

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



National Junior League Champions 2017

Page 2

NE Region Winter Championships 2017

Pages 3 & 4

Yorkshire SA Winter Competition 2017

Page 5

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

Page 7 & 8

Stay Healthy This Winter

Pages 9 & 10

Coaches Messages

Pages 12, 13 & 14

Head Coach's Column

Welcome to the Christmas 2017 edition of the Club and Council news Letter.

2017 has proven to be another successful year, we have had Great Britain selections for every international junior meet including World Junior's, European Juniors, Commonwealth Youth Games and European Youth Olympics winning 11 medals across all of the competitions including Gold medals from Layla Black, Ciara Schlosshan and Leah Crisp.

The Home Nations Nationals were again a success with our girls finishing top of the medals table at the British Championships. Welsh national Championships was as ever a great success for all involved, the competition is a fantastic grounding ready for the next levels the swimmers strive to achieve. The staff at the meet work tirelessly to make the competition fun and enjoyable for which I thank them.

Following on those successes the 12/under Junior League team became National Champions again for the 5th time, an amazing achievement for our next generation and a massive congratulations to all swimmers and staff involved through the rounds.

The domestic competitions have started well with some dramatic improvements from our younger and youth swimmers at county and regional championships as well as the open meets, this will hopefully lay a great foundation for the County Championships in February.

Keep working hard and wrap up warm whilst the winter temperatures set in.

National Junior League Champions 2017

The team returned from Corby triumphant in winning the title of the Grand Final Champions 2017.

Well done to all the swimmers who took part in the Junior Swim League. After 3 rounds of swimming Leeds came out the strongest in all 3 rounds. It certainly was an exciting afternoon with lots of fast racing and fun. It was great to see you all supporting each other and working together as a team. There were 49 races and Leeds managed to bag 28 1st place finishes and be crowned the winners by just 10 points to rivals Guildford.

Daniel Ransom (9yrs) and Anna Ashcroft (10yrs) received the Top Boy and Top Girl awards for their performances in the individual events. All award winners were presented with their awards by Adam Peaty MBE, current World Record Holder and Olympic Champion.

The team also set 9 records:

5 Relay Records

Girls 9yrs 4x25 Fs Relay = 1:01.66 (G. Idle-Beavers, C. Shaw, H. Smith, E. Wood); Boys 9yrs 4x25 Fs Relay = 1:00.14 (D. Ransom, J. Talbot, A. Firth, O. Brompton); Boys 10yrs 4x25 Fs Relay = 59.08 (K. Khodakhah, T. Milner, H. Senior, T. Rosenberg); Girls 9yrs 4x25 IM Relay = 1:11.77 (E. Harris, G. Idle-Beavers, H. Smith, E. Wood); Boys 9yrs 4x25 IM Relay = 1:11.44 (J. Talbot, D. Ransom, O. Brompton, M. Just)

4 Individual Records

Boys 9 years 50m BR = Daniel Ransom 41.65
Boys 9 years 50m BK = Daniel Ransom 36.94
Girls 10 years 50m Fly = Anna Ashcroft 33.26
Boys 9 years 25m Fly = Oliver Brompton 16.31

Parents, thank you for all the effort that went in to supporting the team, you were all excellent, you looked good and it really helped motivate the swimmers. Well done to swimmers, coaches, team managers and supporters for a fantastic event and an outstanding victory.

For more photos, please see the club's website (www.swimleeds.org.uk).

Final Points Score:

1st	City of Leeds Swimming Club	330 pts.
2nd	Guildford	320 pts.
3rd	Stockport Metro	223 pts.
4th	Camden Swiss Cottage	211 pts.
5th	City of Derby Swimming Club	177 pts.
6th	Southport	168 pts.
7th	Tynemouth Swimming Club	165 pts.
8th	Leicester Sharks	152 pts.

An OUTSTANDING result for Leeds!

Swim England North East Region Winter Age Group Championships 2017

The Swim England North East Region Winter Age Group Championships took place 28/29th October 2017, at the Aquatics Centre, Sunderland.

Over the two days of competition, City of Leeds S.C. had 100 finalists with 26 medals. This is a fantastic achievement, given that a large number of our athletes were only available to compete on one day due to Regional Talent Camps.

Gold Medalists

Isabelle Goodwin (2), Olivia Hidayat (1), Freya Johnson (1)

Silver Medalists

Iona Logan (4), Rebecca Dunn (2), Megan Sharp (1), Lara Thomson (1), Elliott Watkins (1), Isla Williams (1)

Bronze Medalists

Iona Logan (2), Sasha Long (2), Melissa Moorhouse (2), Rebecca Dunn (1), Mollie Greene (1), Freya Johnson (1), Lara Thomson (1), Amelie Turner (1), Elliott Watkins (1)

Top 10 Finishes

Freya Johnson (8), Jolie McGreavy (7), Leah Schlosshan (7), Megan Sharp (7), Lara Thomson (6), Elliot Watkins (6), Niamh Carroll (5), Isabelle Goodwin (5), Iona Logan (5), Harry Milner (5), Melissa Moorhouse (5), Ben Shelton (5), Lauren Smith (4), Isla Williams (4), Louis Ainley (3), Kidiest Hodgson (3), Joshua Sutcliffe (3), Martha Callaghan (2), James Robinson (2), Amelie Turner (2), Rebecca Dunn (1), Martha Everett (1), Mollie Greene (1), Olivia Hidayat (1), Dominic Mathias (1), Elizabeth Russell (1)

A huge thank you, to the Team Managers Anna Cheesbrough and Karen Milner for their support over the weekend.



Rod Wardle Selected to Commonwealth Games 2018:

Following a robust selection process, City of Leeds Swimming Club's Chairman, Rod Wardle has been selected as Team Manager for Team England at the 2018 Commonwealth Games on The Gold Coast, Australia.

This will be Rod's third major international competition, following his role as Team Manager for TeamGB at the 2016 Olympic Games in Rio and European Short Course Championships.

The Commonwealth Games will take place on 4-15th April 2018. 70 countries will take part in 275 events across 18 different sports.

Good Luck Rod, from all City of Leeds S.C.



Head Coach's Column Cont...

2018 will start thick and fast with our own new year meet, following into Yorkshire championships, into the Edinburgh international meet where our Juniors will be competing to achieve selection on to the European Junior Team. Good luck to everyone for the start of the new year.

I would like to thank the wider staff, volunteers and the coaches for all their hard work in operating the programme as a whole which allows us to continue to be one of the premier programmes in Great Britain.

Lastly, thank you to all the parents and swimmer for their continued hard work, taxi services and support.

Wishing you all a very Happy Christmas.

All the very best to you all.

Richard Denigan

STS/Co Leeds Swimming Caps

Please remember that members of the STS must wear the black Leeds City Council 'STS' swimming cap during training sessions.

These are available to purchase from the reception desk at John Charles Centre for Sport.

Once you have paid, please bring your receipt to the Swim Office to obtain your cap from a member of the Sport Team.

The yellow City of Leeds Cap must be worn at competitions. The black STS caps are not permitted at competitions.

Swim England North East Region Winter Youth/Senior Championships 2017

This year, the Swim England North East Regional Winter Youth/Senior Championships were held as a long course meet, at Ponds Forge, Sheffield.

Across the two days of competition, City of Leeds S.C. had 47 finalists who returned 28 medals.

Gold Medalists

Matthew Lyons (2), Ciara Schlosshan (2), Layla Black (1), Rebecca Clynes (1), Leah Crisp (1), Sophie Hobbah (1), Charlotte Robinson (1), Tia Ward (1)

Silver Medalists

Dalton Clapham (1), Rebecca Clynes (1), Leah Crisp (1), Matthew Lyons (1), Charlotte Robinson (1), Ciara Schlosshan (1), Tia Ward (1), Womens 4 x 200 Freestyle Relay (1)

Bronze Medalists

Sophie Hobbah (2), Layla Black (1), Rebecca Clynes (1), Keelan Fitton (1), Jonathon Milner (1), Charlotte Robinson (1), Ethan Sutcliffe (1), Tia Ward (1), Womens 4 x 100 Medley Relay (1)

Top 10 Finishes

Jonathon Milner (5), Tia Ward (5), Charlotte Robinson (4), Jake Sykes (4), Liam Birrell (3), Jacob Butterfield (3), Rebecca Clynes (3), Viktoria Gndt (3), Abigail Jack (3), Maisy Black (2), Leah Crisp (2), Womens 4 x 100 Freestyle Relay (2), Layla Black (1), Keelan Fitton (1), Ella Potts (1), Myles Stirk (1), Mens 4 x 100 Freestyle Relay (1), Womens 4 x 100 Medley Relay (1), Womens 4 x 200 Freestyle Relay (1), Mens 4 x 100 Medley Relay (1).

Many thanks to the Team Managers, Julie Crisp, Julie Hobbah, Survinder Rehal and Jo Yeomans for volunteering their time to support our athletes.

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!

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 Christmas fast approaching most 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 Registrations

As a result of Swim England bringing forward the deadline for renewals by a month to make sure that clubs and members are properly insured for the activities they are taking part in, we have made the decision to bring the submission of the renewals deadline forward to 28th February for 2018.

As before, failure to pay by mid February will result in your child's membership being lapsed from the Swim England register and would therefore be unable to compete. To subsequently reinstate membership will incur a re-registration fee of £25.00 in addition to the normal fees, so please be aware of these changes and make sure fees are paid on time.

The full fees for 2018 will be £143.00 for the first child. Associate membership will remain at £25.00.

The first opportunity to complete payment will be Monday 8th January 2018. John Clayton, Membership & Registrations Secretary, will be in the timing suite collecting fees each following Monday until books close on Monday 12th February 2018.

If you have any queries regarding club membership or Swim England registration, please do not hesitate to contact John on a Monday evening in The Denison Room, or via e-mail to regseccolsc@btinternet.com.

Yorkshire Swimming Association's Winter Competition 2017

The Yorkshire Swimming Association's Winter Competition was split over two weekends of racing. The 12 & under age groups competed on 30th September/1st October 2017 and the 13 & over age groups competed on the 21/22nd October 2017.

From 208 finalists, we had a return of 108 medals.

Gold Medalists

Myles Stirk (4), Isabelle Goodwin (3), Ben Shelton (3), Tia Ward (3), Layla Black (2), Rebecca Clynes (2), Thomas Jackson (2), Daniel Ransom (2), Anna Ashcroft (1), Oliver Brompton (1), Martha Everett (1), Olivia Hidayat (1), Sophie Hobbah (1), Kourosh Khodakhah (1), Ella Potts (1), Akal S. Rehal (1), Charlotte Robinson (1), Ciara Schlosshan (1), Elliott Watkins (1), Matthew Yeomans (1)

Silver Medalists

Ciara Schlosshan (5), Isabelle Goodwin (3), Isla Williams (3), Anna Ashcroft (2), Ella Cooper (2), Martha Everett (2), Kidiest Hodgson (2), Gabrielle Idle-Beavers (2), Thomas Jackson (2), Matthew Lyons (2), Charlotte Robinson (2), Tia Ward (2), Martha Callaghan (1), Keelan Fitton (1), Sophie Hobbah (1), Joseph Levison (1), Iona Logan (1), Ella Potts (1), Daniel Ransom (1), Akal S. Rehal (1), Ben Shelton (1), Hannah Smith (1), Lauren Smith (1), Myles Stirk (1), Millie Williams (1), Emma Wood (1)

Bronze Medalists

Alex Dunn (3), Keelan Fitton (3), Ella Cooper (2), Isabelle Goodwin (2), Sophie Hobbah (2), Akal S. Rehal (2), Ciara Schlosshan (2), Ben Shelton (2), Oliver Brompton (1), Martha Callaghan (1), Rebecca Clynes (1), Martha Everett (1), Arthur Firth (1), Viktoria Gndant (1), Mollie Greene (1), Kidiest Hodgson (1), Iona Logan (1), Holly Macdonald (1), Daniel Ransom (1), Charlotte Robinson (1), Alice Underwood (1), Isla Williams (1)

Top 10 Finishes

Martha Callaghan (7), Leah Crisp (7), Harry Milner (6), Jonathon Milner (6), Charlotte Shaw (6), Louis Ainley (5), Martha Everett (5), Viktoria Gndant (5), Akal S. Rehal (5), Charlotte Robinson (5), Zak Stolarski (5), Matthew Yeomans (5), Kidiest Hodgson (4), Freya Johnson (4), Matthew Lyons (4), Ruby Palmer (4), Ella Potts (4), Amelie Turner (4), Tia Ward (4), Isla Williams (4), Jamie Broome (3), Dalton Clapham (3), Rebecca Clynes (3), Gabrielle Idle-Beavers (3), Abigail Jack (3), Thomas Jackson (3), James Robinson (3), Oliver Steele (3), Myles Stirk (3), Anna Ashcroft (2), Pheanie Banks (2), Liam Birrell (2), Faith Blain (2), Philippa Bromley (2), Nathan Dulay (2), Alex Dunn (2), Keelan Fitton (2), George Knowles (2), Joseph Levison (2), Iona Logan (2), Sasha Long (2), Dominic Mathias (2), Jolie McGreavy (2), Kasja Rickleton (2), Leah Schlosshan (2), Harry Senior (2), Megan Sharp (2), Lauren Smith (2), Jake Sykes (2), Jacob Talbot (2), Alice Underwood (2), Elliott Watkins (2), Millie Williams (2), Emma Wood (2), Chloe Agar (1), Megan Bellhouse-Smith (1), Maisy Black (1), George Brooks (1), Megan Burnell (1), Niamh Carroll (1), Charlotte Clarke (1), Mischa Comrie (1), Ella Cooper (1), Phoebe Dawson (1), Ashton Dees (1), Lucia Dunhill (1), Arthur Firth (1), Jacob Goodison (1), Mollie Greene (1), Evie Harris (1), Olivia Hidayat (1), Jad Idris (1), Matthew Just (1), Kourosh Khodakhah (1), Jake Lambert (1), Holly Macdonald (1), Thomas Milner (1), Evie Murdoch (1), Ava Ransome (1), Theodore Rosenberg (1), Ben Shelton (1), Hannah Smith (1), Isabel Sykes (1), Jessica Widdowson (1), Adam Wood (1)

Thanks to Kay Jackson, Kim Mathias, Jane Goodwin, Mandy Riddiford, Meron Gebrehiwot, Karen Milner, Julie Hobbah, Julie Crisp and Jo Yeomans who volunteered their time to Team Manage at this competition.

Supporting Our Stars!

Behind our very successful club are a group of volunteers that work tirelessly to provide support to our swimmers to help ensure their continued success. From winning their first medal at a Development Gala to competing at the Olympics all of our swimmers are supported through fundraising.

Last year the supporters committee raised in excess of £9,000.00.

This money is used to support swimmers at all levels from receiving a selection box at Christmas to paying for the coach to take swimmers to the Welsh Nationals each year and everything in between.

In the past six months money raised by the committee has been used to:

- Pay for lunches for swimmers at British and English Summer Nationals.
- Coach hire for all swimmers to Welsh Nationals.
- T-shirts for the Junior League Finalists.
- New flags for swimmers to take to meets such as Welsh Nationals and Junior League.
- Selection Boxes for all swimmers in the training scheme.

The supporters committee organise run our bookstall on Monday night and at swim galas and organise our fundraising events (fun runs, bag pack etc) and the club party .

Bob requires no introduction, he can be found on the balcony selling lucky numbers on a club night and at Gala's selling raffle tickets.

Karen, Nadine & Doreen run our club shop and man the door at Gala's.

We have recently welcomed Kay, Georgina, Meron & Lesley to the committee and they are working hard to make the City of Leeds Christmas Meet a huge success.

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!

Athlete Selections 2017/18

The City of Leeds S.C. continues to be one of the leading programmes in the UK and is recognised by British Swimming and Swim England for continuing to produce large numbers of athletes for National Programmes.

Congratulations to the following swimmers on their selections.

British Swimming Podium Potential Funding
Ciara Schlosshan

England Programmes Phase 1

Tia Ward
Charlotte Robinson
Ella Potts
Ella Cooper
Matthew Lyons
Akal Rehal
Isabelle Goodwin
Ella Cooper
Amelie Turner
Kidiest Hodgson

England Programmes Phase 2

Jonathan Milner
Liam Birrell
Rebecca Fisher
Rebecca Clynes
Leah Crisp
Sophie Hobbah

Swim England North East Region Talent Camp

Rebecca Dunn
Freya Johnson
Lara Thomson
Melissa Moorhouse
Joshua Sutcliffe

Yorkshire Swimming Association County Talent Camp

Freya Bedford
Jacob Goodwin
Mollie Greene
Olivia Hidayat
Jad Idris
Sasha Long
Lauren Smith
Jessica Widdowson
Isla Williams

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



Gavin Meadows

Born on 8th September 1977 in Bradford, Gavin came through the Swimming Training Scheme to reach the highest level of the sport.

Gavin has won medals at European Junior and Senior Championships, World Championships and the Commonwealth Games. He was also a member of the GB 4 x 200m Freestyle Team that finished 4th in the 2004 Olympic Games in Athens.

Now living in Dubai, with his wife and two children, he is the Franchise Director for Johnson & Johnson in the Middle East.

What was it like to be part of City of Leeds during your time? Who did you train with and who coached you?

It was amazing really! Leeds in my early years was the Mecca for swimming in the UK. Having one of the three 50m pools in Britain and the close proximity to the universities meant that many of the UK's most talented came to swim with Terry Denison and Adrian Moorhouse. As a kid, it was amazing to see 8 or more Olympians in the pool on any given day. As a senior international, much was the same. Myself, Andrew Clayton, Claire Huddart, Ian Wilson and later James Hickman were all Major Championship medal winners and Olympians. We were all proud to represent the club and what it meant to have that blue shark on your swim cap.

Big Terry D was my coach, although the late and greatly missed Ian Greyson was the coach who guided me to the Olympics in my final year.

You've trained and competed at the highest level of the sport, where did you draw your motivation/inspiration from?

Motivation is tricky and it comes from no one source. In my early years it was just about having fun... later, as I improved, it was about beating the people around me; winning national titles etc. Finally, as a world class athlete, the motivation was intrinsic and internal. I wanted to be the best version of my athletic self. If I'm honest, the latter is the best approach. I wish I had discovered this earlier in my career, focused more on myself and less on external influences. Inspiration is everywhere. If someone gets up after falling, brushes off failure, achieves a lifelong goal or opens a door for an old lady, this is all Inspiring. We just have to open our eyes!

What was your weekly training routine?

In a heavy training week, I would do an average of 9 sessions per week, with a maximum of 10. My weekly volume would be 60km. I was an endurance sprinter, so did a lot of VO2 max and 'over-kicking' workouts. I'd lift 3 times per week and dedicate about 45mins per day to core and bodyweight exercises (including lots of shoulder stability work too). I cycled to training and back once per day and anybody who is familiar with Churwell Hill will know that's no small element. Train, eat, sleep, train, eat, eat, sleeeep!

You spent some time training in the USA, how did that compare to your experiences in Leeds?

For one thing, the weather was better... It was a phenomenal experience. It allowed me to gain a degree whilst staying in the sport and really taught me how to race tough and not be phased by the challenge of those around me. It's not uncommon in a collegiate swim meet to race 4 times in the space of 4 hours all against world class opposition. I recall one particular meet where I swam the 1,000yds freestyle against an Olympic 1500m finalist; then swam the 500yds and 200yds against an Olympic 4x200m Freestyle team gold medalist. To top it off, I then had to race the 4x100yds relay against the US college champions. Ultimately I met my wife to be whilst in Arizona, so really the most important experience of my life to date.

What was your favorite (or most memorable) set in training?

My favourite set was 10x100m on 5:00 max effort! I loved going fast! At a training camp before the 2004 Olympic Games, I averaged 52.4 for this set. The worst set for me was 4x1500m on 20:00, descend 1-3 and hold the 4th. I don't need to explain why this is the worst...

What do you think made you the swimmer you were and what advice would you give to our youngsters?

LUCK: I happened to grow up in Leeds where the best facilities, coaches and athlete were. That environment gave me such an incredible opportunity and platform to work from. **SUPPORT:** My Mum and Dad went to hell and back for me financially, emotionally and physically. Without them and their unbelievable sacrifice, I would never have had a shot. **STUBBORNNESS:** I don't give up, I don't back down and I know that on a long enough timeline, I will be successful at whatever I dedicate myself to. **MESSAGE FOR THE YOUNGSTERS:** This is your opportunity! Every day you waste not improving will be a day you regret when you look back. You have everything you need; set your target, ignore people who tell you that you can't (they're just afraid you will) and do not quit when the tough times come. If you do that... I guarantee you will be successful. I will look forward to watching on the TV!

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

Firstly, what was it like to compete at an Olympic Games?

It was incredible. It was amazing to be competing against the best people in the world and to see all the other sports competing too. There was an athlete village where every sport and country lived, and you would just keep walking past all these famous people! There was such an amazing atmosphere while racing in front of the huge crowds. It is something I will never forget! I also felt very proud representing my country, knowing I had qualified for the Olympics.

You've either raced or trained on every continent, what is your favourite venue?

I think my favourite place has to be Japan. Me and a small group of swimmers did a National Training Camp with the Japanese National Team. We stayed in a temple in the mountains, and ate Traditional Japanese food. It was amazing to experience their culture and see what their training was like. We also were able to visit Tokyo which was great.

Do you ever get nervous when competing? How do you deal with your nerves?

For important competitions, I do get nervous. But I do think it is important to have some nerves, as you use this as adrenaline in a race. But I control them by trying to stay relaxed before and not overthinking my race.

How did you get into swimming?

I was talent spotted while doing swimming lessons with school at Kirkstall Leisure Centre. I went to a talent camp and they chose me to start at E-group. And ever since then I have been swimming! I was around 8 years old.

How did you manage to balance your school work with all the training you had to do?

Although it was very hard doing both, I managed it by being very organised. I was also lucky to receive a lot of support from my coaches. For example around exam time, they would allow me to have the morning off, so I wasn't falling asleep in the exam! But I did find that going training after school gave me a break from all the school work, and if I'd had a bad day at school, I could forget about it when I came training.

What do you think it takes to be an Olympian and what advice would you give you our young swimmers?

I think it takes hard work and passion! I believe so many people are capable of becoming an Olympian, but only a few make it because they are the ones who really work hard. You just have to keep going through all the bumps along the way. But I think the most important thing is to enjoy it! When you are loving what you are doing, it doesn't feel like it is hard work, and you enjoy every moment.

What was your favorite (or most memorable) set in training?

There have been so many! But I always loved doing the Christmas set. This was last session before Christmas. We would all get into our racing suits, and there would be loads of different races in a bag. We would each take turns to pick one out of a hat, and we would always have to do it. Although last year we picked out 800IM which one of the coaches secretly put in the bag, and that was pretty memorable!

Finally, when will we get to see you race next?

I will be competing at the Winter Nationals/Commonwealth Games Trials, in Sheffield, next week.



Georgia Coates

Georgia was born 19th February 1999 in Leeds.

She joined the Swimming Training Scheme In 2008 and progressed through the various squads before leaving us in August to join the National Training Centre in Bath.

During her time in Leeds, Georgia won medals for Great Britain at European Youth Olympics, European Junior Championships and World Junior Championships.

On the senior swimming circuit, Georgia has competed at European Championships and the 2016 Olympic Games in Rio.

Georgia is currently deciding what to study at university, whilst training under Dave McNulty at Bath National Training Centre.

She is considering what career path she wishes to follow, and which university course will be the best fit for her swimming training.

You can follow Georgia on Twitter:

@ GeorgiaCoates9

School Swimming Talent Pool

During September and October 2017, the Swim Training Scheme Coaches visited school swimming lessons at Leeds City Council Leisure Centres around the city.

Over the 4 week period, the coaches observed approximately 8,000 primary school children. 120 of these children were invited to attend a 'Talent Identification' event at the John Charles Centre for Sport during the October Half Term.

The event comprised of a pool session, a presentation and a Q&A with some of our National/International swimmers. It also provided the coaching team with an opportunity to take the children through a number of tests, to determine which children were at the required standard for entry into the competitive swimming pathway.

67 children were offered a place in one of Leeds City Council's Stage 8 Competitive Swimming Groups, whilst 13 individuals were offered the opportunity to join the Swimming Training Scheme.

This 'School Talent' process is repeated twice each year and has already proved to be a great success, with the likes of 2016 TeamGB Olympian, Georgia Coates, identified during her school swimming lesson almost 10 years ago!

If you have any questions relating to the school talent identification process, or about entry into the Swimming Training Scheme, please do not hesitate to contact:

swimming.training.scheme@leeds.gov.uk.



Avoiding Winter Illness

Avoid the virus altogether

Obviously a lack of exposure to the virus will dramatically reduce the chances of contracting an infection; however avoiding the virus is not always that easy. The best method of reducing contact with the virus is giving cold sufferers a wide berth. Also if you are ill please contact your doctor as he will be able to tell you whether you are infectious and therefore whether you should be training. You can also minimise passing on your cold by ensuring that you cough and sneeze into tissues and throw them away after use.

Hygiene & Hand Washing

Cold viruses are often introduced into the body from the hands and it is easy to pick up viruses by touching contaminated surfaces, or by shaking hands with infected individuals. To help reduce the likelihood of contracting an illness in this manner you carry anti-bacterial hand gel with you at all times so that you can keep your hands clean. In addition regular and thorough hand washing throughout the day will reduce the chances of infection.

Rest & Recovery

During the winter it is particularly important for athletes to ensure that they gain adequate rest between sessions, sleep at night and reduce both psychological and physiological stress. This will ensure that you stay as healthy as possible when your immunity is reduced during periods of heavy training.



Maximise immunity through nutrition

Part of the body's adaptation to hard or long (90 minutes and over) training sessions involves an increase of hormones and proteins which can place you more at risk of illness and infection. Adequate sleep, remaining stress free, as well as maximising your nutrient intake will help protect from viruses and bacteria which cause colds and influenza.

Great news... but how can you maximise your intake of these nutrients?

There is no miracle pill here in fact, over supplementation with some vitamins does you more damage than good!...Focus on lots of coloured fruit, vegetables, beans, legumes, grains, animal meats, oils (canola, olive, walnut) added to your potato, rice, pasta, rice and cereals... too easy!

Probiotics and antioxidants may reduce risk of upper respiratory tract infections and can be found in the foods listed above along with probiotic yoghurts.

Snack on small handful of nuts and try some hearty winter soups or healthy casseroles and hot pots. See how many colours you can get into the meal.

Vitamins, minerals and antioxidants come in a variety of colours; the more colours you have on

your plate the better your intake and absorption of these compounds.

**Zinc, iron,
magnesium,
manganese,
selenium,
copper, vitamins
A, B6, B12 & C
along with
carbohydrates
and protein all
play an essential
role in immune
function**

Keep Hydrated...

Your saliva contains proteins which act as antimicrobials, these great little proteins help kill bugs. During exercise your saliva secretion can decrease. Keeping hydrated throughout the day, especially during training will help to protect against infective bacteria and viruses. Keep your water bottle with you throughout the day and sip at regular intervals. Hopefully you don't need reminding, however, general hygiene such as washing hands regularly and brushing teeth also plays important part in immunity. Avoid sharing drink bottles, cutlery and towels.

Team Manager Workshop

Six, City of Leeds S.C. parents attended a Team Manager workshop on Saturday 18th November 2017, at John Charles Centre for Sport.

The workshop was 3.5hr in duration and had the following learning objectives:

1. To raise awareness of key areas to consider in being a safe and effective Team Manager for local competitions.
2. To identify likely problems and challenges
3. To understand the need for Risk Assessments
4. To be aware of where further help, guidance and support is available.

Team Managers are vital to the wellbeing and success of our team. It is the Team Managers who ensure that everything goes smoothly at camps and competitions.

Team Manager training comes in two modules. The first for local competitions and the second for overnight stays and trips away.

Well Done and Thank You to David Broome, Cheryl Lyons, Karen Milner, Carla Paniagua-Gutierrez and Julia Webster.

A special thank you must also go to Julia Webster, who not only attended the workshop, but gave up additional time to make the necessary arrangements to organise this workshop.

We are always looking for additional Team Managers. If you are interested, please contact Jo Yeomans, at the John Charles Centre for Sport on a Monday evening.

Your Club Needs You!

The City of Leeds Swimming Club relies heavily on the support of volunteers in a number of capacities from selling pound numbers each Monday evening (and I'm sure by now you all know Bob) to working as a "white" on poolside at our meets. I understand as a new parent within the scheme that it's difficult to understand everything that goes on. Training times, meet entries, equipment etc. and let me assure you we have all been in that same position at one time or another. I remember, although a distant memory these days, when I sat on the balcony at Leeds International Pool as a "newbie" and wondered what on earth was going on and whether I would ever "get my head" around everything. Those were the days when I was quiet and shy (hard to believe) and found it difficult to ask those questions as I hadn't a clue who to ask.

I'm sure there are plenty of parents who have those same feelings at the moment, but to reassure you there is always someone who can help and if we don't know the answer, we will do our best to find it for you. We can be found on a Monday evening (club night) in the Denison room and we are the unlikely lot that you will see when you come through the door sat at the tables, please don't be embarrassed to come and talk to us, we don't bite honestly. I decided very early on that I would like to volunteer and questioned eventually how I got to be one of those people on poolside who wore white and walked up and down the pool. Although white never really suited me, I felt that I had more to offer than sitting spectating. I decided to take the plunge and started working on poolside, first as a timekeeper (J1), then judge (J2) before becoming a starter (J2S). I contemplated training to be a referee, but decided that I wanted to change direction and work on the meet management side of things. That's history now and have been meet manager for Leeds for a number of years, but along the way I learnt all the jobs that are linked to the meet manager and have had great fun doing it and have met some wonderful people who have become good friends.

Seriously though my involvement with the City of Leeds Swimming Club has given me great satisfaction and I have had the honour of working at the Nationals as Meet Director for a number of years as well travelling widely both in this country and abroad as a team manager for both Leeds as well as County/Region.

I would like to conclude by saying a big "Thank You" to everyone who has supported the club over the last year in their volunteering role and special thanks to David Broome and Julia Webster who together with myself take all the entries on a Monday evening. Walter Taylor our lead referee who gives his time, not only for our meets but to run officials courses and Kev Schofield who inputs all the entries and helps with the organisation of the meets. There are so many more I could mention, but it could start to sound like an Oscar winning speech and don't want to get even more boring. But please come and chat about volunteering on a Monday evening, if you think you would like to help or contact me by email at vickispencer@hotmail.com. We are hoping to hold a parents evening to talk about how you could help us.

On behalf of the Meet Management team, we would like to wish everyone a very peaceful Christmas and a Happy New Year.

Vicki Spencer, Co Leeds Meet Manager

Kevin Schofield selected for Pathway Coaching Programme

Following a selection process, Kevin Schofield has been successful in gaining one of the twenty available places on Swim England's Pathway Coach Development Programme.

This programme is a unique development learning programme aimed at those coaching 'age group' athletes (10 – 14 years) in the Swim England Pathway, and will comprise of five workshops, peer mentoring sessions and performance programme observation visits.

The five workshops will include:

- Self-awareness and reflective practice
- Coach athlete relationships and getting to know each other
- 'World Class' starts, turns and underwaters
- 'World Class' planning principles for long term gain
- Staying connected; communication and leadership styles



As part of the programme, Kevin will also be expected to attend and contribute to up to three 'Peer Coaching Mentoring' sessions in addition to observing and participating in coaching sessions at Performance Swimming Environments across England.

Congratulations to Kevin, from all at LCC STS & City of Leeds Swimming Club.

For more information about the Pathway Coach Development Programme, please visit: <http://www.swimming.org/sport/coach-connect-programme/>

Coaches Reports

County East

Janet and I have been really impressed with the hard work you have all been putting in lately!

We have 'upped' the meters and everybody is coping really well. We've been performing really well in galas especially the last Development Meet! On that note, can I kindly remind you that the entry form for the next development meet needs to be in on the 11th of December.

I hope everyone who is attending the Christmas bowling party is looking forward to it; I know I am! Also bowling has been changed to 6pm now instead of 6.30pm. Any problems drop me an email.

Loving the effort in the 'pass out' sets!

Keep putting in the hard work team!

Merry Christmas.

Tom and Janet.

County West

Welcome back to the 2017/18 season.

As most of you know Emily Gordon left in summer to start her teaching career in the Middle East. A new assistant coach is starting shortly. She will work alongside Jamie Hutchinson, who has already started volunteering with us.

Well done to all those who swam at the recent Development Gala I can see you all nudging closer towards those Yorkshire times. Keep working hard.

Finally, please keep an eye on the City of Leeds web site for galas and entry dates.

Lyn

Regional Fast Track Squad

Well done to everyone who competed at the development gala last month!! We had some really good results.

Good luck to the boys who are moving up to Kev's group this week just keep working as hard as you have with me for Kev.

I want to say it had been a pleasure to coach you all and good luck in the next development gala where I will be keeping my eye on the results.

Phil and Joe

Coaches Reports

Regional Development

Well done and good luck to those of you who were selected for promotion next week. Train hard for your new coaches like you have done for us. It's been a pleasure coaching you and helping you on your way to the top. We look forward to some new swimmers joining the squad, please all work together to make them feel welcome and introduce them to the Regional Development team spirit. Moving groups can be scary as I am sure some of you will remember.

The squads attendance at training is very good at the moment and we feel this, along with your hard work has contributed to big drops in your PB's over the last couple of competitions. As the last two meets to qualify for the 2018 Yorkshires become closer and closer, please make every effort to attend every session.

We were very pleased with your performances at the Snow Frills meet, 120 PB's out of 136 swims and 9 more Yorkshire Times. It was great to see some of the younger swimmers trying new races for the first time and achieve Yorkshire times in the long course pool. A special mention to Nathan Dulay who managed to pick up another NER qualifying time.

We are extremely proud of our 9 year old boys, who contributed to 6 of the 9 meet records at the Junior League Final. Keep training hard to secure a place on the 2018 team.

Swimmers are still managing to improve on the underwater challenge and we have seen Curtis Mews, Erin Thorn and Sedona Reed win the challenge across the last few months.

We hope you are all excited and looking forward to the Regional Christmas Party held at Oxygen on Tuesday 19th December. Have a great Christmas and New Year!

Kevin & Kim

Regional Performance

This is the first newsletter since I have started on the squad and I would just like to say that it has been an absolute pleasure. Being given the chance to coach such talented and enthusiastic swimmers is brilliant and I hope the swimmers enjoy it just as much as I do.

Congratulations and well done to those swimmers who have moved up and joined us in December. We look forward to working hard together as a team and seeing some fantastic results when we step up to race. We need to make sure the whole of Regional Performance push each other to train our very best every session, ensuring that we arrive ready to race FAST with EXCELLENT skills at the Yorkshire's in February. Good luck for those who are still chasing them extra Yorkshire times at the Christmas and New Year Meet – we have no doubt that you will achieve these from your hard work in training.

A quote I remember, when I used to train here at the City of Leeds, from my coach Richard Denigan (Head Coach): "Consistency in training well is the key to bettering performance".

Best of luck to everyone and have a great Christmas!
Harrison and Craig

Junior Performance

"Some of the squad swimmers have started the year well and have had some good PB's; but I want more from everybody please. I have written a little poem that sums up my feelings better than just writing a couple of lines.

I've taken the time to make this rhyme, but with my busy life, I'm surprised I had the time.
I never question the ability of my swimming group, only the desire to jump through the next hoop.
If "I can" was the only reply from you lot, I'm sure a big bag of gold medals would be got.
Without going into many a verse, as I do not want to come across as bad tempered and terse.
My mission in swimming is to make you all better, I shout and I scream until I'm at the end of my tether.
Roll-on the day that you all have belief, my face would crack and smile with such relief.
If only you would all want it as much as I, the dream really isn't pie in the sky.
So maybe one day when you're grey and old, you may look back at your long past swimming days and be bold,
and say to your grandchildren when they tell you they can't, "You can but you must try harder and if you say can't you sharn't....."

Alternatively trying harder now would work as well!

Thanks, Alan

Coaches Reports

National Age Group

We are ploughing through the season at the moment. The focus has switched to increasing volume whilst maintaining technique going in to the Christmas Meet. We've three weeks of intensity left in the pool before we regenerate for the Meet. As always, steadfast commitment to attendance and having a positive attitude to challenges is the key component to improvement at this stage of the scheme.

The Newbies of National Age (those joined in September) have adapted to life really well. The attitude to training is generally positive and their behaviour in the gym is exemplary. I'd like to see the boys 'think' about their warm-ups, instead of race them; and I'd like to see the girls challenge themselves a little more, particularly in their preferred strokes.

The veterans of National Age Group (as I affectionately call them), have covered some serious yardage that undoubtedly and I've been impressed with their resilience to cope with the work. Again I'd like to see the girls challenge themselves a bit more (it hurts to get better!); And I'd like to see the boys work as hard with all the other aspects of training (gym, pre-pool, technique etc.) as hard as they do the main-sets in the pool.

I hope you enjoy your Christmas, and Santa brings some early Personal Bests at the Christmas Meet, but try to limit the chocolate intake! Have an extra course of Christmas dinner instead?

Merry Christmas,

Craig & Paul

National Squad

We have a great block of training under our belts. With some great efforts between September and now. Attendance has been great. Well done to Ethan Sutcliffe who is at 100% attendance and has missed 0 metres so far this cycle!

Good Luck to everybody at the Winter Meets, whether you are racing at the Co Leeds Christmas Meet, or the Swim England National Winter Meet, let's finish this cycle on a great meet.

Enjoy the festive break and your time away from the pool. Stay healthy and use this time to recharge your batteries. We need to come back 'ready to go' in January, with just 8 weeks until European Junior Championships Trials and then shortly after the National Championships qualifying window opens.

Merry Christmas,

Rich, James, Craig, Kev & 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!