

We hope that you and your swimmers are enjoying a return to competition and a return to normality. The key message of this newsletter is that we need your help to stabilise and strengthen the club post the disruption from Covid-19.

The position of club secretary remains vacant, if you would like to become involved or would like more information on the role, please email ntscsecretary@outlook.com

As the club rebuilds, we are actively seeking new swimmers across all squads, please share and direct any enquiries via email gillian.dresner@hotmail.com

AGM

The club recently held it's AGM and thank you to those that were able to attend.

A major topic of discussion was the current club finances, which have been hit by Covid-19. In common with other sporting clubs and many other organisations, fundraising opportunities have been severely restricted for nearly 2 years along with a significant drop in club swimmers.

The stronger the club is, the more opportunities we can give to your swimmers.

Prior to Covid we were able to offer swimmers adventure weekends and activities away from the pool along with award evenings, we would love to get these back in place as soon as possible, but they require healthy club finances and organisation by volunteers.

To be able to run our own galas in the future, we are in need of volunteer officials (the white wearing people you see poolside at galas) – training can be organised for you and this is a great way of getting the best view of your swimmer at future galas.

Fundraising

We now have a team of volunteers led by Alice Box, who are organising and exploring fundraising opportunities for the club. These often involve several moving parts and agreement with external organisations. We will post confirmed details as soon as we can.

We are hoping that an in-house Jubilee gala will be able to go ahead on Sunday 26th June at the Lakeside Centre for all swimmers, running from 2.30pm – 6pm. More details to follow once confirmed, however it is likely that there would be a flat entry fee for swimmer participation and a small charge for spectator entry.

One of our main fundraising opportunities is the chance to run our gala, open to other clubs, this used to take place in March, known as the "Mad March Hare gala".

We are currently exploring pool availability (with room for large numbers of spectators) across the region for 2023 as hosting this gala is a major boost to our finances.

Sporting clubs and organisations have been unable to carry out activities such as supermarket bag packing during Covid, we are hoping this situation will shortly ease, when it does, we will be asking for everyone's support to deliver this, it's another excellent way to raise funds.

Funds raised from the ongoing Last man Standing competition are being used to purchase a small amount of learning equipment (pull buoys / kickboards) and to replenish club clothing to use at the Diddy League event and others.

If you work for or with companies offering sponsorships to sporting clubs, please get in touch, this could make a big difference to the future of the club.

Upcoming Galas & Competitions

Northumberland And Durham Junior League – “Diddy League”

1st May, 10th July – Selected Swimmers for each event

The N&D Junior League is for swimmers aged between 9 and 12. Races are a mixture of 25m and 50m individual events and relay team events for each age group. There are three divisions, and clubs compete against one another in heats with the aim of getting to the final. North Tyneside ASC became Division 3 Champions in 2019, securing promotion into Division 2.

Wear Valley

14th / 15th May

A, B, C Squads

Derwentside

4th / 5th June

A, B, C Squads

In house Jubilee Gala

26th June

All club swimmers

Welfare

The club has a designated welfare officer and adheres to “Wavepower”, the Swim England Child Safeguarding Policies and Procedures, if you have any queries, please contact ntscsecretary@outlook.com in the first instance.

Club Information/Communication

The club has various methods of communication, with “club organiser” being a host platform, which generates emails with club information.

We also have two Facebook pages – a public group and a private page for parents/guardians/swimmers. Please ask to be added if you are not part of the private group. A notice board has some club information opposite the reception desk of the Lakeside centre – This includes the equipment required and details of gala uniform and swim caps.

This is the first club newsletter, which will be produced quarterly going forwards, copies will be posted on the club website.

The club website address is <http://www.northtynesideswimmingclub.co.uk/>

This is updated with details of upcoming galas, gala results and has lots of useful information.

What to eat during swimming galas

When preparing to compete at a swimming competition you need to pay careful attention to nutrition. Here are some tips about what to eat during swimming competitions.

The day before

When competition time comes round, you’ll have plenty on your mind. So the day before the event keep exercise to a minimum – if anything at all – and eat meals and snacks high in complex carbohydrates. You need to keep those glycogen stores topped up.

Drink fluids little and often to stay properly hydrated.

Eat little and often – every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.

Avoid big meals or over-eating in the evening – this will almost certainly make you feel uncomfortable and lethargic the next day.

The morning of the event

Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods – cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam.

If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a smoothie.

It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

Snacks between heats

Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.

High fat and simple sugar foods will do you no favours in competition. Instead search out complex carbohydrates again.

If you can't stomach anything solid try sports drinks, flavoured milk or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles.

The list below offers great food options to be snacking on in and around training for a competition. Remember to keep eating healthy foods from your regular diet though, such as fresh vegetables, nuts and fruits.

Water, diluted fruit juice or a sports drink

Pasta salad

Plain sandwiches e.g. chicken, tuna, cheese with salad, banana

Bananas, grapes, apples, plums, pears

Dried fruit e.g. raisins, apricots, mango

Smoothies

Crackers and rice cakes with bananas and/or honey

Cereal bars, fruit bars, sesame snaps

Yoghurt and yoghurt drinks

Prepared vegetable crudités e.g. carrots, peppers, cucumber and celery

Coaches Corner – Head Coach Chris Tibbs

Welcome to Coaches Corner. Each newsletter we are going to give you advice and tips on the finer points of the 4 swimming strokes, as well as the other sectional parts that are required as a competitive swimmer to help you improve. They are easy to include as you practice, but, as all improvement is gradual, you have to be concentrating on doing them all of the time, that way you form good habits, good habits turn into a solid technique, a solid technique will never let you down and you will become much harder to beat.

This time it's Breaststroke



Basic fundamental points:

Breaststroke is swum under the skin of the water, the rest of the stroke is built around that. The swimmer only breaks the surface of the water to breathe.

Breaststroke needs great STREAMLINING to be at its most efficient. The head needs to be tucked in between, and hiding behind the upper part of stretched out arms and hands. The legs need to be squeezed together with feet flat in line with the legs and toes pointed. Breaststroke leg kick provides as much as 80% of the forward momentum, therefore drag needs to be minimised as much as possible to get the best return out of the kick phase.



Avoid bringing the knees forward under the body to set up the kick, the thighs coming forward and under the body pull forward a huge amount of water resistance.



Keep all of your bodyline flat and bring your heels up to your bottom instead then form the feet into the required kicking shape.



The kick is effectively a 'stamping' motion, back over and accelerating 'spin' inwards that finish with the extended legs and feet snapping together. Once finished, the legs should be squeezed together with toes pointed actively behind the hips and backside.

Breaststroke is the slowest of all strokes and requires some know-how to make it efficient. Throughout all of the kick phase, the body should be streamlined under the skin of the water.

As the head and shoulders break the surface to get the breath, a forward wave starts to build as the water is pushed forward, this wave will continue to build, becoming harder to push against as the swim progresses, costing the swimmer energy, and vital seconds.



The arm action is made up of a number of 'sweeps' of the hands and arms, with only one 'sweep' used to get through the breathing phase of the stroke.

The first arm 'sweep' is the OUTSWEEP. From the STREAMLINED position described above. The hands, from a back to back vee shape, move slowly outward toward making a 'Y shape' - how wide the arms go depends on the swimmer's strength but should be, at least, hands wider than the elbows.



From that point, the hands then turn inwards with the beginning of the INSWEEP. Imagine the elbows staying fixed where they are, swing the hands under, fingers perpendicular, forming the bottom part of a U, and meeting under the area of the chin - the hands will most likely come together to form a prayer shape. During this phase of the insweep, the hands, from the Y shape need to accelerate through, which creates enough lift to break the surface of the water with head and shoulders to get the breath.

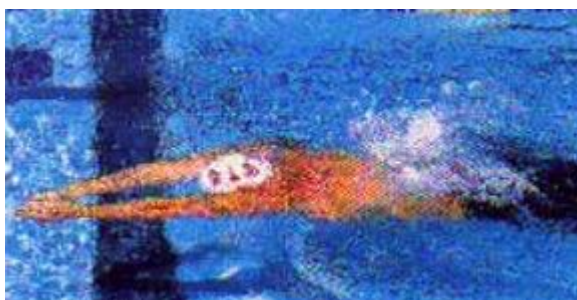


From this point, the hands, in their prayer shape, can complete the RECOVERY, getting back quickly to the streamlined shape of the upper body and under the skin of the water again.



The complete stroke

Stroke Timing is crucial in Breaststroke and the difference between a really good swim and not so good swim could just be down to Timing being off. The complete stroke simply consists of arm action, breathing and recovery of the arms to a streamlined shape, and, leg action, with the recovery of the leg kick to a streamlined shape.



The way breaststroke is swum though depends on a lot of different factors, ones being, like... what events are being swum? What event is my stronger event? Depending on the event, the basic determining factor is, what degree of separation there is between leg action and arm action?

By separation, I mean the amount of time holding a streamlined shape. A 200 breaststroke swim or 400 IM breaststroke leg needs to be more efficient than a 50 sprint swim or 100 IM breaststroke leg. The 200 breaststroke swim will utilise a longer glide phase to take advantage of the leg power and reduce stroke count. The sprints would hardly employ a glide in favour of power output and turnover of stroke, spending very little time in the streamlined body position.

It's definitely worth discussing with your coach what stroke rate to use for the distances prescribed for you in sets so you are best prepared for the event you are swimming. You will definitely get a great start to a 200m event swimming at a 50m stroke rate, there would be little chance of being placed however at the end of the 200.

If you need any questions answered, don't be afraid to ask, that's why we are on poolside, to get you to the best you can be. That's why you are there too, use us.

Choosing the right swimming goggles

With such a range of brands and features, choosing a pair of goggles is as difficult as choosing a new phone or pair of shoes.

And while the cost is (usually) incomparable to the phones or shoes, most regular swimmers know the immense frustration of a dodgy pair of goggles, needing to be adjusted and fiddled with at every other turn.

So before you dive in and pick the most expensive or the most aesthetic pair, take a minute to read our quick guide and work out what you really want from your goggles.

Choosing the right swimming goggles

There are three essential aspects that you need to address when choosing the right swimming goggles:

That they fit (don't let in water)

That they're comfy (don't chafe over the nose or apply too much pressure on the eye sockets)

That they're clear (they don't fog up or scratch).

The Fit

This is decided by the seal of the goggles (not the strap). Always try your goggles on before you buy and if you're shopping online, check whether the retailer will offer a full refund if they do not fit.

The most common style of goggles are oval-shaped with a silicone gasket seal. When you try them on, the seal should provide a split second of suction – anything less and they will let in water, anything more and they are unnecessarily tight and applying too much pressure.

Be careful to check the goggles are not too wide either as they may leak water if they stretch too wide around the corners of your eyes.

Competition styles of goggles are a much sleeker design to minimise drag through the water. They tend to be less adjustable so there is even more reason to find the right fit before you buy them.

‘Swedish’ goggles are a popular example of a competitive style which have no gasket seal and sit on the eye socket.

A final option is swimming masks which offer a wide range of vision because of their size – these are best suited to children or people swimming in open water.

The Comfort

Your goggles might seal perfectly around your eyes but a lack of comfort over the nose can be hugely irritating.

Many goggles have adjustable nosepieces but if yours is too tight or rubbing against the bridge of your nose, try another pair on.

The strap has little to do with the seal of your goggles but is imperative for holding them in place. Goggles worn too tight will merely add pressure to the sensitive parts of the eye.

Many goggles now have split straps which are better at holding them in place – look for a split strap if you are likely to be swimming fast or turning quickly in the water.

The Sight

Nearly all goggles now come with an anti-fog coating and UV protection. If they don’t, you shouldn’t be paying as much for them.

The majority of manufacturers will also produce prescription goggles.

The final thing to consider is the colour of the lens. The six most common are described below:

Clear – designed for low light, overcast conditions where maximum visibility is required. Suited to indoor use.

Lilac – designed for the best contrast for objects against a green or blue background. Suited to indoor or outdoor use.

Smoke – designed to reduce light transmission and lower the overall brightness. Best suited to outdoor swimming – perfect in the sun.

Amber – designed to enhance vision in low-light levels and reduce glare in high light levels. Suited to indoor or outdoor use.

Blue – designed to allow a moderate level of light into the eye but maintain protection from glare in bright conditions. Suited to indoor or outdoor use.

Mirrored – designed to reduce brightness and glare with mirrored coated applied to tinted lens. Suited to outdoor use.