

DEEPPINGS

SWIMMING CLUB

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Newsletter ■ January 2018 ■ Issue 3

Four finals for national squad



Tom Adams, Louis Metselaar and Isabel Spinley

Deepings Swimming Club's national squad reached four finals at the 2017 England Winter Nationals.

Tom Adams, Louis Metselaar, Isabel Spinley and Alex Wray competed in nine events at the Winter Nationals, which took place at Ponds Forge in Sheffield from December 13-17.

Isabel set a new club and county age group record of 2.13.78 in qualifying for the 200m butterfly final. In a top-class final, which included Olympic swimmers Hannah Miley and Aimee Wilmott, the

17-year-old finished an impressive seventh. Isabel also made the final of the 100m butterfly, coming ninth, and competed in the heats of the 50m butterfly.

Isabel's outstanding achievements were matched by Alex Wray, who reached the final in his two events, the 50m and 100m freestyle. The 19-year-old finished seventh in both finals, just outside his PB.

Also representing Deepings SC at the winter nationals were Louis Metselaar in the 50m and 100m breaststroke and Tom Adams in the 100m

and 200m butterfly. Both boys swam strongly, and narrowly missed making the finals.

Deepings SC also performed well at the Northampton Winter Festival (December 16-17) in Rugby. Against tough competition from major city clubs, the team won five gold, three silver and nine bronze medals.

Leading the way were Chloe Jones and Holly Leggott, who bagged 11 medals, with Chloe winning three golds and Holly winning two golds.

Lynn Chapman, Deepings head coach, said: "I'm delighted that we had another strong performance at national championships, with four swimmers qualifying and Isabel and Alex making two finals each. We also showed at the Northampton meet that we have lots of exciting talent pushing for future national qualification with some outstanding swims against strong competition. Deepings has a bright future."

CHAPPER'S CHATS



LYNN'S TOP TIPS TO IMPROVE YOUR SWIMMING TECHNIQUE AND SKILLS

Every time you come to training, focus on every part of your swimming. If you don't practice it at training, you won't do it in the race!

■ Always streamline off the wall on every turn and work to improve the speed of your fly kicks and distance off the wall. In training you cover between 3,000 and 6,000 kilometres. If you practice off every wall you will improve and become a much faster swimmer as you travel faster underwater then above it.

■ Every time you dive in, you should practice a competition dive aiming for power by driving upwards and forwards through your legs and hips.

■ Every turn should be a fast competition turn. Swimmers ask, can we practice our turns? Why, when you have the opportunity all through a training session. The time taken from touching the wall with your hands on fly and breaststroke, or from your last arm stroke on free and back, to your feet leaving the wall should be less than 0.8secs.

■ Listen to feedback and correction from the coaches. You may think we nag, but we are continually striving to improve you to make you faster and stronger.

■ Finally, never neglect your finish. Races are won and lost by a bad or a good finish.

Competition rules! Etiquette for swimming meets

Here are a few rules to help you get the most out of competing for Deepings SC.

- Please inform the coach in advance if you are not competing in an event as coaches are expected to withdraw swimmers to prevent empty lanes. Either text head coach Lynn Chapman on 0781 5702384 or email: chapmanlmc@aol.com. If you have entered a race you should be swimming it. If you are unsure what to enter, discuss with your coach.
- Arrive at the venue at least 20 minutes before the warm-up time to prepare properly by doing your land-based warm up.
- Put your hat and goggles (including spares)

in a small drawstring bag. There is no room poolside for big swim bags.

- Your poolside clothing should be a Deepings T-shirt and warm hoody to wear before and after your races to keep your muscles warm, trainers to keep your feet warm, and shorts or leggings.
- Speak to the coach before and after your race. They are there to give advice and feedback.
- We have a policy of no phones on poolside as they are distracting and prevent you from focusing on your race. It is much better to talk to your team and support each other.