

DEEPINGS

SWIMMING CLUB

DONT FORGET!
AGM, SUNDAY 24
JUNE AT 4PM IN
THE WELLAND
ROOM

Newsletter ■ June 2018 ■ Issue 8

Benefits of warm up & stretching

By Claire Cross, Spin Room

You might have noticed that all our swimmers are now doing a full land warm up prior to their swimming session, which requires them to be on poolside 15 minutes before training begins.

Land warm up is an essential part of swimming and is vital if swimmers want to perform to their best in the pool.

It should be carried out before every training session and every race at a competition, no matter where you are competing.

Time must be taken to ensure you are doing all of it correctly.

Before exercise, you must prepare the body and you do this by mobilising your joints and warming your muscles. This increases the blood flow to your muscles preparing them to work hard.

Your heart rate will increase which is also preparation for the session/race ahead.

Warming your body up prevents injury and promotes



good posture, skills, discipline and good habits.

Once you have trained/raced, it is even more important to stretch your muscles to promote good recovery. Stretching will return your muscles to a pre exercise state, reduce your heart rate, improve your flexibility, reduce tightness and tension.

If you have questions relating to this information, please email the club and we will be happy to assist. You can also find more information on our website under the 'Tips' tab.



CHAPPER'S CHATS



10 things a swimmer can do to improve themselves

- Always streamline off the wall. If you are streamlined you will move more easily through the water. Have you ever seen a top swimmer without good streamlining!
- Practice in training what you want to do when you race. I am not saying always swim fast but practising fast turns, good technique and good pace work will make them become second nature and help you become faster.
- Be positive and surround yourself with positive people. If you think you can, you can. A positive attitude will ensure you have a good race. Think about the good things and not what could go wrong.
- Get out of your comfort zone. Stretch yourself in training and racing. If you stay in your comfort zone you will never improve.
- Never be afraid of failure. You have nothing to lose if you try something and it doesn't work. But you have everything to lose if you don't aim high.
- Only focus on things you can control. You are unique – focus on your own race.
- Listen to your coach. Sometimes a small change will make a big improvement.
- Keep a record of what you have done. Know your pbs and split times in races so you can improve by improving them in training.
- Be a team player. You can get and give a lot of support from the team around you.
- Above all, enjoy. Own your sport.

Summer party!

Rutland Water Aqua Park
Sunday 22nd July at 4pm
Price £22 per person*
which includes wetsuit hire and lifejacket.

Spectators are free.

Following the Aqua Park session, Dave Cross has volunteered to cook a BBQ priced at £3 per person

The Aqua Park and BBQ are open to parents as well as swimmers.

For more details and how to book, see the email from Kirsty or email her at deepings@swimclubmanager.co.uk

*Only 8 years and over are allowed at this time of the day



We are still looking for volunteers for the Deepings Raft Race on Aug 5. In order to share in monies from the day, we have to enter a raft and provide two stewards. Please email the club if you can help with raft building, stewarding or racing.