

# DEEPINGS

## SWIMMING CLUB

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THE WEBSITE

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## New club captains for 2017/18



Deepings SC has announced its new club captains for the 2017/18 season. The girls captain is Bailie Harrison and the boys captain is Tom Neal.

Both swimmers have been at the club since a young age and are keen to be role models and mentors for the junior squad members.

Bailie joined Deepings in 2008 as a 'Dolphin' and is now one of the club's national swimmers. The butterfly star competed at this year's British Champs and qualified for the last two England Nationals.

"It's nice to be able to be a

role model for the younger swimmers because I had those role models when I joined the club," she says.

"I want to be there for the other swimmers, take land warm-up, help them out and check that they are where they should be, especially at competitions."

Bailie has some excellent advice for aspiring young swimmers looking to improve their skills. "Keep going," she says. "It will be hard at times but eventually everything comes together."

While Bailie was just seven

when she joined the club, Tom was a comparative late starter, aged nine.

"I was doing widths to start off with," says the 17-year-old. "Lots of other swimmers of my age joined before me so I had to work hard to catch up."

A member of the midlands squad, Tom represented Lincolnshire in the inter-county championships this year and has set himself a target of qualifying for the national championships in 2018.

He says it was "an honour" to be asked to be boys captain.

"I would like to help out at squad training sessions and at open meets," he says.

"I want to guide the younger swimmers in the right way."

Like Bailie, Tom urges up-and-coming swimmers to "always keep going", adding: "Don't be disheartened if you have a bad day or swim. It will work out in the end."

The club has also confirmed that George Shaw will continue as swimmers' ambassador. His role is to help any swimmers who have worries or problems.

## CHAPPER'S CHATS



Training alone does not make a great swimmer. There are many other factors one of which is good nutrition. A good well-balanced diet is a must for every swimmer.

Before a competition, do not skip breakfast. Suitable foods include porridge with banana, beans on wholemeal toast or egg on toast.

Snacks to eat during competition include dried fruit and nuts, fresh fruit, malt loaf, homemade flapjack (reduced sugar content) or low-fat cereal bars (check sugar content).

Sweets, jelly, chocolate and crisps are not suitable for swimmers so please do not bring them onto poolside.

It is important to refuel as soon as possible after competing. If you are a long way from home, bring something with you to eat as you travel.

Ideal foods would be chicken, wholemeal sandwich, bagels, peanut butter or fruits.

Try to eat a good meal, including protein (fish, meat, chicken, eggs or beans) and carbohydrates (wholemeal pasta, sweet potato, vegetables), within 30 minutes of training or racing.

And always keep hydrated during a swim meet. It gets very hot on poolside and the best form of hydration is water!

## Christmas fun at Deepings SC

Everyone had a fantastic time at the Christmas Cracker Challenge. All eight squads came together for an evening of sprints and fun relays, while parents enjoyed games and quizzes on the balcony, and Mrs Dovey's delicious (alcohol-free) mulled wine.

Thanks to everyone who helped on poolside and upstairs to ensure the evening was such a success. We raised £80 from the cake sale – well done Megan Black for winning best cake! – while photos taken at this year's Rob Welbourn open meet raised more than £80.

Congratulations to Alex Sadler who was named swimmer of the year by head coach Lynn Chapman after achieving 13 County Times and two Midlands Times.

See the three pages below for picture highlights from the evening.





**DEEPINGS**  
SWIMMING CLUB

# Christmas Cracker Challenge

HERE ARE SOME HIGHLIGHTS FROM THE EVENING









