

CBSS Newsletter – November issue 2017

Things to remember - all squads: Fun session, Secret Santa & pizza on the 20th Dec at Saxon following the session!!! Thursday 21st Dec – no early morning session at Luton but all other training sessions as normal up to 23rd December then Christmas timetable.



SWIMMER OF THE MONTH:

October - Eloisa Miller. Great application to improve her breaststroke technique.

November - has to be Sam Townsend, great attitude and focus to improve his skills and technique. He displayed much improved skills at Wycombe and was rewarded with a load of new personal bests.

Tom



Swim Camp – Mount Kelly

Dear Parents and Swimmers,

We've had a fantastic response and all being fit 31 swimmers are planning to attend. Thank you to everyone for paying the deposits so promptly. Work is still ongoing behind the scenes to ensure all arrangements and costs are finalised. We are hoping to be able to confirm an exact cost very shortly but can confirm this will not exceed the estimated £350. With this in mind, once a final figure has been confirmed, we would like to see the balance owing paid in full by 31st January. We are aware that there are some injury issues and for those affected can you please let us know by the 10th January 2018 whether or not your swimmer will be attending.

Many thanks,

Carol



100 club winners:

September: 1st 13 Jane McFarland, 2nd 63 Lee Ryan, 3rd 6 Lee Townsend.

October: 1st 35 Newton (Sam & Connor Ferguson's dog), 2nd 73 Josie Blackie, 3rd 74 James Crowther.

November to be drawn.

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Sam and Imogen's experience of Swim England training sessions:

Sam – “Swim England invited me to go on their phase one program where I did 3 separate camps. During these camps we learned how to eat well for swimming, basic stroke technique and advanced turns and skills. It was not very physically demanding but it was mentally demanding because the things we did we were always having something to focus such as the technical pieces of the stroke as well as the other parts of our swim (skills).

We also did some workshops on nutrition, injury prevention and recovery as well as land training where we were shown some exercises to work on balance and core stability that we can easily do at home which were very similar to the ones Ryan gave us. Over all I thought it was very similar to what we do at CBSS in the pool and in land training but we did more on nutrition.”

Imogen - 'During the three days of the Talent Pathway we learnt all about how to improve our turns and technique to get our race plan perfect, nutrition and injury prevention.

On the first day we learnt about our race plan and how to perfect it. We looked at different races swum by Olympians and what needs to be done to make the perfect race. This included particularly dives and turns as well as free swimming. We also talked about efficiency and how to improve our technique to stay efficient during our training.

On the second session we learnt about nutrition, what food to eat before and after races and what to eat during the day to help our training. This all leads to improved skill, aerobic fitness, anaerobic fitness, strength and power.

On the third session we learnt about injury prevention and what exercises to do to try and avoid repetitive strain injuries on our shoulders and knees.'

Thanks for your feedback and good luck!

PHYSIO SCREENING IN DECEMBER – Ryan will be screening any swimmer not already screened back in September. Tom would like every swimmer to have been physio-screened by Ryan this season and therefore two further screening sessions are available as follows:

Wednesday 27th Dec at Saxon and 28th Dec at Tiddenfoot.

Please let Carol know if you wish to take up this opportunity so she can let Ryan know who to expect and allocate a time to each swimmer.

N.B Ryan is also available generally on a weekly basis on Thursday at Saxon from 18.15 – 19.00



FUNDRAISING THIS SEASON – Fun morning £53.51 profit made from lucky dip and plank challenge; plank challenge winners are: over 18s Kay Hoofman 6.02:77; 13-17yrs Will Robins 4.45:65; under 12s Isaac 2.03:06.

Cake sale rased £183 – a big thank-you to all that baked and donated this morning.

Carol Townsend

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Christmas training timetable

CBSS Christmas Training Timetable 2017

Week Beginning 18th normal time table except Thursday 21st am training at Inspire is cancelled

		25/12/2017	26/12/2017	27/12/2017	28/12/2017	29/12/2017	30/12/2017	31/12/2017
		Monday	Tuesday	Wednesday		Friday	Saturday	Sunday
AM	Land	CHRISTMAS	BOXING	n/a			n/a	Rest
	Pool			06.00 - 08.00			07.30 - 09.30	
	Locatio			Flitwick			Saxon	
	Groups			PA/PB /LK			PA/PB /LK	
	Coach						TM	
PM	Pool	DAY	DAY	n/a	n/a		Rest	Rest
	Land			17.30 - 19.30	18.00 - 20.00			
	Locatio			Saxon	Tiddenfoot			
	Groups			PA/PB /LK	PA/PB /LK			
	Coach							

Monday 1st January all sessions cancelled

Normal Full Training time table resumes Tuesday 2nd January