



SWIMZINE

SWIMEXCELL ESHER SC - KEEPING YOU UP TO DATE WITH ALL THE NEWS

Swimmers Workshop

Our New Year 2013 began with an exciting development for SwimExcell Esher - our first Swimmers Workshop held at the Holiday Inn, Surbiton.

Organised by Chief Coach Penny Shand and Tina Harvey the purpose of the Workshop was to introduce our swimmers and parents to some of the key aspects of training to help further their sporting success. To that end, a group of 26 people met for Coffee, Tea and cakes on a freezing Sunday morning to hear our three expert speakers pass on the benefit of their experience and advice.

Opening the session Author and highly acclaimed nutritionist Anita Bean set out her store - literally - and described the importance of correct nutrition for training and competition. Anita arrived as though she had just been to the Supermarket and set out on the table an "Athletes Grocery Shop", which she then proceeded to run through describing the importance of specific food groups and the role which they play in supporting and enhancing performance. She also passed on some very helpful hints on how to prepare useful snack foods that could be used as "top-up" eats during Galas or to keep up energy levels at a peak during extended training sessions. As a mother of two swimmers and as a triathlete herself, this



proved to be most instructive and a lively question and answer session followed.

Next, our speaker was Amy Todd, Head of Academy, Medical Department - AFC Wimbledon who did a detailed presentation on Core Strength training, a vital pre-requisite for every athlete who wishes to succeed at the highest level. Amy spoke in detail on Swiss Ball work, described key exercises

Birthdays!

DEC - JESSICA WENLOCK, MAGGIE TALIBART, JOE STIDDARD, NATALIE LITTLE, SOPHIE BEANEY

JAN - EMMA GRIFFITHS, GEORGINA HOSKINS, BETHANY WILLIAMS

which are important for swimmers and gave a brief overview of Pilates exercise. During her talk, Amy had the audience on their feet on several times to demonstrate particular exercises - the balance movements were quite challenging and had most of us wobbling away trying to bend and lean in different directions while standing on one leg !!!

As Amy Todd said, it showed us the importance of focusing on such matters as part of a well-rounded training programme, reiterating the key role that land conditioning plays in swimmers training - she emphasised that athletes can make the mistake of only doing sport-specific training when a high level of all-round fitness is demanded to be competitive in today's sporting environment.

It was a great pleasure to welcome our third speaker of the workshop, Olympic Medallist at the London 2012 Games Mohamed Sbihi and a local hero from Surbiton. Moe won a Bronze medal as a member of the Rowing Eights team, the first Eights Medallists for Team GB in several decades, an outstanding achievement. As a local schoolboy, Moe was selected for a programme to find new sporting talent organised by Sir Steve Redgrave.

As Moe said, "I was just about to get on the school 'bus to go to the playing fields, when my PE master told me to report to the gym, on the grounds that I was the tallest and fittest member of my group - I never imagined what would happen in the next eight years". He then described the process that he went through on testing, where he came out fourth fittest on a cohort of 10,000 students tested throughout the UK.

Never having been a rower, he went on to talk about his early

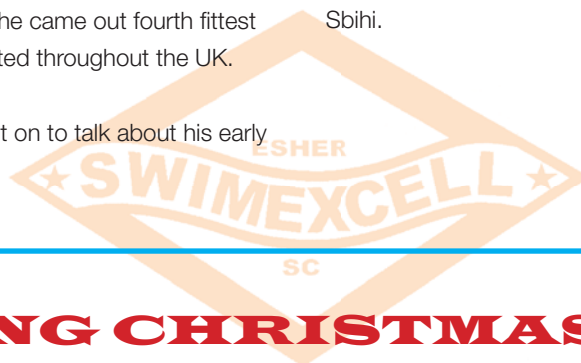
experiences and the various trials and tribulations of getting to grips with a sport of which he had no familiarity at all. Moe's talk was particularly interesting as he went into considerable detail regarding the mental challenges that a young aspiring athlete must face and the level of commitment that must be made to gain sporting recognition at the top level.

Indeed, he spoke movingly about how his own wavering motivation lost him selection opportunities for World Championships and described how he had nearly given up on several occasions, until an injury prevented him from training or competing for several months. It was at that point, Moe said, that he realised how important rowing had become to him, highlighted by circumstances which prevented participation in something he had grown to love.

Overall, Moe's message was that you should make a commitment and if you really want to do it, that is the basis of every step on the road to success. It was a superb and inspiring talk from Moe Sbihi and we were very privileged to be able to share his experience and have so much of his time. And, we're also grateful to Moe for showing us his remarkable Olympic bronze medal and for signing so many autographs and books - and for patiently waiting for many of the workshop participants to pose for photographs with him - definitely one for their sporting photo collections !!

Overall, a great day for the people who came to the workshop and our thanks to Anita Bean, Amy Todd and Mohammed Sbihi.

Charles Shand
Club Chairman



SWIMMING CHRISTMAS REPORT

On the 8th December swimexcell had their Christmas do at the rotunda in Kingston. We had 2 rounds of bowling which went very well and everyone enjoyed it.

In the games of bowling everyone got 1 drink for free

provided by the bowling team. After the bowling we went up to the cattle grid. There all the tables were set out and about 10 minutes later the food was ready and everyone was eating. We had a lot of good reviews on how that night went.

Lisa

FOUND!!!

A **White 'cycling' shirt with blue writing** was left at Hurst Pool on Sunday 16th December 2012 Time trials. Also an **orange SWIMEXCELL t shirt**.
A small **mauve acrylic jumper** was left at Staines Meet January 13th
Please claim them or they will be binned.

Remember

**FINS FOR SALE
OR PURCHASE
- LET US KNOW**



Affiliated to the ASA SE region and SCWP&SA

'stroke efficiency for easy swimming'

ANNUAL CALENDER 2013

JANUARY	Sun 2	STAINES L3 OPEN MEET @ WALTON XCEL
	Sun 20	WORKSHOP @ HOLIDAY INN, PORTSMOUTH RD, SURBITON 12PM – 2PM
	Sun 27	CRANLEIGH OPEN MEET L3
FEBRUARY	Sat 2/Sun 3	L3 OPEN MEET - Details to follow
	Sat 9	DORKING INTER CLUB GALA
MARCH	Sat 2	SURREY COUNTY CHAMPIONSHIPS @ GSSP - 800/1500/400FC/400IM
	Sun 3	
	Sun 3	SURREY COUNTY CHAMPIONSHIPS @ GSSP
	Sat 9	SURREY COUNTY CHAMPIONSHIPS @ GSSP - 100BST/200BC
	Sun 10	SURREY COUNTY CHAMPIONSHIPS @ GSSP - 200FC/200IM
	Sat 16	SURREY COUNTY CHAMPIONSHIPS @ GSSP - 100BC/100FC/100IM
	Sun 17	SURREY COUNTY CHAMPIONSHIPS @ GSSP - 200BST/200BF
	Sat 23	SURREY COUNTY CHAMPIONSHIPS @ CRYSTAL PALACE - 50m SPRINTS
	Fri 29	Easter - Good Friday
APRIL	Mon 1	Easter - Easter Monday
	Sat 7	SURREY COUNTY CHAMPIONSHIPS @ CRYSTAL PALACE - RELAYS
	tbc	GUILDFORD CITY L2 OPEN MEET - tbc
	Sat 27	ATLANTIS HORSHAM L3 OPEN MEET
	Sun 28	
MAY	tbc	WOKING OCTUPUS MEET L3/4
JUN	tbc	SURREY DEVELOPMENT MEET
	tbc	CRANLEIGH OPEN MEET L3
JULY	tbc	GODALMING OPEN MEET L3
AUGUST		Holiday Time

