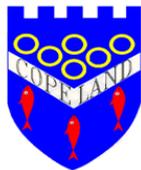


Copeland ASC Committee

- 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: Dave Martin
- 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 5, May 2011

Fundraising

Griffin Gala Cake sale success: Thanks once again go out to Joanne Birkett and her dedicated team of fundraisers who have come-up 'Trumps' again. The Griffin Gala hosted an all day cake sale which went down a treat raising around £185. This is as much as the cake stalls on both days of the Age Groups made—An Excellent effort. This was topped off by Denise Whelan selling Hot dogs at lunch time and raising another £50. Our thanks go out most sincerely to everyone who helped in this very popular fundraising effort. We're now eagerly looking forward to the 'goodies' on offer at the Graded gala on 18 June!

Egremont Co-op bag pack success: The bag pack that took place on 23 April was a great success, raising some £485. Not a bad return at all for a few hours work. Our sincere thanks go out to those volunteers who gave their time to raise much needed funds.

Forthcoming Morrison's Bag Pack: There is a 'Bag Pack' organised to take place at Whitehaven Morrison's supermarket on 21 May and there are still check-outs to be covered. If you can spare an hour or so, please sign onto the sheet on the club notice board.

Many hands make light work, so please help out the few who regularly do so much to keep the club going. It really does make a difference and benefits all of our children in the long run.

Excerpts of Minutes of Copeland ASC Committee Meeting of Monday 11th April 2011

Treasurer's Report The Treasurer reported that the finances show a projected shortfall of £1,542. The Griffin Gala however is expected to realize revenue in the region of £3000 which will off-set this.

Swim 21 To assist the club in meeting Swim21 criteria and ultimately the accreditation, Matthew Hinde has put together a list of training requirements covering Teaching, Coaching, Team Management, Child Protection & Disability Coaching. He has also compiled a list of competition gala equipment that is required. The club will investigate the availability of grants to assist with the costs of these and to facilitate responsible budgeting.

Training Equipment It was decided that the club would not be required to purchase any training equipment as swimmers in the main squads should supply their own kick boards, pull-buoys, flippers and medium hand paddles and this has been communicated in two newsletters so far this year.

Coach's Report & Galas Julie Walley reported that the Diddy League team performed really well in the first round at Workington and were the only club that didn't have any disqualifications.

Julie Walley will consider appropriate events for the 'mini diddy galas' with a view to introducing some 50m events if possible. Awards will be presented and there will be a £1 door entry fee for spectators.

Griffin Gala The Griffin Gala held on 7 May was a great success with a good entry and some good performances by Copeland swimmers. It was great to see some of our less experienced competitors take to the water and gain valuable experience in a competitive environment. We hope all swimmers had an enjoyable day and will be representing Copeland ASC in the Graded Gala on 18 June. There were 68 PBs recorded for Copeland swimmers and one age group county record. The results for Copeland swimmers is on the club notice board.

A distance events gala is to be scheduled into the calendar. Alan Burns will make the decision on the events to be competed and likely Gala dates.

Ulverston ASC have advised of their Graded Age Group meet to be held on the 24th of September and this will be added to the Calendars of Events and put on the notice board at Copeland for anyone interested in attending.

Workington ASC have also advertised their President's Gala on 10 September. As Workington are a neighbouring club who regularly support Copeland galas, we think it appropriate to reciprocate and attend the President's gala and offer poolside officials to assist.

Child Protection New Medical Consent forms will be issued to all swimmers for completion in due course.

Session Cover Julie Walley and Terry Wake have kindly offered to fill the gaps we have in people to take the Learn to Swim sessions. Terry has also offered his assistance to the committee. Terry will be invited to the next meeting where he will be co-opted.

Other Business: There is a culture developing where parents are advising/coaching their children from the balcony or by coming on to poolside. Children are also leaving the pool to visit the balcony. These practices have an adverse effect on the pre-prepared 12 week training cycle programmes and must cease immediately. Parents who would like to volunteer to help officially on poolside should offer their assistance to Head Coach Alan Burns or Senior Coach Julie Walley who will be happy to put them to work on the pre-prepared programme.

Coaches Question

Starting Next Month, if you know the answer to the Coaches question of the month, you could win the mystery prize!

Simply write out your answer and present it to the poolside coaches and the winner will be chosen and announced upon issue of the following newsletter. Look for the question in next months Coaches column & Good luck!

Coaches Column

More than any other stroke, Breaststroke is a power stroke! You must generate enough power on each pull and kick to overcome the water resistance of the recoveries.

Kick The kick has more to do with a successful stroke technique in breaststroke more than in any other competitive stroke.

A Recovery i) As streamlined as possible: a) Heels to buttocks (not knees to chest)
b) Knees close together

ii) "Turn on" feet like a light switch (dorsi flexion)
iii) recover as close to hips as possible (flexibility)

B Power (Propulsion) i) Keep ankles dorsi flexed
ii) Accelerate throughout the kick.
iii) Use summation of forces (quads & groin together)
iv) Finish kick - heels will touch
v) Go beyond vertical for maximum propeller action!
vi) Plantar flex (upward dolphin kick)
vii) Lift with back of thighs (hamstrings)

C Timing i) Recover during hand acceleration
ii) Power when hands are streamlined!!!!

Pull The aim is to keep the hands in one spot & pull the body over that spot (maximum efficiency)

A Techniques i) Start with tension in upper arm (triceps)
ii) medial rotation up, out and then down
iii) Press chest downwards against water
iv) Pull back with forearms until hand is under elbow. Keep arm pits open. Feel as though you are scooping out the insides of two beach balls.
v) At this point accelerate and bring hands together, keeping elbows as high as possible (pectoral muscles) while still holding onto the water!!!

At world level breaststrokers eliminate the glide - watch Leisal Jones - long, strong & powerful

B Recovery i) Continue acceleration throughout recovery.
ii) Get as streamlined as possible a) Round out shoulders b) hands together.
iii) As hands reach forward, slowly lower chin (with aid of gravity).
iv) Rest goggles on biceps (upper arms).

C Glide i) Wait until legs are almost together.
ii) Feel tension in upper arm (triceps).
iii) Begin pull slowly, deliberately with medial rotation (elbow up, arm pits open).
iv) Point fingers down at end of glide (as if falling off a cliff) It is essential in teaching breaststroke that swimmers finish the kick before starting to pull.

Breathing

A Timing i) Begin exhaling as the pull begins
ii) As the hands "round the corner" a natural lift will raise the body for breath. Go with it.
iii) Only inhale when the head is in the air (all exhalation under water).

B Technique i) Use neck only minimally (pretend you are wearing a neck brace).
ii) Come forward & up to breathe
iii) Keep facing downward 2-3 feet in front of you (to maintain high hip position)

Co-ordination of Pull & Kick

A Overlap to maintain constant forward velocity.

B Hold hands in glide position (with upper arm tension) until ankles come together.

Body Position

Start the same as butterfly.

i) The stronger you are the higher you can get and still be efficient.
ii) Get the back half of your butt dry each stroke!
iii) Drive forwards not down. Make axis through hips.
iv) Lift back of thighs to help streamlining!

Alan Burns
Head Coach