

**Portsmouth Northsea Swimming Club**  
**Mountbatten Sports Centre, Alexandra Park,**  
**Portsmouth, Hampshire PO2 9QA**  
**Tel: 02392 650242**



## **MARCH 2011 NEWSLETTER**

Hi Everyone

Well the final weekend of the Hampshire Championships have concluded & can I firstly say a **BIG WELL DONE** to everyone who competed.

As most of you know when I took over the club my philosophy was to gradually build up our age group swimmers in line with Long Term Athlete Development. To quote from the ASA guide to LTAD.

**“Scientific research has identified that it takes at least 10 years, or 10,000 hours for talented athletes to achieve sporting excellence. There are no short cuts!**

**There are two ways in which young swimmers can improve their performance:**

- **Training;**
- **Growth and development.**

**Long Term Athlete Development (LTAD) is about achieving optimal training, competition and recovery throughout an athlete’s career, particularly in relation to the important growth and development years of young people. If a long term approach to training is not adopted there is likely to be a plateau in performance, when growth and development slows significantly. This for some swimmers may result in their performances getting worse. At this point the short-term training approach cannot be reversed. This often leads to drop out before a swimmer has achieved close to their potential”.**

**With this in mind I was pleased to note that despite the restrictions that I imposed on our swimmers in the number of training sessions they could do, our medal haul this year was the same as last year after taking into account our females did not enter the 1500 or males in the 800 (due to the fact that these events are no longer held at Nationals).**

**It is quite simple, if our 12 year olds who are doing 7 training sessions a week are either beating or pushing swimmers from another club where they are doing 9 sessions then there is & will be a lot more room for improving & developing from our swimmers. Yes the other club may, as stated above, have reasonable results **BUT** ultimately it will be short term gain & **NOT** to the athletes long term future or development.**

**The major success of this club has been with Coach’s Chris Nesbit & Fred Kirby & having had several meetings with Chris & been present at his talk in November at the British Coaches Conference, I can confirm that he believes he would now do things differently in that he would have looked at the longer term view of the athlete’s.**

**The Coaching Team are aware that we still require a lot more work on our starts & turns & this will be addressed in the next cycle of work.**

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I was particularly pleased with the vocal support by the parents at Waterlooville, you did the kids & the club proud – now if you guys can continue with the club / family feeling by wearing ‘team’ t shirts that would be great. It would give a massive boost to both swimmers & coaches at competitions, especially if you guy’s took up a whole section so over to you.

### **BRITISH CHAMPIONSHIPS**

Well done to both Neil & Amberley. Despite a recent technical stroke change Neil came away with a season’s best in the 200 Breaststroke & this should stand him well for the rest of the season as the new technique beds in. Amberley was just 6/100ths off her lifetime best in the 100 Backstroke, her first event, but then followed this up with a great personal best in the 100 Breaststroke where she came 6<sup>th</sup> in the final.

### **ACADEMIES**

Following the recent festival we have had more swimmers join both Mountbatten & Eastney Academies & can I just say what a great job both Alison & Tammie are doing at putting in the foundations for the swimmers to have a long and great time in this fantastic sport.

### **SQUAD 1**

The parents should have received a letter off Georgia advising that unfortunately due to her back that until the end of the season she will be unable to attend training sessions on a regular basis. This will mean the coaching team working together to take the squad but rest assured that not only will Georgia be continuously updated on the swimmers developments at the weekly team meetings but Georgia will also be there for the monthly time trials.

Talking of the Time trials can I just say how great the response for helpers is for these invaluable events & can I thank everyone so far who has helped out. Let’s not get complacent though & think “oh there is always somebody to help” & continue to put your names forward, the more the merrier.

### **SQUAD 2**

Due to his work commitments Lewis has had to stand down from covering this squad but I am delighted to have obtained the services of Paul Dollery who has worked at both Locksheath & City of Southampton swimming clubs. This has again strengthened the coaching team at the club & I know Paul will be working hard on improving the technique of the guy’s in Squad 2 & in doing so continuing the good work started by Frankie & Lewis.

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### **SQUAD 3**

Thought the swimmers who competed at both Hampshire's & the recent time trials are showing great improvement. The target for all these guy's is to get Hampshire qualifying times & under Lee's direction & consistency of attendance this target should be within your reach, so let's go get them, have the times in your log book & every time you PB see how much closer you are to them.

**PARENTS PLEASE KEEP AN EYE ON E MAILS, WEBSITE & NOTICE BOARDS FOR ANY CHANGES TO TRAINING TIMES DUE TO HMST CLOSING FOR HOLIDAYS**

### **BRONZE SQUAD**

The guy's in this squad continue to go from strength to strength with some exceptional swims in both the Hampshire's & time trials so well done to both swimmers & Coach Murphy.

Targets for these guy's should be both Regional & YES National Qualifying times. Those of you who have read that & thought no chance..... wrong attitude, there are enough training hours for age group swimmers to achieve these goals & never be afraid to aim high. Remember:

**“ATTITUDE, ACTION, ACHIEVEMENT”**

### **SILVER SQUAD**

Big change for the guy's with Richards's departure but it was really fortunate that we had a coach of the calibre of Lindsay to step in & take control. Again the swimmers have responded well to the change with a big emphasis on technique improvement.

Congratulations to Lindsay who has passed her first exams to enable her to become an ASA Tutor. It is funny how small the world is, at the last European Youth Olympics in Finland (2009) I was Head Coach of the male team & Lindsay had a swimmer from Oxford on the team (Sam Van De Schootbrugge) who greatly impressed me in both attitude & skill level & here we are now 18 months later working together as a team, trying to instil the same virtues that Sam has into the swimmers at PN.

### **GOLD SQUAD**

I have been pleased with how the majority of you have performed since the turn of the year BUT we really need to push on now for the remainder of the season. Remember Excuses ARE Excuses, Results are REALITY.

**REMEMBER ALL LOGBOOKS TO BE IN ON A MONDAY MORNING SO THAT THEY CAN BE RETURNED MONDAY EVENING**

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### **NEW COACH ON DECK**

**One of the benefits of having Beacon status has been the investment by the ASA into a full time Synchronized Swimming Coach for Portsmouth. Former GB Synchro swimmer Helen Morris was the successful applicant & you will see Helen both at Beacon sessions & club squad sessions helping the swimmers to develop their sculling skills which in turn will help them tremendously with their technique.**

### **SOUTH EAST REGIONS**

**Parents & swimmers please be aware that RELAY TEAMS are priority for you. IF selected then I expect you not only to turn up BUT to PERFORM. Swimming Individual events well & then not performing in the team event is simply not acceptable. You need to learn to raise your game for the teams.**

**COACHES, SWIMMERS & PARENTS NEED TO NOW WORK TOGETHER TO HAVE A GREAT END TO THE SEASON & REMEMBER POSITIVE ATTITUDE = POSITIVE RESULTS.**

**PAUL**