

DEEPINGS

SWIMMING CLUB

REMINDER!
PLEASE BRING
BACK YOUR 2017
CLUB CHAMPS
TROPHIES

Newsletter ■ April 2018 ■ Issue 6

Success at East Midland Champs

Deepings Swimming Club enjoyed a successful first weekend of racing at the East Midlands Regional Champs, with the team making 18 finals, winning two medals and breaking one club record.

Standout performances came from Isabel Spinley and Bethany Eagle-Brown. Isabel brought home gold in the 100m butterfly and silver in the 200m butterfly, while Bethany swam a club record in the final of the 100m freestyle, finishing just outside the medals in fifth.

Ten swimmers made it to the finals in their events: Holly Leggott in the 100m and 200m backstroke; Jessie Spooner in the 200m butterfly; Harry Cardell in the 200m butterfly;



Baillie Harrison in the 100m butterfly; Isabel Spinley in the 100m backstroke, 200m IM, 100m & 200m butterfly; Bethany Eagle-Brown in the 200m IM and 100m freestyle; Tom Adams in the 100m and 200m butterfly, and 200m IM; Lorna McGill in the 200m

breaststroke; Louis Metselaar in the 100m freestyle and 200m breaststroke; Kallum Penman in the 200m butterfly.

Also representing Deepings at the champs were Emma Wilde, Lexy Cooper, Jake Jungmann, Tom Neal, Joseph Lund and Kelda McKnight.

55 PBs for Deepings at Grantham

Round three of the Grantham Grand Prix series took place in April and saw many of our younger swimmers competing against clubs from across the region.

In total, 27 Deepings swimmers aged nine to 12 took part achieving a stunning 55 personal bests from their 81 events – 24 more than the equivalent round at last year's gala.

Three swimmers took first place in their age group races: Lucia Karic in the 100m IM, Jacob Briers in the 50m butterfly and Alex Sadler in the 50m butterfly.

Lucia finished second in her other two races, 50m breaststroke and 50m freestyle, while Alex was also second in the 200m freestyle.

Third places went to Lilly Tappern in the 50m freestyle and 50m breaststroke, and Jacob Briers in the 50m backstroke and 200m freestyle.

Other individuals who finished in the top six were: Grace Edwards (100m IM and 50m freestyle); Molly Briers (50m freestyle and 200m IM); Alex Sadler (50m backstroke); Lilly Tappern (200m IM).

The final round takes place on 12th May 2018.

Well done Izzy!

Congratulations to Isabel Spinley for being selected to represent Great Britain at the recent international open meet in Marseille.

Isabel competed in four races. She finished third in the 200m butterfly A Final, second in the 50m butterfly B Final and was eighth overall in the 400m IM. Isabel also made the A Final for the 100m butterfly as the sixth fastest qualifier but was DQ'd in the final.

Head coach Lynn Chapman said: "It's the second time Isabel has been selected for Great Britain and, once again, she did the club and herself proud with some outstanding performances."

CHAPPER'S CHATS



After talent and effective training, good nutrition is the most important factor for maximising performance.

EFFECTS OF POOR NUTRITION/HYDRATION

- Heavy legs/fatigue
- Longer recovery
- Reduced muscle strength
- Reduced skill
- Inability to concentrate

MEALS AND SNACKS

Pre event

- Cereal (not sugary)
- Porridge
- Wholemeal toast/crumpets
- Banana or jam sandwiches
- Beans on toast
- Jacket potato

The night before competition

- Rice, pasta or noodles
- Beans/eggs on toast
- Vegetable based soup
- Sandwich
- Boiled/mashed potato with meat or fish

Between races

- Diluted squash
- Bananas and raisins
- Energy bars (check sugar)
- Plain biscuits or rice cakes
- Fruit

After training

- Eating within 30 minutes.
- Sandwich (e.g. chicken salad, peanut butter or egg)
 - Bagel
 - Yogurt
 - Fruit
 - Dried fruit, nuts and seeds
 - Low fat cereal bar
 - Water/squash/fruit juice

There is no point in training hard if you do not follow these guidelines.

WANTED!

Volunteers to help out at the Deepings Raft Race on Aug 5. In return, the organisers will give the club some sponsorship money. Email us for details.