmers swam really well. 14 year old Scott was Copeland's oldest competitor and competed in the 100 metres breaststroke in a time of 1.21.58 qualifying for the final as 1st reserve and also the 100 metres freestyle in a time of 1.02.31.

10 year Alex who was swimming for the first time in a 50 metre pool also did well competing in the 200 metres freestyle in a time of 2.52.81, 400 metres freestyle 5.57.52, 100 metres butterfly 1.46.57, 200 metres butterfly 3.39.36 and 100 metres freestyle in a time of 1.19.23.

Isaac also 10 years old and swimming in his first 50 metre competition also swam really well. 200 metres butterfly 3.06.85. Isaac also made the final of this event and came third in a time of 3.06.05. He also swam in the 100 metres freestyle 1.13.99, 100 metres back crawl 1.27.90, 400 freestyle in a time of 5.37.31 Isaac then came fifth in the final in a time of 5.30.23. Isaac also swam the 100 metres butterfly 1.29.77 and 200 metres freestyle 2.37.51 reaching the final and coming in third in a time of 2.32.67.

Coach's Tips

Five golden rules for competitive swimming:

1. Every hand and arm movement is slow to fast. The learning process must therefore be slow to fast. If the swimmer can't do it efficiently at slow speed, he or she will not be able to do it efficiently at high speed.
2. The swimmer must learn to feel the water and so he or she must spend time doing that rather than just swimming fast. Learning how to feel the water the wrong way in comparison with the right way can help swimmers learn the correct feel of the water. Drills is a good way of practicing this before doing a practice the correct way.
3. The fingers pull first, no matter what stroke the swimmer is doing. The swimmer should maintain a stable wrist position when pulling.
4. The swimmer should minimize resistance by keeping the head down and the thighs up. No matter what the swimmer does in swimming, if the head comes up the thighs go down. To maximize acceleration in the water with minimal resistance, the swimmer must keep the back flat, in what can be called the flat -spine position.
5. The hips should be high on butterfly and breaststroke before the out-sweep of the hands and arms begin. If the hips are not elevated, the swimmer will be pulling themselves to the surface of the water (upward) rather than pulling forward. In backstroke and freestyle the hips should rotate before the hands start the pulling action.

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