

Club News

The club can only function with the support, goodwill, and willingness to volunteer of parents and supporters. As a requirement of Swim England, we are required to have a club secretary. The position of club secretary remains vacant at this time, if you would like more information on the role, or would like to apply please email ntscsecretary@outlook.com

A new social media policy will shortly be available and applicable to all involved with the club, please take the time to make yourselves familiar with the policy.

The club recently welcomed Ostop and Nata from Ukraine. Ostop is part of the Ukraine swimming pathway program, however sporting institutions were closed at the outbreak of war. Ostop was unable to train for many months, however thanks to the club training programme, Ostop is gradually returning to his previous fitness levels, he has enjoyed going to his training sessions and was excited to train with the friendly team of athletes within the club. Thanks to club coaches and their translation of training sets and parents for helping with transport to allow Ostop to attend training.

We hope to have our annual presentation evening prior to the October half term holiday. Further details to follow, however the event usually consists of selected awards and certificates from the coaching team, with a buffet and disco to follow. Tickets will be available to purchase for a small fee.

We are continuing our efforts to restart land training. We believe we may have an opportunity available on Monday of each week and will share details once finalised.

The recent increase in membership numbers has meant we have been able to hold monthly fees at their current rate, these remain under review at the current time.

We hope to be able to resume opportunities for social activities away from the pool early next year as the club continues towards stability.

We have received the first batch of new swimming caps from a new supplier. These are available to purchase at training sessions, £6 each. Please see Ian Dale, Poolside helper, if you wish to purchase. Ian will be completing his coaching qualification shortly to fully join the coaching team.

Good luck to our selected Diddy League swimmers who will be competing in this year's final on 18th September in Tynemouth – swim fast and have fun! Spectators will require a ticket; further details will follow.

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. Please send expressions of interest to 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

Fundraising Update

Sunday 26th June was hot and sunny — providing a lovely, if somewhat sweaty, backdrop to the first in house NTSC gala post COVID lock down. For many of our younger swimmers this was their first experience of a gala environment. Taking the Jubilee theme and closely observed by her Majesty Queen Elizabeth II from just above the cage, the gala kicked off with swimmers in each of our squads taking on their own personal challenges on the starters gun! Much cheering and shouting ensued all afternoon and many happy smiling faces and laughter were seen around the pool for the next 2½ hours. The relays at the end brought out a true team spirit and younger and older swimmers supported each other to get the hoops/balls and boards to their final destination — with much advice offered from the sides!

Grannies and grandads, sisters and brothers, parents, guardians and friends joined us in making this a great afternoon. Outside in the lobby a huge cake stall that had seemed horribly over stocked disappeared steadily into the tummies and bags of the amassed crowds! A super array of gift vouchers and prizes formed a tempting offer all and the raffle sold lots of tickets. Finally, the purple bucket (which I understand may previously have been the golden bucket) was filled in the hope of winning a third back!

All in all, this was a great event and a real team building event. Thanks must go to North Tyneside Lakeside Leisure Centre for closing the pool for our use a couple of hours early and helping us with equipment; the coaching team and poolside team managers and timers for coordinating the races and timing; to the fundraising team for baking a lot of cakes and obtaining all the vouchers and the gift collection. Finally, but not least of all a big thanks to all the swimmers and their paying guests who dug so generously into pockets to help us re-start our fund-raising efforts. I am pleased to say that after deducting pool hire costs, we were able to raise £850

We hope to run a similar event prior to Christmas — so watch this space.

Bonus Ball Monthly Fees

Our monthly draws for an opportunity to win a month's fees continue, please see the private Facebook page for the results as they are drawn.

Last One Standing Competition - A great fun and highly recommended fundraising competition

Alan Christie is preparing to run the 15th Last One Standing fund-raising competition for the swimming club commencing on Saturday 27th August.

If you have not taken part before, it is a fun Premier League football forecasting competition operated by e-mail.

Each Monday evening an e-mail containing the league table and the following weekend's fixtures is sent out. All you need to do is select one team that you think will win and e-mail Alan before 7.00pm on Thursday.

If your team:

WINS you are through to the next round

LOSES you are eliminated

DRAWS - with your first draw you get another chance but a second draw in future rounds you are eliminated.

The main rule is that a team can only be selected once but you keep selecting teams (hopefully winners!) until you are the LAST ONE STANDING and win the large cash prize.

Our previous winners have received in the region of £700 prize money!!

The competition generally takes about 10 weeks to find a winner.

Entry is by a single £5 entry fee (£3 is returned as prize money and £2 is allocated to the swimming club). You can have as many entries as you like but each "line" costs the £5 entry fee.

It's an important part of our fundraising at the moment, if you require more information or wish to take part, please e-mail Alan on:

ntsclos@aol.co.uk

If you would be interested in helping in the future with fundraising — do let me know — we have lots of ideas!

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.

Alice

Upcoming Galas & Competitions

Final of the Northumberland and Durham Junior League – “Diddy League”

18th September – Selected Swimmers

Gateshead & Whickham Autumn Meet

23rd & 25th September

Derwentside Autumn Meet

8th & 9th October

Chester-Le-Street

21st, 22nd, 23rd October

NER Short Course Championships (Qualifying Swimmers only)

5th & 6th November

Durham Medley Gala

19th November

Derwentside Christmas Meet

3rd & 4th December

Welfare

The club has designated welfare officers and adheres to “Wavepower”, the Swim England Child Safeguarding Policies and Procedures, if you have any queries, please contact ntscwelfare1@gmail.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.

Newsletters are produced quarterly and posted onto 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.

Competitive Swimming

As a swimmer progresses through the club structure, then more of the following information may become relevant.

The most important thing is to compete and get times in a variety of events.

There are many different levels of competition, which when you are new to the club can seem quite confusing. In addition to the “regular” galas that we compete in there are others that we may attend:

It is always worth checking gala entry conditions as these may take a swimmer’s age on 31st December of that year rather than the gala date itself.

Northumberland And Durham Junior League – “Diddy League”

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, usually held in springtime with the aim of getting to the final, which is usually held in September of each year. We became Division 3 Champions in 2019, securing promotion into Division 2.

Northumberland & Durham County Championships (N&D'S)

Each county holds an annual championship, usually in a long course (50m) pool. The N&D County Championships can only be entered by swimmers who have achieved the qualifying times which are published early in the season. The N&D County Championships usually take place in February of each year at Sunderland Aquatic Centre.

North-East Regional Championships (NER'S)

The NER Championships are a step up from the County championships with swimmers competing from across the Northumberland & Durham and Yorkshire counties. NER long course championships usually take place in April/May of each year and short course championships usually in November at either Ponds Forge, Sheffield or John Charles Centre, Leeds.

English, Scottish & British National Championships

These are the top-level home nation competitions and are made up of swimmers from across the country. Swimmers are selected based on time rankings for each stroke/distance from swims achieved at Level 1 (50m) competitions during the publicised qualifying window.

Competitive Swimming – Individual best times

When entering a gala, a time is usually required with the entry for each event. This allows the gala organisers to arrange the swimmers into heats with swimmers with similar times, where possible. Existing records for swimmers are quickly available via a surname search: <https://www.swimmingresults.org/individualbest/>

If your swimmer has no time for an event, please speak to a coach and a time will be suggested for entry.

Competitive Swimming – Qualifying times for championships

It may be difficult to keep track of qualifying times for the county or regional championships. Fortunately, we have software that is used by our competition secretary to highlight any qualifying swims that are achieved at regular galas. These sometimes require conversion from short course (25m pool) times to long course (50m pool) times. If any times are achieved, you will be contacted directly by our competition secretary, Jane.

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 and Butterfly turns have the same movement pattern, and when mastered, are not only fast, but beautiful to watch too, and the mark of a really good swimmer.

1) Head position.

This is so important. As you approached the wall flat on your chest, for a good turn your body needs to twist to allow you to push off on your side. With your eyes fixed firmly on the centre mark of the turning wall you cannot physically twist any more than 40 degrees in doing this, so, fixing your head position correctly as the hands touch makes sure you don't over-rotate which will slow down your turn.

As two hands touch simultaneously, look directly below you at the floor.



2) Body rotation and movement of your arms.

From the two-handed touch, your upper body will have slowed right down, however, your legs need to keep on travelling in whilst you twist your torso 40 degrees ready for you to push off on your side. During this time, your left arm should be pulling back underwater, led by the elbow, ready to streamline. Your eyes should be fixed on the centre line of the turning wall.



3) Head movement, arm movement and feet plant.

There are 3 important movements required to make this turn really good. Your head needs to move in a 'looking at the floor' position to 'looking directly up at the ceiling' position with the back of the head lowering into the pool. focussing especially on getting the arm working underwater coming off the wall, leading with a karate reverse elbow movement. Your leading hand, the right, needs to 'salute' past your head and ear with elbow pointing to the ceiling, then stretch out to meet the other outstretching hand underwater in a streamlined shape. Your knees will be bending up quickly to your chest and your feet will be ready to 'plant' on the wall so you can push-off powerfully. Keep your head low, neckline at the water surface, you need to 'bounce back' off the wall, not climb up it, to make your turn fast.



4) Pushing off the wall

The head should be tucking in streamlined, ears between the arms. Explode off the wall, streamlined, on your side. Slow down to race speed, then work your underwaters phase and transition into the stroke without losing any momentum.



5) Making it happen.

Rehearse these movements, slow at first - through to fast.

Chris says:

Our goal is to get very swift 'Hand to feet' speed, it needs to be less than .8 of a second! A swimmer's turning action needs to be nothing less than a blur! ..the higher up the rankings you aspire to be, the faster and more efficient you have to be around these walls!!

The best way to learn though is slow to fast, so, concentrate on going through these important motions, slow at first, focussing especially on getting the underwater arm coming off the wall, leading first, then your 'saluting', over the water arm has a target to land on.

As you improve in skill and speed, the arm actions, knees coming in and body rotations will be pretty much simultaneous, resulting in a fast, efficient and race winning turn.

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.



The Benefits of Younger Swimmers Racing Every Event

In swimming, the topic of 'should a swimmer just concentrate on their best stroke or work all strokes?' is always being asked of coaches. In any sports, specialisation of young athletes is often discussed and argued, even frowned upon by some.

At North Tyneside swim squad, the programme is a yearly nationals scheduled medley based, with sectional work to develop all round skills, and distance freestyle to develop endurance fitness. This mix ensures that all bases are covered, and any athlete here can choose their own path into developing their own stroke, medley swimming or sprint or distance freestyle, as their career progresses.

Here are a few reasons why young athletes should swim a broad spectrum of events:

1. Helps Build a Training Base

When younger swimmers swim longer and more challenging events, it gives them the experience and the confidence to train harder and get faster. It is often said that you can build a sprinter off a distance swimmer. This is because every event requires some sort of aerobic base. This base helps a swimmer strongly finish any distance.

By not specializing at an early age, swimmers are able to build a well-rounded base for every stroke. Also, this well-rounded base allows the athlete to train multiple muscle groups leading to a reduced chance of injury. Giving young athletes the ability to develop all muscle groups instead of overloading only certain groups, allows the athlete to specialize as they mature with a lower risk of injury.

2. Character Building

Swimming a wide range of events not only builds character but greatly enhances your armoury of skills if you take on several difficult events over the course of a meet session or weekend. At the time, you may not necessarily love swimming your non-dominant strokes and events, but eventually it will pay dividends.

For many young swimmers, competing in new events is a terrifying experience. Some seem so long– they cannot be humanly possible to complete. But once the race is over, many young swimmers feel a tremendous sense of accomplishment. For example, the 200

butterfly is an event many young athletes shy away from because of it's a high endurance and strength race. Swimming different length races puts each race in perspective. If someone swims a 1500 freestyle, they realize that the 200 free is not as long as they first thought!

3. Reduces Burnout

Over the course of a swimming career, most swimmers have experienced times where they have 'plateaued' in certain events and excelled in others. Many times, you could be dropping time in one stroke discipline then go through a period of time where you do not drop any time. With strong skills in all strokes, you will find it much easier to stay motivated and still drop time in other events until your number 1 stroke adapts and comes around again.

4. Evaluate strengths and weaknesses

Let's be honest, not every swimmer is going to be the best ever at the 50 freestyle or 400 IM. However, when a swimmer gets to swim a wide range of events, it gives them an opportunity to experiment and determine what races fit them.

You may fall in love with distance swimming in your early teenage years. You may be amazed with the stroke efficiency, the even pacing of many of the top distance swimmers and trying to emulate them day after day in training. Then there may be the struggles that come with sprinting. Without the background in racing several events, it would have been extremely difficult to determine where your natural talent was.

Get out there, challenge yourself, you never know exactly where your real strengths reside. You may be surprised.

Good luck,

Chris

“The Lone Swimmer” by coach Jim Lutz. Head Coach Illinois, USA

BEYOND the crowds, beyond the medals, beyond the sight line of the masses, there is an athlete.

The athlete commits time, energy, pain, tears of joy and tears of sorry.

They have love and support from family and friends.

They often are the first ones to arrive and the last one to leave after picking up equipment that others have left behind.

They are willing to risk everything for the sake of losing hundredths of a second, only to come up short and justifying that a best time still doesn't feel like they had done anything of significance.

They put their effort out in public for all to see, even when a glimmer of hope to achieve seems rather remote.

They pay the price.

They make the sacrifice.

They willingly give up all freedom for the guidance and direction of the coach in charge.

A simple word can either destroy or can build an insurmountable level of confidence.

“That was great”

"You do awesome"

"I'm proud of your effort"

"That success you had was all because of what YOU allowed yourself to do."

"You are the best YOU that anyone could have ever hoped for"

“YOU are special and make the lives of those around you better.”

"Thank you for letting me be your coach."

Practice, practice, practice.

In every training session we deliver, we are 'practicing' the best drills and techniques to achieve a great swim. The techniques and pointers are nothing new to us all. In reality, it's very simple. The more we practice, the better we get at something.

Now, sometimes swimmers need more practice than others to grasp the concept of what we are trying to achieve BUT we all need to continue to practice to fine tune the technique and evolve it. Even when you think the coach is not watching, or they are at the other side of the pool, we still need to be doing the right things.

Ultimately the practice is down to the swimmers, we as coaches can give the pointers, tips and advice that are required but it's down to the swimmer to be there and to do the practice. The more sessions we have in the pool, the more PRACTICE we are getting at doing the right things in the pool. With this in mind, if things are not right or the technique is just not there yet and needs tweaking, it is better to be having these discussions and rectifications on a training session rather than in a Gala setting. IF you're unsure on something or need to make sure you're doing the right thing, ASK. We can then discuss what's required and then practice in the pool with the right guidance and eyes watching. Be prepared to make mistakes, or fail in what we are trying to achieve, this is a natural part of the process and shows the coaches we are trying and working on whatever it is that's needed to be developed, or fixed.

We will always guide you, or work with you, to fix the skill whatever it is.

Keep Practicing the right things no matter how difficult or how tiring it is getting, it will eventually become a lot easier to do then before you know it, second nature to you.

Remember, **try, try, and try again**. It will come good in the end...

Good luck

Ian Dale, Poolside Helper

A guide to swimwear fabrics from NESS Swimwear

Most swim brands have several swimwear fabrics to choose from. Each is designed for a specific type of swimmer. Generally, they use softer Lycra fabrics for leisure swimmers and more durable polyester fabrics for club swimmers.

Why? Well, the more time you spend in the pool, the more your swimwear is exposed to chlorine. Which slowly attacks the fibres of your swimwear ruining the condition and

elasticity. Making your swimsuit stretch out of shape and its colour fade. Some fabrics can withstand chlorine for longer and more effectively than others.

What Are the Swimwear Fabrics Called?

Each major swimwear brand uses its own branded names for the fabrics they use. This can make it difficult for swimmers/swim parents to know what to choose. Let's take a look at how each major swim brand categorises its swimwear.

Speedo Swimwear Fabrics

The world's most famous swimming brand manufactures swimsuits with a blend of materials. Their chlorine resistant Fabrics are called Endurance10 and Endurance+.

Endurance10 - 80% polyamide 20% elastane.

Ideal for swimmers who swim less than once a week. The comfortable material is stretchy and lasts longer than standard Lycra swimwear. However, it is not suited for regular use. Providing excellent comfort with a soft, stretchable feel for leisure swimmers.

Endurance+ - 53% Polyester / 47% PBT Polyester. Polybutylene terephthalate (PBT)

Perfect for swimmers who visit the pool more than once a week. The fabric offers 20 times more fade resistance than conventional swimwear fabrics and improved snag resistance. Endurance+® is a 100% chlorine resistant fabric. It is quick-drying and engineered to retain its shape. Ideal for club swimmers looking for swimwear that can last all season.

Arena Swimwear Fabrics

Arena uses three different fabrics for its swimwear. They are called BodyLift, MaxFit and MaxLife. Aimed at leisure, active and club swimmers.

BodyLift - 80% Nylon / 20% Elastene

This shaping swimwear uses sensitive fabrics. It is aimed at comfort and wearability. Controlling form giving support and shaping the body. This swimwear fabric is suitable for occasional wear and leisure swimmers. Focusing on comfort and appearance rather than endurance.

MaxFit – 80% Polyamide / 20% Elastene

MaxFit is a soft and stretchy fabric that is very comfortable. The spandex textile is resistant to chlorine and will outlast standard swimsuits. Plus, retain its colour and shape even after repeated use. MaxFit is suited to regular swimmers visiting the pool 1-2 times a week.

MaxLife – 100% Polyester

The ultimate textile for intensive swimmers. It has powerful resistance to chlorine and the sun. As well as shape-retaining properties and colour fade resistance. The swimwear fabric is also fast drying making it an excellent choice for swimming training. Perfect for swimmers in the pool 3 or more times per week.

Funkita and Funky Trunks Swimwear Fabric

Funkita and Funky Trunks swimwear is all made with the same fabric. This makes it extremely easy for new swimmers and swim parents. Plus, this high-quality fabric performs incredibly well. Funkita and Funky Trunks fabrics are C-Infinity and ECO C-infinity (made from recycled plastic bottles).

C-Infinity – 100% Polyester

Funkita and Funky Trunks swimsuit textile polyester fabric is a superior quality Italian polyester with no elastane. It generates high-definition colour results after printing, has exceptional chlorine resistance, excellent elasticity to maintain its shape and offer firm compression, has a soft handle and is quick-drying and highly breathable. Ideal for frequent pool use and performance-based swimming. You can swim with this fabric every day and it will still last a long time.

ECO-C-Infinity – 100% Polyester

This Eco version of the same textile fabric retains all the same qualities. The only difference is it has been spun from recycled plastic bottles. Perfect for Eco-friendly swimmers who swim 1-7 times per week.

TYR Swimwear Fabrics

TYR swimsuits are manufactured with three fabrics. Durafast Lite, Durafast One and Durafast Elite. They have tested them to a high level to provide you with an estimated lifespan. Helping you to understand how long your swimsuit will last you.

Durafast Lite – 88% Polyester / 12% Spandex

This textile is very light and flexible for a comfortable fit. The large percentage of polyester gives it good resistance to chlorine. With UPF 50+ sun protection as well. TYR state that this

fabric has 200+ hours of performance. Making it ideal for 1-2 uses per week. This comfortable and practical fabric is perfect for regular swimmers.

Durafast One – 100% Polyester

The Durafast One is very resistant to chlorine and colour fade. With TYR claiming this textile can last for 300+ hours of performance. So, it is ideal for active swimmers and club swimmers who train regularly. Being 100% polyester construction, it does compress, and it is a tight fit. Also, UPF 50+ technology allows you to swim outdoors.

Durafast Elite – 94% Polyester / 6% Spandex

This Elite range is very similar to the Durafast One, with a small percentage of spandex and antimicrobial lining. Again, TYR gives this fabric 300+ hours of performance time in the swimming pool. The lining helps prevent bacteria growth and any build-up for odour. Making it an excellent choice for active club swimmers training lots of hours a week.