



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

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NEW SESSION

From March 14th there is a land conditioning session at Xcel 7.25pm – 7.55pm followed by a pool session 8-9pm . All are welcome. See the email sent out previously for all the details

Did you see yourself in the photograph – Page 56 Swimming Times Magazine January 2011? (**The Swimming Times** is British Swimming's monthly magazine – the latest news on everything important that is happening in the swimming world. A must for all swimmers and parents eager to keep abreast of what is going on in swimming). Speak to Tina Harvey to place your annual subscription.

FOR SALE There are fins for sale 4-5 and 1-2 plus others please ask the coaches who can let you know what is available



SAINSBURYS ACTIVE KIDS VOUCHERS

As the Club is now a SWIM21 Accredited Club we can sign up and Participate in the supermarkets that take part in the equipment-for-schools & clubs schemes. Sainsburys have recently embarked on such a scheme. So any vouchers you receive please hand them to one of the coaches who will then pass them over. If, as a parent you would like to help the club in some small way then collating these vouchers and sending them off is a job for you, call or speak to either Diane or Karen (07729533589) Hon. Secretary.

STRETCHING.....

Is an extremely important part of swimming training. It forms part of a land conditioning programme which includes core strength exercises necessary to produce a great body position in the water, streamlining, strength off the turns, strength for racing dives and finishes. All-in-all will assist you in becoming stronger and faster.

Swimmers must warm up (flex) before stretching:

1. Warm up prepares body for stretches
2. Pumps blood around the body

When to stretch?

1. Before the start of a pool session and after a 10 minute flex session
2. After pool session – aids recovery

Note:

If you have difficulty in a particular stretch then firstly speak to your coach who then may ask you to check it out with a sports injury specialist as it could mean an underlying injury is present.

Good posture is important, standing –

1. feet shoulder width apart
2. hips in neutral
3. shoulders relaxed
4. head and neck in neutral
5. breathing, nice and easy, do not hold breath
6. Work from head downwards to ankles and feet

Each stretch replicates a swimming stroke movement.