



Maxwell Newsletter

Spring 2006

Note from Head Coach – Kevin Brooks

Firstly I would like to congratulate all the swimmers for their performances at the recent 2006 County Championships and Home Counties League. You have all performed extremely well; but it is important to remember that there is still room for improvement!

All of you will hopefully have set goals with your coaches and these goals may vary from gaining a National Qualifying time, gaining times for a specific squad or simply winning your next race. Ultimately however these goals can be short or long term goals and all of you should be asking yourself - how do I achieve these goals? - The answer is simple - What you do from NOW till that time will effect your performance in every way. Each training session is a step up on the ladder to your goal and each session needs to be worked accordingly. In every training session you need to focus on the emphasis of each session and the skills that go with it. For example; how many of you are thinking about making every turn you do one of the best turns that you are capable of doing? Every time you change direction in the pool it gives you the opportunity to think about your turns.

Always remember that the time a swimmer swims with their WORST technique and skills is in a race situation. Your body always reverts back to what its practised the most - If you train every session with poor turns and poor streamlines then in a race situation your turns and streamlines will actually be worse than what you do in training as you are under pressure, nervous and anxious - Train with the best skills that you can and your race technique will improve.

Good luck to those of you competing in the up and coming meets; I'm sure you'll do yourselves and Maxwell proud.

Kevin

Recent Successes

Maxwell have performed extremely well in the last few months and had some great successes. We recently had 15 swimmers attend the Regional Youth Meet. All the swimmers did very well, some of the highlights included Hannah Askew winning Gold in both the 50m and 100m Freestyle, Cameron Brown winning Silver in the 200m IM, Julie Rampley winning Silver in both the 100m and 200m Backstroke and the girls 400m Freestyle Relay team winning Silver.

Prior to this meet, Maxwell won both the overall Club Junior and Senior trophies at the Counties. We also did well in the individual Bagcat Age Group Awards with Bradley Alder, Thomas Elgar, Corrine James and Sophie Elgar all taking 1st place, Alex Brown, Emily Martin, Anna Evison and Jordan Allison all taking 2nd place and Briony Everett taking 3rd place. Keep up the good work – and more importantly – enjoy yourselves!

Gentle Training Reminders

Following the recent squad movements it is always useful to remind swimmers and parents of general training etiquette.

1. Please ensure all swimmers are ready at least 5 minutes before their session to allow time to warm up and get their equipment ready.
2. Ensure all swimmers come prepared – this includes kick boards, water bottle, goggles etc.
3. Please try not to talk to the swimmers or coaches during training unless it is an emergency – coaches can be approached before / after training or via email (addresses are on the website).
4. Swimmers should only attend training sessions if they are fit and well.
5. All swimmers should respect other swimmers. This includes supporting other swimmers in their attempts, welcoming newcomers and letting a swimmer pass if they are faster than them.

Maxwell Web Site

For those not aware Maxwell have a really good web site containing the latest information on training sessions and useful tips about competitions, how the squads are structured etc. You can access the web site using the URL

www.maxwellswimclub.org.

If you have any suggestions on how it can be improved or what else you would like to see please email

chairman@maxwellswimclub.org
or 01296 770555

Calling all Volunteers:

Maxwell is holding an Open Meet on Sunday 11th June. If you are able to help out at all please contact Ian Brewer on 01296 484141 or at deputy_chair@maxwellswimclub.org. You will be trained on the day, get free entry and will still get to watch your child swim!

Open Meets

Maxwell swimmers have the opportunity to attend a variety of open meets throughout the year. The entry forms for these are handed out to swimmers by their coaches, enabling the coaches to select the strokes/distances that would benefit the swimmer the most.

To help assist the club can all parents ensure the forms are completed in full, with the swimmers current personal best times (not just a tick) and with the correct money – where applicable cheques should be made payable to 'Maxwell Swim Club'. These forms then need to be sent back before the closing date to Sandra Winterburn, please do not hand them back to the coaches as it only holds up the process!

If you are posting the entry form or have any queries of the forms, parents should contact Sandra by email openmeet_secretary@maxwellswimclub.org

The next few months of Open Meets include:

Maxwell Level 3 – 11th June
Leighton Buzzard B Grade – 17th June
CMK Level 3 – 1st / 2nd July
ASA National Age Group – 27th to 30th July
Bletchley – 15th July
ASA National Youth – 1st to 6th August
Maxwell Autumn Meet – 1st October

Tesco Coupons

Many thanks to everyone for collecting the Tesco Sports vouchers this year. We managed to surpass our expectation and raised over 2400 vouchers. Not only did we manage to buy the stop watches planned we also got an agility ladder, 2 equilibrium balls and 3 balance balls. These will all be used during land training.

Fun Corner

Why shouldn't you try to swim on a full stomach? 'Cause its better to swim in a full swimming pool!

Summer vacation was over and Little Johnny returned back to school. Only two days later his teacher phoned his mother to tell her that he was misbehaving. "Wait a minute," she said. "I had Johnny with me for three months and I never called you once when he misbehaved!"

Recommend Websites:

There are some really good websites out there. For help with your homework try www.homeworkelephant.co.uk or www.bbc.co.uk

For games try

www.mofunzone.com or www.bbc.co.uk

Nutrition Advice for Training

During competitions eating the wrong kind of food can affect your performance. Food like chips and burger can take a long time to digest and when eaten before a race the blood which is used to help exercise rushes to the stomach to digest the food instead of supplying the muscles.

Below are some general guidelines for eating before, during and after competitions:

1. In the week before the competition fill up on your glycogen supplies (glycogen is stored in your muscles). You can build up your supplies by increasing your carbohydrate uptake.
2. In the last 2-3 days try to have small snacks every 2-3 hours. Every meal should be planned around carbohydrates (approx 60-70%)
3. On the morning of the competition eat high carbohydrate food, low fat and low protein such as bread, cereals, fruit juice and rice cakes.
4. At the competition, if there is an hour or less before the race stick to carbohydrate foods (bananas, crackers, plain toast) and juices. Try to limit the amount of food taken
5. If there are 2 to 4 hours before your race add more carbohydrates like bagels, cereals, pasta and muffins together with pure fruit juices.
6. If there is more than 4 hours before your race add small amounts of protein to the carbohydrate meal such as a turkey sandwich.
7. Ensure you drink at regular intervals – little and often. Water is excellent and sports drinks can also help in boosting your glycogen levels.
8. After the competition you need to restore your glycogen and energy levels. You should still focus on eating carbohydrates to help replenish the glycogen levels but can also add other food you would like.

Future Newsletters

We are hoping to make this newsletter a regular quarterly event. If you have anything you would like included in the next newsletter any nice up to date jokes or just general comments please send them to secretary@maxwellswimclub.org