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SWIMEXCELL SUCCESS AT STAINES

Did you see this article and photo in the Surrey Comet & Esher News & Mail?.....

Swimexcell Esher Swimming Club recently took part at the Staines Open Meet held at the Elmbridge Leisure Centre Walton on Thames. Twenty swimmers competed in 42 events all of whom came home with personal best times. Alisha White (13) astounded herself let alone her peers by producing a gutsy swim in the 100m butterfly winning Gold. Meanwhile Matthew Delaney (15) swam the race of his life in the 100m frontcrawl slicing a massive twelve seconds from his previous personal best time. Four Silver medals were won by the team: Ruth Horne (14) and Ellie Hemsley (13) both came 2nd in their respective 100m breaststroke events, while eleven year old Ajay Divakaran (50fc) and ten year old Lisa Capon (50bf) not only came second but significantly reduced their best times each by over a second. Bronze medals were also won by Matthew (50bst) and Ruth (50fc). Other Swimexcell swimmers who competed were: Paige Belstead, Sancta Davies, Morgan Gregory, Joshua Hall, Nancy Harris, Giulia Held, Ellen Manhire, Frankie Meade, Hannah Wood, Zoe Woodland, Jessica Wenlock, Rebecca Wenlock.

Penny Shand
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Photo – Swimexcell Esher swimmers Back Row Ajay Divakaran, Matthew Delaney, Ruth Horne, Alisha White, Front Row Joshua Hall and Lisa Capon.

MEMBERSHIP CARDS FOR XCEL LEISURE CENTRE

We have been requested by Elmbridge Xcel Leisure Centre to ask all of our members to show their Membership Card w.e.f. 4th March 2010, in order to gain access at reception. If no membership card is produced you will be asked to pay an entry fee of £1 – over 16s and 50p – under 16s. This includes entry to the Spectators gallery. If you are in possession of a More card then you can produce this for free entry (a More card is the Xcel membership card)

Parents can obtain a SWIMEXCELL MEMBERSHIP CARD by becoming an Associate Member of SWIMEXCELL and therefore free access to Xcel, ASA membership and voting rights at our AGM. If you would like a membership forms email pennyshand@blueyonder.co.uk.

THE JOURNEY THROUGH SWIMMING

(adapted from the Long-Term Athlete Development Booklet)

“Success is a journey not a destination. The doing is often more important than the outcome”

Arthur Ashe – Wimbledon Tennis Champion 1975

Long Term Athlete Development is about achieving the correct training, competition and recovery throughout a young athlete’s career, particularly in relation to the important growth and development years of young people. It is a framework within which swimming and indeed all sports should plan their training and competition programmes.

There are five stages, which can be used to describe growth and development. These equate to the five stages of the LTAD framework for swimming. The ages are approximate and can be different for each individual

- **FUNDamentals** - Childhood 5yrs to 9yrs approx
- **SwimSkills** – Late Childhood 9yrs to 11yrs approx
- **Training to Train** – Adolescence 11yrs to 14yrs approx
- **Training to Compete** – Early Adulthood 14yrs to 18yrs approx
- **Training to Win** – Adulthood 18+yrs

The **FUNDamentals** stage should be structured and fun because a child’s attention span is short and there is a strong need for positive reinforcement. Emphasis is on basic movement skills with participation in a wide range of activities.

SwimSkills is about building technique, at this time there are rapid improvements in the coordination of movement skills. Development of sport specific skills is learned at this stage. A multi stroke approach to training and competition ensures interest levels remain high. It is often a good idea to participate in complementary sports which use similar energy systems and movement patterns. Competition should also be used to test and refine skills.

Training to Train stage is when the emphasis is on aerobic conditioning and the cardiovascular system determines the efficiency of the heart and lungs. Training should be predominantly high volume with low intensity, this cannot be achieved over a short time period. Swimming is an endurance sport with most events lasting in excess of 45 seconds. Training and competition for young swimmers should therefore have an endurance base. Competition at this stage should include a view of learning basic tactics and mental preparation.

During the **Training to Compete** stage there should be a continued emphasis on physical conditioning with the focus on maintaining high volume workloads with increasing intensity. Although the muscular system develops throughout childhood and adolescence, significant strength gains tend not to respond to training until after puberty. Therefore training should also focus on developing strength, gains through the use of weights BUT only when correct lifting techniques have been learned. This should also be coupled with increased core body strength work while maintaining suppleness and flexibility.

The final stage of athletic preparation is the **Training to Win** stage. The emphasis is on specialisation and performance enhancement. All of the swimmer's physical, technical, tactical, mental and ancillary capacities should have been fully established. Swimmers should be trained to peak for specific competitions and major events, all training is now individualised.

Penny Shand

If you are interested in reading the full article this is on the SWIMEXCELL website.

SURREY YOUTH GAMES

The Surrey Youth Games is the largest annual youth sports festival in Surrey, and gives over 3500 young people, aged 7 to 15 years some experience of a competitive, countrywide sporting event. It takes place on Saturday 19th and Sunday 20th June 2010 at the new Surrey Sports Park, Guildford.

To be part of Team Elmbridge you must live or attend a school in the borough and for swimming you must have been born between 1st September 1997 and 31st August 2000. The swimming trials will be held on 24th April at Walton Xcel 2.00pm – 4.00pm.

To register and to find out what other sports are included as well call 01372 474570 or email sport@elmbridge.gov.uk. For those swimmers who live in the Royal Borough of Kingston a similar competition is held at Crystal Palace called the London Youth Games, contact RBK for details.

SWIMATHON 2010 16-18th APRIL

If you haven't signed up for this year's really worthwhile, not only because you will be Cancer Charity but also boosting your own SWIMATHON 2010 for full details and



swimathon there is still time. Its raising funds for the Marie Curie training log by 5k. Just log into registration.

WANTED – MEMBERSHIP SECRETARY FOR SWIMEXCELL

This job would suit someone who is computer/Microsoft literate and would like to know who's who in the club and is welcoming to new club members. It would probably take up one hour of your time per week – if that. The principle role of a Membership Secretary is as follows:

- Holds database for all members of SWIMEXCELL ESHER
- Responsible for processing new members pack including membership cards.
- Submits annual return to the ASA in January.

Call Penny Shand for a chat on 020 8399 8535 or email her on pennyshand@blueyonder.co.uk