



Dear Swimmers and Parents,

January 2016 Head Coaches Newsletter

Cycle Review

Happy new year everyone. Apologies for the lateness of the Newsletter but had a few things to tie up prior to sending out. We finished 2015 strongly with some excellent results in December in particular...

At the end of cycle meet for most swimmers, the Maxwell Open Meet, we had some great performances from swimmers across all groups. This meet combined with some of the other Level 2 and 3 meets during the cycle has meant we go into ONB county champs with our biggest team ever (depending on rejections) and our highest number of qualifiers. Outstanding swims were recorded by many swimmers but it was great to see some excellent swims from Junior swimmers like Eamon Bradley some of the age group swimmers like Josh Press and seniors like Marcus Johnson and Aiyana Lawson with return from injury from Georgia Richardson.

At the ASA Winter National Championships CMK swimmers performed well despite affected preparation for most of the team leading into the meet. Max Murphy came 2nd Junior on the 1500m and Lucy Farmer finished in the top ten juniors in 6 different events. Both swimmers PBd in the vast majority of their events. Isobel Jones also had a strong meet finishing 14-18th in the Womens 200m, 400m and 800m Freestyle events. Along with Lucy the girls set 4 new county records between them. Other attending swimmers were Ryan Anscomb (PB and club record 50m Fly – 27th) Tom Flaherty (PB 100m Back - 27th), Oliver Lines (53rd), Grace Spong and Aiyana Lawson both on the girls relay. The Mens 4x100m Free team also just missed making the final coming 11th. Other CMK members competing for their University teams were Matt Masters, Luke Spain, Charlotte Evans (6th on 200m BK with 2 PBs), Joss Ulyett (3rd 200m Brst in a world top 25 time!)

We finished 4th in the Arena Lge this season, one place lower than last year. However, the team performed very well after a tough first round battling back to make the final with great commitment and effort. My decision to focus on other meets showed in some of the times recorded but the experience of racing and excitement of the competition especially the relays (in particular the last senior mens one!) was well worth while.

There was also an increase in membership and number of members competing throughout the cycle. Membership is now approximately 200 with around 120 competing members. We have run 2 successful home galas and also continued to progress our links with other local clubs in terms of coaching links, training opportunities and galas.

New Training Schedule

There are a number of changes to schedule to each group as follows. These are detailed on the new schedule attached. This will start on **1st February 2016** with some squad moves being actioned before then.

Senior 1

Luton now starts at 5.10pm. Info on finishing time will be forwarded in Feb to the group. Some will finish at 7.30pm from after counties.

Senior 2

Sunday groups will split into 2. Distance swimmers train from 4-6pm and will have an Aerobic training set. Sprinters train from 5-7pm and have an anaerobic training set.

Senior 3

The Wednesday PM set at Leon is replaced by a session on Tuesday night 7.30-8.30pm. This is to keep offer more spaces for both AG1 and Sen3 groups. The Sunday session is moved to 5-7pm to provide an anaerobic quality set with Sen2.

AG1

Sunday training is moved to 4-6pm to work with the Sen2 distance group. Land training on Wednesday is still at Leon but in a different room.

AG2

Additional training is made available for some swimmers in this group. Around 10 swimmers will be invited to train on Tues and Weds nights at Leon. This means this group can now support swimmers at 12-14 who may not yet be ready for the commitment of AG1 or intensity of Sen3 are better supported.

Junior Squad and Rising Stars

Are unchanged

Mini Stars

The Tuesday session is replaced with a Sunday session at Stantonbury 6-7pm. Some of the younger swimmers were finding the 8.30pm finish too late.

Please note we are full in this squad now and swimmers may need to be allocated which 2 of the 3 sessions they attend if attendance is high. However at the moment swimmers should attend any two of the following 3 sessions:

[Monday 6.30-7.30pm at Wolverton](#)

[Friday 6-7pm at Bletchley](#)

[Sunday 6-7pm at Stantonbury](#)

Academy

The Tuesday PM session is now removed. I am sorry if this inconvenient but we are struggling to make this late session popular enough to be viable for young swimmers. The other sessions of

Monday 6.30-7.30pm at Wolverton

Friday 6-7pm at Bletchley

Sunday 6-7pm at Stantonbury

are popular and swimmers attending Tuesday night Academy may discuss with Lisa which one will suit them best. Some swimmers will be moving into Mini stars anyway so will be changing anyway, Lisa will contact you by email in the next day or so if you are offered a place in Mini stars.

Membership Numbers

CMK is very full! All swimmers and parents must be aware of the squad minimum requirements. In the past these may not have been enforced providing there were squad places available. However in many groups that is no longer the case. Swimmers may be moved down groups to make space for others if they do not use the facilities available to them or do not attend meets in particular end of cycle ones. Some swimmers may also be moved if not training at the standard of the group or in competition. There are additional notes on the schedule to reflect this.

Fixtures

There are new meets cropping up and changes to the fixtures list all the time. The following meets are our focuses for this training cycle:

Counties (entries already processed)

Aquae Sullis (entries already processed)

12/13th March Wycombe L1 (entries due in) & **Watford L3**

2/3rd April **CMK meet L3**

12-17th April **Olympic Trials** & Luton L1

30th April/2nd May Youth (15yrs+) Regionals

14/15th May Age Group (11-14yrs)Regionals & Luton L1 (Youths only) & **LBSC L3**

28/29th May Age Group (11-14yrs) Regionals

The meets in Green will suit many swimmers in RS, Junior, AG2, AG1 and Sen3 in particular. Please put these dates in your diary and await further info by email soon.

In the remaining training cycle (Jun & July) we are considering a number of new meets, full info is yet to be published.

Goal Setting

CMK Goal setting forms are available on the website and should form the basis to any discussion with me or Lisa to progress next season. These are not compulsory for all but may also be suggested by your coach especially if you wish to have a progress meeting.

Volunteering

CMK have a wonderful group of volunteers however as often happens when things are running well we tend to feel that things are under control. If any one would like to volunteer for coaching, committee or gala roles then please contact me by email. Your involvement will help the club

improve as well as support those already making the commitment and provide a working group for the future.

Welfare notes for parents and swimmers

Please note that the following relating to general welfare, please read through:

1. Swimmers/Parents must inform coaches at the start of a session if an injury or illness may affect their participation. If an injury arises during the session swimmers should inform the coach.
2. Swimmers should ask to use the bathroom, this allows coaches to be aware of where they are. Swimmers should not go to the bathroom in Senior squads during the main set and should be starting to manage themselves to do this in Junior and AG groups. Coaching will reflect this.
3. Swimmers should not be dropped off at a facility at the gates in case a session is cancelled. Parents take responsibility of swimmers until they are on poolside with a coach is present.
4. Parents need to inform a coach if they are late to collect a swimmer (by phone call). Swimmers may not be supervised at an open leisure centre after a session as coaches have other responsibilities. Swimmers will not be left unsupervised at a facility without an open reception area.
5. Parents should not be entering the changing rooms unless for access to poolside or to use the bathroom. If parents have to assist their children getting changed please use cubicles and avoid the group changing areas in Stantonbury (nearest the pool) and Bletchley (furthest from the pool). Swimmers and parents should also be aware that the Leon changing room has one door which if open is not discreet. Parents should avoid standing outside and swimmers should be self aware when changing.

Summary

This has been a solid first cycle in terms of performance and an excellent one in terms of growth. We have had a few challenges but overcome these well with strong results at Development level as well as Regionsl/National level.

2016 is an Olympic year and already there is a buzz about National and Regional level meets. We will have swimmers at the trials in Glasgow and I hope everyone at CMK is inspired watching the elite level performers at our home pool or on TV. At the moment we have county champs going on which I am sure will have exciting races and I am looking forward to seeing a few younger swimmers rise to the challenge.

Good Luck in 2016