

# Swimming

Performance

## City Of Leeds Swimming Club and Leeds City Council Swim Training Scheme Newsletter

A team above all but above all a team  
[www.swimleeds.org.uk](http://www.swimleeds.org.uk)



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Spring  
2018



## Head Coach's Column

As we approach the middle of May we are already in week 10 of the final cycle of the season. This is due to the British Championships being five weeks earlier following the programme for Commonwealth Games.

A very encouraging start to the year with a massive medal and final haul at Yorkshire Championships, with lot of first time qualifiers that are now on their journey of competitive swimming. The National Championships qualification period began in March and we are currently looking at taking over thirty swimmers to the British Championships in Sheffield at the end of July, there will only be one or two programme's in Great Britain that can boast that amount of athletes competing at the highest domestic meet of the season in the UK.

Following the Edinburgh British Championships we have had a team of athletes and staff that have been representing and will be representing Great Britain and England over the past few months and the forth coming months. Ciara Schlosshan has been selected for her third European Junior Championships and Leah Crisp has been selected for her second. Along with the two Girls I will be Head Coach of the Males team at the European Championships, while chairman of City of Leeds Swimming Club, Rod Wardle will be Lead Team Manager. This will follow on from Rod's role of Lead Team Manager at the Commonwealth Games in Australia in April. Strength & Conditioning Coach Tim Jarrett and Scheme Coach Craig Robertson represented Team England on the Phase 3 National Camp in Marseille along with Rebecca Clynes, Leah Crisp and Tia Ward.

## Edinburgh International Meet 2018

The epitome of high performance swimming and the highlight of the domestic swimming calendar in the UK, the British Championships creates a platform for outstanding results including personal bests, new records and selection to international teams. Over 500 competitors travelled from all corners of the UK to swim in this prestigious event.

This year, due to the timing of the Commonwealth Games, the British Championships were merged with the Edinburgh International Swimming Meet 2018, which took place at the Royal Commonwealth Pool over four days (1st - 4th March 2018). A large contingent from the City of Leeds Swimming Club competed against some of the best swimmers in the World, including the likes of Mireia Belmonte, Spain's Olympic, World and European Champion and Great Britain's very own Adam Peaty!

Our swimmers performed exceptionally well to put together the following results:

**4 x GOLD**  
**1 x SILVER**  
**3 x BRONZE**  
**10 x FINALISTS**

**Gold Medallists:** Leah Crisp (1500m Freestyle (Senior), 400m Freestyle & 800m Freestyle (Junior), Rebecca Clynes (200m IM)

**Silver Medallists:** Sophie Hobbah (200m Backstroke)

**Bronze Medallists:** Ciara Schlosshan (50m, 100m & 200m Butterfly)

**Finalists:** Rebecca Clynes (50m, 100m & 200m Breaststroke), Myles Stirk (100m Freestyle, 50m & 200m Backstroke), Leah Crisp (200m Freestyle), Sophie Hobbah (100m Backstroke), Jonathon Milner (400m Ind. Medley), Charlotte Robinson (200m Butterfly),

A huge well done to our swimmers and a massive thank you to the Team Managers, Coaches and Support Staff who gave up their time to travel with the team to Edinburgh. Most of all, thank you to City of Leeds Swimming Club for their financial support of this team.

## Great Britain Team Selections:

Congratulations to Ciara Schlosshan and Leah Crisp, who have been selected to represent Great Britain at the European Junior Swimming Championships in Helsinki, Finland following their excellent performances at the Edinburgh International Meet.

Congratulations also to our Head Coach, Richard Denigan and Club Chairman, Rod Wardle, who have also been selected to the Team Staff.

The European Junior Championships will take place in July 2018. Good Luck from all of us at Co Leeds S.C!

## Spring Development Gala 2018



The Spring Development Gala took place at John Charles Centre for Sport, on 17th March 2018. Approximately 280 children aged 7-12, took part in the event which comprised of 50m races in each of the 4 strokes, as well as a 100m Individual Medley race (25m of each stroke). Children travelled from each of the Stage 8 Competitive Swimming Groups around the city to join those members of County East, County West and Regional Fast Track Squads in this competition.

The Development Gala is most often the introduction to competitive swimming for our young swimmers. Each year, the City of Leeds Swimming Club, in conjunction with Leeds City Council, runs 4 of these competitions. Usually, In November, January, April and July. These galas also offer the perfect opportunity for parents/guardians to have a taste of what it's like to help out at swimming competitions. Anybody interested in helping in the future should contact Vicki Spencer ([vickispencer@hotmail.com](mailto:vickispencer@hotmail.com)).

For more information and full results from these events, please visit the City of Leeds Swimming Club's website ([www.swimleeds.org.uk](http://www.swimleeds.org.uk)).

## Swim England Coaching Course in Leeds!

Leeds City Council hosted a Swim England Level 1 Coaching Course at Armley Leisure Centre during April 2018.

The course was predominantly made up of Stage 8 Coaches and Swimming Training Scheme Coaches, who had given up their spare time to further their knowledge in Coaching Swimming.

The 15 candidates worked with our County East and County West Squads on two occasions. They were also required to complete a portfolio of theoretical learning prior to the practical workshops.

The City of Leeds Swimming Club has contributed to the expenses of this course, ensuring that our team of coaches can continue to grow new knowledge and experiences.

For further information on the Swim England Coaching Courses, please visit [www.swimming.org](http://www.swimming.org).

## Head Coach's Column Continued...

Sophie Hobbah and Rebecca Clynes are currently away at the World Schools Games. This just shows the strength in depth we have from both athletes and staff and how well the personnel are thought within the governing bodies. Within the scheme it is great to see coaches and swimmers progressing the test sets that we collectively do, there is some amazing progression from the 15m start and underwater work to the kick tests. These skills will benefit both long and short term. Moving forwards I wish all swimmers a successful summer period at which ever competitions you will be competing at. Keep the attendance high, the work ethic fantastic and the enjoyment phenomenal!

## STS Summer Closure 2018

The dates for the STS Summer Closure have already been communicated.

The last week of training will be week ending 28th July 2018.

First Session back after the Summer Break will be Monday 20th August 2018.

There will be no training 24th - 27th August (inclusive) due to the August Bank Holiday weekend.

For individual squad info, please see the notice board at JCCS.

Enjoy your Summer Breaks!



## Leeds Sports Awards 2018

On the back of the Junior League success, the City of Leeds Swimming Club was nominated for an award in the Young Club/Team Performance category at the Leeds Sports Awards 2018.

The evening was a great success with over 120 members of the club attending. The team had an excellent night and came away highly commended in this category.

Well done to all the swimmers, coaches, team manager and officials who have been a part of this success. We are very proud of you.

Here is a selection of photos from the event...



## Easy Fundraising:

The City of Leeds Swimming Club are looking for new ways to raise funds to support our swimmers. We have recently registered with <http://www.easyfundraising.org.uk/>.

Easyfundraising.org.uk helps charities, schools, sports clubs, community groups, and other good causes to raise money when their supporters shop online. So far they have raised over £3 million for causes throughout the UK. It works in a similar way to many other loyalty shopping sites, but instead of earning points when you shop, you raise a donation for City of Leeds Swimming Club instead. It's as simple as that!

You can shop with over 2,000 well known stores and each will donate up to 15% of what you spend. For example, John Lewis will donate 1%, Amazon 2.5%, The Body Shop 6%, some insurance retailers will even donate up to £30 simply for taking out a policy with them - perfect for Holiday Travel Insurance!

The great thing is it won't cost you any more, plus they have lots of voucher codes and special discounts so you can actually save money while you help your good cause. There is no cost for the good cause either – their service is totally free. It is very easy to get started, just log on to <http://www.easyfundraising.org.uk/>.

**1. Click Support a Cause; 2. Click on 'Find a Cause' and select the cause you wish to support; 3. Fill out the quick form to register your details; 4. Find the retailer you want to shop with; 5. Click to visit the retailer, then shop as you normally would.** Your donation will be shown in your easyfundraising account within 30 days.

I am sure with Summer Holidays fast approaching some of us will be doing our shopping online, so please register with easyfundraising, it really is a very simple way to boost funds for the club. If you have any questions, please do not hesitate to see a member of the Supporters Committee! Happy Shopping!

## Swim England Experts

Congratulations to Craig Robertson and Tim Jarrett on their recent appointments as the Swim England Zonal Sports Science Lead and Swim England Zonal Strength and Conditioning lead, respectively. They will be responsible for the development of their disciplines in their respective zones across the nation.

Craig will be working with an array of programmes providing key support such as: underwater stroke analysis, race analysis at National and International Competitions, production of race models for the "ideal" race, physiological support to specific athletes and education of coaches and Sport Science and Sports Medicine Practitioners (most recently speaking at the SSSM National Conference and North East and North West Coaches Conferences.)

Tim will be working across the North Region to provide education and support to club coaches for land-based training programmes. Tim will also be supporting England's talented swimmers at national training camps and international competitions through delivering race preparation routines. Over coming months, Tim will be collaborating with other Swim England practitioners to develop a Strength and Conditioning qualification for club coaches to enhance the quality of practice on a national level.



## Yorkshire Swimming Association's Championships 2018



Following a busy three weekends of competition, the City of Leeds Swimming Club came away with a massive amount of medals, finalists and personal best times.

**88 x GOLD**  
**72 x SILVER**  
**51 x BRONZE**  
**376 x TOP 10 FINISHES**

**Gold Medalists:** A. Ashcroft (7), E. Paniagua-Gutierrez (7), I. Logan (6), C. Robinson (6), K. Khodakhah (5), A. Rehal (5), L. Smith (4), M. Yeomans (4), R. Clynes (3), B. Shelton (3), M. Stirk (3), T. Ward (3), D. Clapham (2), L. Crisp (2), O. Hidayat (2), S. Hobbah (2), J. Levison (2), C. Schlosshan (2), L. Thomson (2), I. Williams (2), M. Comrie (1), E. Sutcliffe (1), M. Bradley (1), I. Goodwin (1), J. Milner (1), R. Palmer (1).

**Silver Medalists:** A. Ashcroft (5), I. Logan (5), L. Smith (4), K. Khodakhah (3), A. Rehal (3), H. Senior (3), B. Shelton (3), L. Thomson (3), I. Williams (3), L. Birrell (2), M. Bradley (2), M. Comrie (2), I. Goodwin (2), R. McEwen (2), J. Milner (2), M. Stirk (2), J. Butterfield (1), E. Cooper (1), L. Crisp (1), N. Dulay (1), M. Greene (1), O. Hidayat (1), S. Hobbah (1), K. Hodgson (1), J. Idris (1), F. Johnson (1), J. Levison (1), D. Mathias (1), E. Paniagua-Gutierrez (1), K. Russell (1), E. Sutcliffe (1), J. Teale (1), T. Ward (1), E. Watkins (1), M. Yeomans (1).

**Bronze Medalists:** I. Goodwin (3), A. Rehal (3), B. Shelton (3), L. Thomson (3), N. Carroll (2), D. Clapham (2), M. Comrie (2), R. Dunn (2), K. Hodgson (2), J. Idris (2), R. McEwen (2), M. Moorhouse (2), E. Paniagua-Gutierrez (2), K. Russell (2), L. Smith (2), L. Ainley (1), J. Broome (1), R. Clynes (1), E. Cooper (1), K. Khodakhah (1), J. Levison (1), I. Logan (1), D. Mathias (1), E. Potts (1), M. Sharp (1), E. Sutcliffe (1), J. Sykes (1), J. Teale (1), M. Vakourov (1), I. Williams (1), A. Wood (1).

Please continue to the next page for more results...

# Yorkshire Swimming Association's Championships 2018 (continued)

**Top 10 Finishes:** H. Milner (13), K. Hodgson (12), D. Ransom (10), J. Idris (9), F. Johnson (9), E. Watkins (9), M. Yeonmans (9), E. Cooper (8), J. McGreavy (8), H. Senior (8), J. Teale (8), J. Broome (7), M. Carroll (7), D. Clapham (7), M. Comrie (7), I. Goodwin (7), N. Carroll (6), S. Kelly (6), S. Long (6), D. Mathias (6), M. Moorhouse (6), T. Rosenberg (6), M. Sharp (6), E. Sutcliffe (6), I. Williams (6), N. Williams (6), K. Khodakhah (5), A. Rehal (5), J. Robinson (5), L. Smith (5), L. Thomson (5), A. Wood (5), M. Bellhouse-Smith (4), J. Goodwin (4), J. Levison (4), J. Senior (4), B. Shelton (4), J. Sutcliffe (4), C. Black (3), M. Bradley (3), O. Brompton (3), M. Callaghan (3), P. Dawson (3), O. Hidayat (3), S. Hodgson (3), I. Logan (3), R. Palmer (3), E. Potts (3), R. Riddiford (3), A. Turner (3), L. Ainley (2), J. Butterfield (2), C. Clarke (2), N. Dulay (2), S. Emmett (2), M. Greene (2), R. Hepworth (2), J. Lambert (2), H. Macdonald (2), G. Milner (2), K. Russell (2), M. Vakourov (2), O. Whittleston (2), M. Williams (2), A. Ashcroft (1), L. Birrell (1), J. Broadhurst (1), P. Bromley (1), G. Brooks (1), C. Broome (1), J. Burnell (1), M. Burnell (1), A. Dees (1), H. Firth (1), V. Gndt (1), S. Ho-Shing (1), G. Idle-Beavers (1), G. Knowles (1), E. Lawson (1), R. McEwen (1), T. Milner (1), N. Morris (1), E. Panigaua-Gutierrez (1), L. Pollard (1), E. Russell (1), H. Smith (1), A. Sowry (1), J. Sykes (1), E. Thorn (1), F. Williams (1), E. Wood (1), R. Clynes (1), L. Crisp (1), R. Dunn (1), S. Hobbah (1), J. Milner (1), C. Robinson (1), C. Schlosshan (1), M. Stirk (1), T. Ward (1).

Congratulations to all those who participated and contributed to the success of the Leeds Team! Many thanks to parents and guardians for your continued support and a special thank you to those who volunteered their time to Team Manage and Coach on poolside over the three weekends.

Well done to all those who competed.

Full information and results are available on the Yorkshire Swimming website ([www.yorkshireswimming.org](http://www.yorkshireswimming.org))



## We need your help!

The supporters committee is always looking for volunteers to help.

What help do we need?

- New committee members.
- Volunteers to help on the bookstall at gala's (half day, full day or lunch cover).
- Book donations for the stall (books suitable for both adults and children).
- Raffle prizes.
- Tombola prizes.
- New fundraising ideas.

If you are interested in helping in one of the above ways, please come and see one of us.

Let's keep the success going!



## Jessica Learmonth Wins 2 x Silvers 'Down Under'

Former STS and City of Leeds Swimming Club member, Jessica Learmonth clinched Silver in the Women's Triathlon and Silver in the Mixed Team Relay at the Commonwealth Games.

Learmonth only took up the sport at the age of 22, after trying it as a challenge "literally like anyone else". She was victorious over regulars Non Stanford for Wales and the Rio bronze medalist Vicky Holland for England, who came eighth and fourth respectively. Unfortunately, Jess couldn't catch two-times world champion, Bermuda's Flora Duffy, who became the first female athlete from Bermuda to win a gold medal at the Commonwealth Games.

In her post race interview, Jess attributed her strong swimming ability - a product of being part of the successful Leeds swimming programme for many years- as a key factor in her recent victories.

You can follow Jess on Twitter:

@Jess\_Learmonth

# City of Leeds S.C. "Past & Present"



## James Hickman

James was born 2nd February 1976, in Stockport.

He represented Great Britain at 3 Olympic Games (1996, 2000 and 2004). He was 5 times World Short Course Champion in the 200m Butterfly; Commonwealth Games Champion (200m Butterfly, 1998) and European Champion in the 200m Butterfly in 1999 and 2001.

James held the World Short Course Record for the 100m and 200m Butterfly from 1998 to 2001.

James currently lives in Sydney, Australia, with his wife and two children. He is still operating in the World of Swimming as the Global Marketing Manager for Speedo!

### **You came to Leeds from Stockport Metro. What was the attraction? What made you want to join the Leeds programme?**

The opportunity to work with Terry Denison was the main attraction to me. He'd coached a group of senior swimmers and had enjoyed a lot of success. I also felt that the group of swimmers in Leeds at that time were going to give me that training push I was looking for - Gavin Meadows, Andrew Clayton, Clare Huddart and Ben Lafferty to name a few.

### **You were the World Champion (200m butterfly) on five different occasions. What do you feel made you so successful in this event?**

I was well known for my short course swimming because of my turns and underwater kick. This was always a strength of mine. I guess I would put this down to the fact that I did gymnastics as well as my swimming when I was younger. I think this gave me a good base, I had a strong core and was good at plyometrics. I joined Leeds to improve my ability to train and race Long Course. At the time, there were very few programmes with a 50m pool. The training I got from Leeds helped me win International long course races.

### **What was your weekly training routine?**

My weekly training in general was 10 swim sessions (2 per day on Monday, Tuesday, Thursday and Friday and just 1 per day on Sunday and Wednesday. Saturday off). We did weights 2 or 3 times per week, depending on where we were in the season. We had conditioning before every evening session, this consisted of sit ups, press ups etc. I also had a couple of brutal massages from Rob (the former Navy PT) each week.

### **What was your most challenging set in training?**

We did 101 x 100's, where I had to go 50m Free, 50m Fly. I was regularly doing 2.5km fly sets, say 12 x 200m and then this would be followed by a short max kick set (at the Leeds International Pool, we would go in the dive pit and do something like 10 x 75m max kick and bust the lactate up). I always felt sick doing those sets. Generally, I swam with the middle distance freestyle girls, but I did fly whilst they swam free! We had a Japanese international with us, his name was Tatsuya Kinugasa, and we trained the IM sets together. He could always kick my ass in training, swimming near his PB. This was something I could never really do (get close to my PB in training), but I could always better him in a race! My training pre-Leeds, in Stockport, was also pretty memorable! We'd do 2 x 4,000m IM's (1km of each stroke); 20 x 400m Fly; 10 x 800m Fly. The aim was to make fly as easy to swim as freestyle was!

### **You represented Great Britain at an Olympic Games on three different occasions. What was it like to represent your county at such a major event?**

It was incredible to compete at the Olympics and all of the other International events. The driving force for me was about my own personal performances and aiming to be number one in the world. I was (and still am) proud to be and feel lucky to be British, but it was about winning for Great Britain! Swimming is a sport where individual performances are the feature of a team and while being part of a team is great and a great support, it ultimately comes down to you to perform as an individual. Having said that, being on Great Britain teams with some of the other best swimmers in the country was a great motivation and very inspiring.

**How did you prepare yourself for the big races? Did you have a pre-race routine?** I always ate high carb easy meals the day/night before racing. It was usually Italian (pasta). I always ate a bowl of cereal the morning of racing. Frosties were my favourite! My pre-race warm up became 100% consistent for any race, regardless of how important the race was to me! I always did the same thing - some freestyle, some reverse IM's (with drill), some kick, some more IM and something fast to finish.

### **What characteristics do you feel made you such a successful swimmer and what advice would you give to the youngsters in Leeds, some of whom will hope to emulate your success one day?**

The best advice I can give to youngsters today is to 'stay the distance'. By being consistent and training well daily, you can overtake a lot of competitors. Keep going through the tough times as there are a lot of people who don't! Before you know it, you have survived long enough and done enough training to be the best!

# City of Leeds S.C. "Past & Present"

**Firstly, how did you get into swimming?** I lived in Australia for a year when I was eight years old. Over there, I started taking swimming a bit more seriously as I just loved the water. It was then when I came back to England that I became enrolled in the city of Leeds swimming scheme, and I started swimming in Kirkstall E group.

**Swimming has already taken you to so many places around the world, what is your favourite place so far?**

Yes, the countries and cultures I experience is one of my favourite things about swimming. I have been very fortunate so far to visit some amazing countries. I think I would have to say my favourite place would be the Bahamas, where I went last summer to compete at the Youth Commonwealth Games. The atmosphere and different culture was incredible, and of course the weather was too. I love swimming in the sun so it was perfect for me!

**What do you eat leading into and during competitions?**

**Do you have a favourite pre-race meal?** Leading into competitions I tend to reduce the amount I am eating due to taper, and my volume in the pool decreasing. During the lead up period I eat lots of berries, as they help with muscle recovery. I don't really have a favourite pre-race meal, as I don't tend to have many superstitions. I am always hungry so I am usually fine with anything that is on offer. Often, when I am competing internationally the food choices aren't always that great, therefore I just need to make the most of what I am offered.

**What is your weekly routine?** Besides from attending school every day, as I am in year 11 currently, I swim nine times a week and do 4 gym sessions. At the moment my weekends consist of revision, though hopefully after my exams they can become slightly more exciting! My weekly routine consists of sleeping whenever I can, mostly in the car to and from training. I squeeze in work in any moments I have spare, too.

**You won a Silver Medal in the 200m Butterfly at the European Junior Championships last Summer. Has butterfly always being one of our strongest events?**

No, not at all. The coaches at Leeds always seem to find it ironic that butterfly has ended up being my strongest stroke as when I was in National Age Group, I could not complete a single length butterfly! I have been told it was painful to watch. Fortunately, I can now complete a length of butterfly! I originally was good at backstroke and freestyle, and have always done IM. It was only recently that I decided to focus on fly. I would strongly recommend to all younger swimmers to carry on doing all four strokes till as late as possible. Like with me, your best stroke at the age of 11 may not necessarily be your strongest stroke later on, therefore keeping all options open is best.

**How did you manage to balance your school work with all the training you have to do? Do you have any time for socials?**

I think organization and time management is key. I always know what tasks I have to complete and how much time I have to do them in. I'm not idle, and do not waste any spare moments. Its also important, of course, to balance work and swimming with resting. Most weekends I tend to chill in the evening and try to take a break from my studies and swimming. I find if I don't have periods of resting during the week, I become stressed and very tired. In terms of social events, again I just manage them around whatever time I have free. As long as I do not miss training, and I have completed all school tasks I set out to do, then I will happily meet up with friends and enjoy myself.

**What's the most challenging set you have had to do in training?** I can't think of a set in particular, because if I am being honest Richard gives us some very hard sets quite frequently! I would say there are periods within my training cycle in which I find training in itself very challenging. These are periods when the volume is very high in training, and we get little recovery on weekends or during the week. Mentally and physically it is very tough, so therefore I find the sets particularly hard.

**Finally, when is your next big event we can expect to see you compete in?** At the beginning of July I am competing in my third and final European Junior Championships in Finland. I will be competing in the 100m and 200m butterfly, and I am looking to better my silver medal from last year. I always love racing, particularly for Britain, as it really highlights the hard work I have put in throughout the year and the sacrifices I have made. I have a big block of training and many exams to look forward to before then but hopefully I will perform!



## Ciara Schlosshan

Ciara Schlosshan was born in Leeds during September 2001.

She joined the Swimming Training Scheme in October 2010, shortly after turning 9yrs of age, from Kirkstall Leisure Centre. She progressed through every level of the scheme and now trains under the guidance of our Head Coach, Richard Denigan. Ciara has represented a multiple number of Great Britain and England Teams.



# British & Home Nation Summer Championships 2018

The Summer Championships and the three home nation summer meets continue to form part of the broader Performance Pathway Strategy aimed at supporting the UK's junior swimming talent on their journey towards senior medal-winning international performances.

Entry to these key end of season events is by invitation only, from performances recorded in the designated Qualifying Window. This year, the qualifying window is 1st March - 28th May 2018. The 24 top ranked swimmers in each event in each age grouping (see table 1, below) will be invited to attend the British Summer Championships, with the exception of the 800m and 1500m events where the top 18 will be invited.

The next fastest 'Home Nation Competitors', in an individual event, (20 competitors in all events except the 800m & 1500m Freestyle which will be 15 competitors) with a Swim England affiliated club as their Ranked Club, will be invited to compete in the Swim England National Summer Meet 2018.

**Table 1: Age Groups for Summer Competitions 2018**

Girls		Boys
British	English	British & English
13/14yrs	12/13yrs	13/14yrs
15yrs	14yrs	15yrs
16yrs	15yrs	16yrs
17/18yrs	16yrs	17/18yrs
19yrs +	17yrs +	19yrs +

British Swimming Rankings can be found online at the following URL:

[www.swimmingresults.org](http://www.swimmingresults.org)

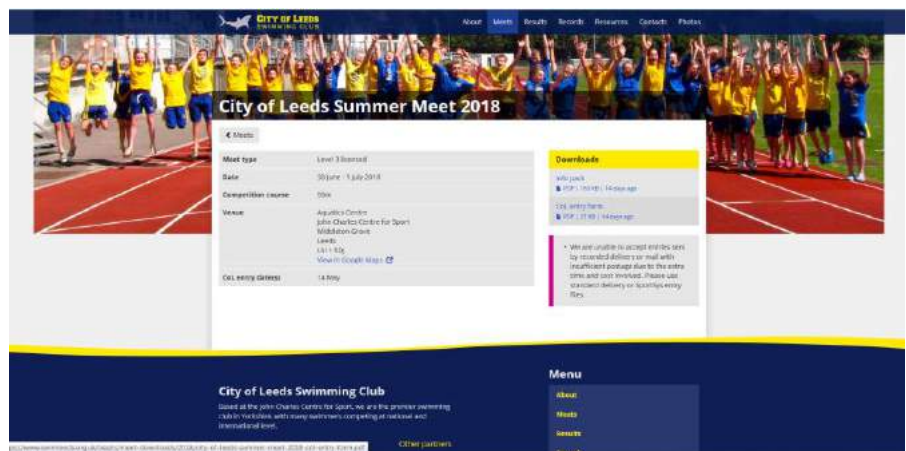
# Meet Entry Guide

Entering competitions can be confusing. There are entry times, consideration times and qualifying times, 50m and 25m competitions and Open Meets, Graded Meets and Championship Events. What should you be entering, how do you enter and where can you find those times that you can't remember?

Hopefully this guide will help you through this minefield and make the whole process of entering meets more understandable. There are four different levels of meet that swimmers and parents need to be aware of. These are:

- Level 1 Meet – Long Course, minimum standard qualifying time (i.e. County, Regional, National Championships)
- Level 2 Meet – Short Course, minimum standard qualifying time (i.e. County, Regional Championships)
- Level 3 Meet – Either Long/Short Course, no faster than National Qualifying Times (i.e. City of Leeds B Grade)
- Level 4 Meet – Either Long/Short Course, no qualifying times (i.e. Development Gala)

After identifying which meets you will be required to attend by checking the Competition Planner on the City of Leeds Swimming Club website or the club's notice board at the JCCS, you will need to print the relevant entry form from the City of Leeds Swimming Club Website. The entry forms can be found at [www.swimleeds.org.uk/meets/upcoming-meets.php](http://www.swimleeds.org.uk/meets/upcoming-meets.php). You then need to select the required meet and from the right hand side of the page select 'Entry Form (Leeds Swimmers ONLY)'.



**CITY OF LEEDS SUMMER MEET 2018**  
Saturday 30<sup>th</sup> June & Sunday 1<sup>st</sup> July 2018      Age as at 1<sup>st</sup> July 2018

**BOYS**

Swimmer's Name \_\_\_\_\_

Swimming Squad (Please Circle): National NAG Jun Per Reg Per Reg Dev Reg FT County \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on 1<sup>st</sup> July \_\_\_\_\_ Years

ASA Reg No \_\_\_\_\_

Event	Time	Session Number
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
800m Freestyle		
1500m Freestyle		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Fly		
100m Fly		
200m Fly		
200m IM		
400m IM		

Entries @ 06.50 - 8.00

Signature \_\_\_\_\_

THIS FORM IS TO BE TAKEN TO YOUR COACH FOR APPROVAL AND SIGNATURE

Coaches Signature \_\_\_\_\_

ENTRIES WILL BE TAKEN ON 14/05/18

**CITY OF LEEDS SUMMER MEET 2018**  
Saturday 30<sup>th</sup> June & Sunday 1<sup>st</sup> July 2018      Age as at 1<sup>st</sup> July 2018

**GIRLS**

Swimmer's Name \_\_\_\_\_

Swimming Squad (Please Circle): National NAG Jun Per Reg Per Reg Dev Reg FT County \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on 1<sup>st</sup> July \_\_\_\_\_ Years

ASA Reg No \_\_\_\_\_

Event	Time	Session Number
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
800m Freestyle		
1500m Freestyle		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Fly		
100m Fly		
200m Fly		
200m IM		
400m IM		

Entries @ 06.50 - 8.00

Signature \_\_\_\_\_

THIS FORM IS TO BE TAKEN TO YOUR COACH FOR APPROVAL AND SIGNATURE

Coaches Signature \_\_\_\_\_

ENTRIES WILL BE TAKEN ON 14/05/18

## Meet Entry Guide (Continued)

After printing the entry form you need to fill out the required details. These include the swimmers name, squad, age on day (the last day of the event or championships), ASA number and the events they wish to enter. You should always check with the swimmers coach to confirm which events they will be required to enter although often this is left up to the swimmer or decided by qualifying times. Finally you will need to fill in the entry times for the events that the swimmer wishes to enter. When filling in entry times there are some things that you will need to consider.

**Qualifying Times:** A qualifying time is a time you have to be faster than to automatically qualify.

**Consideration Time:** A consideration time, is a time you have to be faster than to enter. If the meet is oversubscribed then the consideration times may be changed. This is usually done by changing the consideration times for all events by a percentage until the maximum number of entries is reached.

**Graded Meet Qualifying Time (Not faster than times):** For graded meets you cannot enter if your child is faster than the Qualifying time. It is the responsibility of parents and swimmers to find and fill out their entry times and ensure that they meet the entry criteria for the meet. It is advisable that parents keep a record of best times and swimmers should know their best times. If for any reason you don't have best times recorded they can be found on the British Swimming biogs (<https://swimmingresults.org/biogs/>). By entering a swimmers ASA number or surname you can search their current best times or their historical best times.

Once the entry form is completed it should be taken to the swimmers coach to be signed (you will not be allowed to enter a meet if the form is not signed), then taken to the Help Desk or the Denison Suite on a Monday night along with payment on the entry date, which can be found on the competition planner and at the bottom of the entry form. Entries will only be able to be accepted on the entry date as this is when the club officials will be present to accept the entries. Members of the Swimming Training Scheme will not be allowed to enter any competitions without a Swim England Registration Number.

If the entry times do not meet the entry criteria or if the meet is oversubscribed it may be that your entry is rejected. This is controlled by the meet organiser and not the City of Leeds Swimming Club. Rejections will be posted on the City of Leeds Swimming Club notice board and you will be able to get a refund of your entry money from the Help Desk or the Denison Suite on a Monday night.

## More International Team Selections

Just weeks after receiving confirmation that Leah Crisp and Ciara Schlosshan had been selected for the European Junior Championships, the City of Leeds Swimming Club and Leeds City Council were delighted to learn that the following swimmers have been selected for International Competitions:

England Talent Junior Team competing in Marseilles:

Tia Ward  
Leah Crisp  
Rebecca Clynes

Craig Robertson and Tim Jarrett have also been selected as Team Staff.

Great Britain Team competing at the World School Games in Morocco:

Sophie Hobbah  
Rebecca Clynes

Congratulations to the above!  
We wish you all the very best...  
enjoy representing your country!

## Useful Websites for Meet Entries

### Yorkshire Qualifying Times

([www.yorkshireswimming.org](http://www.yorkshireswimming.org) > Speed Swimming)

### NER Qualifying Times

([www.swimnortheast.org.uk](http://www.swimnortheast.org.uk) > North East Region > Disciplines > Swimming)

### British Swimming Championship (Trials) Qualifying Times & Selection Policies

([www.britishswimming.org](http://www.britishswimming.org) > Performance > Swimming)

### British Swimming Rankings

([www.swimmingresults.org](http://www.swimmingresults.org))

### Swimming Conversion Calculator (Short Course to Long Course or vice-versa)

([www.swimcalc.com](http://www.swimcalc.com) > Convert)



# "Fueling Station"

You couldn't use dirty Diesel to fuel a Fighter Jet, so why use 'dirty' foods to fuel your body?

Below is a short guide to fueling your fighter jet on race day courtesy of Andy Shepherd at Absolute Nutrition. We're confident that each athlete can find something they like to build in to their competition (and training routines) on a daily basis. Please pay extra attention to the Hydration chart; de-hydration has a negative impact on concentration and is the most common cause of headaches in young athletes.



## Competition Eating

### Breakfast

Stick to your normal habits where ever possible. Don't be tempted by poor choices. Consider your normal portion sizes.

### Buffett Options

- Cornflakes
- Bran flakes
- Weetabix
- Eggs (Poached / Scrambled)
- Beans
- Toast
- Yoghurt
- Cheese (small portions)
- Cooked meats
- Fruit / Fruit juices

Consider taking a zip lock bag to take some foods from breakfast for the remainder of the day.

### Pre Race

#### 2 hours or more before

Slow release foods. Whole foods where ever possible e.g. pasta with colours (vegetables or salad).

#### 30 - 60 minutes

Quicker releasing energy. Similar to pre-training snacks.

- Yoghurt
- Fruit
- Soreen
- Milk

### Recovery

Where ever possible simulate your training recovery snacks. Treat each warm up and race/swim down as a miniature session.

Options might include:

- Flapjack
- Rice Cakes / Ryveta
- Fruit (fresh, dried, cans, pots, juice)
- Rice pudding can / pots or Yoghurt
- Plain popcorn
- Nuts and Seeds
- Soreen / Malt loaf

### Evening Meals

Include a mixture of protein, carbohydrate, and colours in the form of salad or vegetables.

Try to balance your day, for example if all the snacks throughout the day have been carbohydrate based, don't choose pasta for evening meal. If most of the day has been protein based, pick a higher carbohydrate meal. Be conscious of portion sizing, stick to a standard meal don't over load your plate. It's better to have a normal portion and then snack again later on than over eat in your evening meal.

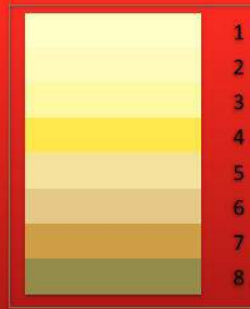
Finish your meal with a healthy pudding e.g fruit or yoghurt, not double chocolate fudge cake.

### Hydration

Ensure adequate intake of fluids throughout the day

Minimise fluids which will cause dehydration such as caffeinated drinks (coffee / tea / fizzy drinks)

Aim for between 1 - 3 on the pee colour chart upon waking. This will show a good level of hydration.



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## Adrian Moorhouse Scholarship for Crisp!

The Adrian Moorhouse Scholarship is in place as recognition of the outstanding achievements by Adrian Moorhouse M.B.E. in establishing the 100m Breaststroke World Record in 1989 and equaling it twice in 1990. The scholarship is awarded each year to a promising young swimmer in the Yorkshire Region.

This year, our very own Leah Crisp was awarded with the scholarship. The scholarship provides financial support towards competition expenses (domestic or international) and/or assistance towards ongoing swimming expenses.

Congratulations to Leah, from all of us in Leeds!

More information about Adrian Moorhouse can be found on our club website:

[www.swimleeds.org.uk/swimmers/adrian-moorhouse](http://www.swimleeds.org.uk/swimmers/adrian-moorhouse)



Above: Leah receives the award from Yorkshire ASA President

# Coaches Reports

## County East

I hope everyone had a good Easter and got stuck into lots of chocolate!

Janet and I have been really impressed with the hard work that everybody in County East Squad have been putting in this season! We have upped the metres in training to the most so far and everybody is coping really well!

Good luck to everyone competing in the gala this weekend, we know there will be many more PB's to come from you all.

We are loving the effort in the 'pass out' sets!

Keep putting in the hard work team!

Thanks

Tom & Janet

## County West

A big hello to Sonia Horac-Bubuianu our new Assistant Coach on the group who will coach alongside Lyn. I know you will all make her feel welcome.

Well done to all the swimmers who swam really well in the recent Spring Development Gala. The group recorded some fantastic personal best times.

Congratulations to Matthew Roberts and Eva Stacey who have recently moved up and a warm welcome to the new swimmers who have recently joined the group from Stage 8 Competitive Swimming.

Keep working hard into the Summer.

Lyn & Sonia

## Regional Fast Track Squad

Having recently taken over from Phil as the Lead Coach to Regional Fast Track Squad, I have been impressed with the work ethic and the improvements of the group as the sessions have become more challenging and more technical.

Everyone comes with a smile on their face, making it very easy to coach the session! All we need is a bit more listening from certain people, and we will be smashing personal bests.

With the 'Sheffield Summer Meet' for the 9/10 year olds, and the 'Summer Development Gala' for the younger members of the group approaching, we need to continue the great work so far to ensure some big PB's to finish the 2017/18 season!"

Keep it up kids.

Joe & Harvey

# Coaches Reports

## Regional Development

Well done to those swimmers who competed in the City of Sheffield March Madness Meet. The squad achieved a whopping 148 PB's out of 163 swims and 12 more Yorkshire qualifying times.

With the Harrogate and B.O.K meet just around the corner I hope you are all looking forward to racing and posting some fast times. You are all training very well at the moment and hopefully the hard work will pay off.

Well done to Isabel Sykes, Lauren Lilley and Lucia Dunhill on their promotion to Regional Performance and a special mention to Zac Jones who achieved his first Yorkshire time at the Spring Development Meet.

Keep up the hard work guys.

"No matter how you feel, get up, dress up, show up and never give up!"

Kevin & Kim

## Regional Performance

We have had a great start to 2018 after having one of the most successful Yorkshire Championships to date, contributing a total of 7 GOLDS, 6 SILVERS, 6 BRONZES, 57 4-10 FINALISTS!!

We would also like to welcome Lucia Dunhill, Lauren Lilley and Isobel Sykes to Regional Performance. They have been outstanding in their work ethic and application over the past few weeks and we have no doubt that they will continue to progress! Well done girls!

Training intensity and volume have been progressively increased over the past few weeks and it is great to see you all rise to the challenge! We need to keep striving to be better today than what we were yesterday through Swimming Smarter, Faster and with better skills. Keep aiming to attend all of your required sessions, especially mornings and Friday nights before a competition to ensure to never miss an opportunity to better yourself!

Further Congratulations to Joseph Levison, Kourosh Khodakhah and Harry Senior who have been selected onto the Swim England County Pathway Programme 2018. This is a result of their outstanding performances at the Yorkshire Championships! Well Done Boys!

We also have the sad news that Harrison will be leaving us! I am sure you will agree that he has been a great asset to the group and a loyal servant to the programme as a swimmer and coach over the past decade. Please join us in wishing him the very best of luck in his future endeavors.

Good Luck everyone over the coming months, there are some great opportunities to swim FAST & SKILLFUL so let's make sure we rise to each and every occasion.

Craig & Harrison

## Junior Performance

The months until the end of the swim year are disappearing fast. The squad performed admirably at the Yorkshire's with some podium places (Jessica Teale; Jamie Broome; Adam Wood; Maxim Voukourov) and finals (Phoebe Dawson; Rosie Hepworth; Joseph Burnell; Niamh Morris; Lucy Pollard and Aimee Sowry) well done.

The focus has now got to be finishing the year with the best result possible which means a continued effort in training and ensuring race preparation is equally meticulous. Your goals for the year should be in touching distance so maintain your endeavour.

Work hard and I'm sure success will follow.

Sorry no poem this time.

Alan

# Coaches Reports

## National Age Group

Happy New Year! We welcome with enthusiasm the longer days!

The opening of the qualification window for Nationals has been turbulent so far. We must be vigilant to ensure that our frustrations regarding the pool don't negatively impact performance. There are many clubs up and down the Nation without access to Long Course facilities who still battle their way to Nationals. Therefore I see the pool not as a problem but an opportunity for resilience, and so far, I feel the squads have met this challenge with courage.

In the coming weeks we're building back stamina before we enter a bout of intensity. Please bear in mind that older members of the group will take longer to adapt to work than the younger swimmers. What this means for swimmers is that some must train through the National Qualifier and Youth Regionals in order to experience any significant progression by the time we get to Age Group Regionals. Whilst the younger swimmers can continue to train and race, and still progress.

I'd like to reiterate that punctuality isn't just a Swim Training Scheme value, it's 'life' value, and one that I think we could all rise to a little better. I continue to feel very happy with how courteous and gracious the group are before and after sessions, however, I would ask the children to consider how their actions reflect on them as people and athletes. Arriving on pool with good body language and a positive friendly mindset will have a constructive impact, no matter how small, on the quality of their training.

Until next time. Happy training.

Craig & Paul

## National Squad

Happy New Year and we hope you've all had a lovely Easter break!

We finished the cycle with some great performances at the Edinburgh International Meet and COSSS Premier Meet. Congratulations to Ciara and Leah who have been selected to represent Great Britain at the European Junior Championships In Finland this Summer. Well done to those who have placed themselves well on the British Rankings and currently find themselves in contention for a place at the British Summer Championships.

It's not long until the End of Season Meets now. Keep working hard in training, be consistent, make the right choices and let's finish the season on a real high!

Thanks,

Rich, James, Craig, Kev and Harrison

## City of Leeds Club Shop

The City of Leeds S.C. shop is open every Monday evening from 4:45pm until 7:15pm and is located in The Denison Room at the John Charles Centre for Sport. The shop is also present at City of Leeds Meets throughout the year.

T-shirt - £30

Shorts - £23

Hoodie - £45

Tracksuit top - £45

Tracksuit bottoms - £35.

10% discount when you buy 2 or more items.

'Starter Pack' - £27 (mesh bag, kick float, pull buoy, swim cap, water bottle).

You can also purchase the famous City of Leeds swimming caps for £4.00.

Please do come to see us on a Monday evening!