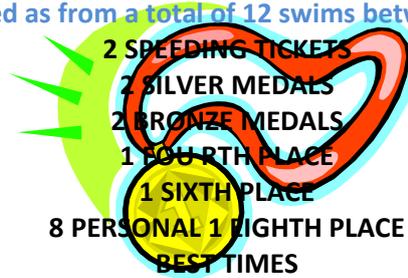


ALL SWIMMERS DATES IN THE CALENDAR – **SUNDAY 17th APRIL** TIME TRIALS @ HURST POOL 7pm

EALING OPEN MEET

What do you get when the sunshines and there is a hint of spring at a weekend. Answer: a swimming meet of course!! So it was when 5 SWIMEXCELL swimmers went across the river to Northolt for the Ealing B/C Grade Open Meet.

Their efforts were will rewarded as from a total of 12 swims between them they notched up



Well done to Frankie Meade (Girls Captain), Giulia Held, Krystyna Sawicki, Lisa Capon and Ajay Divakharan.

SWIMMER OF THE MONTH AWARD – MARCH

AMY NORRIS

What the Papers say.....**SPRINT PERFORMANCE AND SLEEP DEPRIVATION**

It's no secret that performing at your best seems much harder to do when you've not slept well, but, despite this, the exact physiological role of sleep in performance is far from clear. However new research by New Zealand scientists shows when it comes to high intensity sprinting ie. 50/100m swims, sleep deprivation most definitely does blunt performance, probably because it interferes with the process of glycogen synthesis (refuelling).

In the study ten athletes undertook a two consecutive day experimental trial each one separated either by a normal nights sleep or no sleep. Each training session included an aerobic warm up of 30 minutes followed by 50 minutes of a high intensity interval schedule which included a 15m maximal sprint every minute. Among the pre- and post – exercise measurements taken were muscle biopsies to determine muscle glycogen levels, blood glucose and lactate, the rating of perceived exertion and maximum force produced by muscle.

The researchers then analysed the results and found that after two nights of sleep deprivation, average sprint times were significantly slower compared to one night or no sleep deprivation. The distance covered in the training session was also reduced following two nights of sleep deprivation, as was the maximum force of muscle contraction.

What intrigued the researchers though was the discovery that pre-exercise concentrations of muscle glycogen were significantly lower after two nights of sleep deprivation compared to when sleep was taken.

The researchers concluded that two nights of sleep deprivation significantly blunted sprint performance and that the lower levels of muscle glycogen were likely to explain some of the performance differences. When sleep loss becomes significant,(and in age group athletes that could mean a reduction of sleep before midnight), its important to ensure muscle carbohydrate is topped up to minimise the effect of sub-optimum muscle glycogen stores.

Extract of a Report received from Med Sci Sports Exerc.21.12.10. Andrew Hamilton BSc Hons MRSC,ACSM

SWIMEXCELL's official supplier **ALLEYCATZ.CO.UK** has a retail shop in Thames Ditton as well as a mail order service supplying kickboards, pullbuoys, fins etc. Etc., have a look at their website

100% SUCCESS FOR SWIMMERS AT SURREY RELAYS.....

.....out of 17 SWIMEXCELL swimmers who swam at the Surrey Relays this year, 17 swimmers produced personal best times and individually every one of you can be proud of what you personally achieved. Well done!

CRANLEIGH MEET - ANOTHER OPPORTUNITY TO COMPETE



A Speeding Ticket (1st), one Gold medal, one Silver medal, two Bronze medals, three top six Ribbons and seven pbs from just 13 swims that was our tally on Sunday. Ellie Manhire lead the way by notching up a nine seconds pb in the 100bc. While Ajay Divakharan took off seven seconds in his 100bst and seven seconds in his 50bf. Meanwhile Frankie Meade won silver in the 50fc and a two second pb on her entry time plus a further two seconds in her 100bst (6th). Jordan van der Meuwe took part in her first open meet and swam a solid 50fc. Congratulaions to you all.

FORTHCOMING EVENTS



There are two Open Meets coming up soon which Diane Capon, Competition Secretary will be advising you of shortly, Epsom and Godalming. These have been resourced and have in the past proved to be a good meets - well organised and friendly. If you haven't experienced a competition previously and would like to have a chat with Penny Shand or any of the coaches before doing so then please do. Closing dates for entries tend to be about 4 – 6 weeks before the event so please bear this in mind. Success in racing is a habit and is learned just like training sessions, so the more you swim the faster you get, there are no short cuts. As a suggestion, choose 2/3 races in one session and compete in no more than two back –to-back sessions (some meets have three sessions in a day). Over a period of a year or two your repertoire of different events, strokes and distances will then be logged up.

CALLING ALL SWIMMERS

If you wish to use this newsletter as a forum to reach out to all other club members please send in your 'copy' to bikestars@blueyonder.co.uk. We are looking at putting together a community facebook page so as a forerunner and until this is up and running, we look forward to hearing from you.

Do you have any outgrown fins/flippers you wish to sell then use the newsletter as a medium to sell them.

APRIL BIRTHDAYS



Happy Birthday to: Joshua Hall, Sancta Davies, Ellie Manhire.

NEW SESSION NOW ON STREAM

Mondays at Xcel Walton – 7.30pm to 8.00pm Land Conditioning
8.00pm to 9.00pm Pool Session

