



NEWSLETTER

JANUARY 2021

Here we are again...Lockdown 3.

While the new lockdown has impacted our ability to train, the Management Team, Coaches and Teachers all hope that you have enjoyed the Christmas and New Year's Celebrations, recharged and are ready to tackle 2021 head-on with the same enthusiasm that we have seen thus far during the epidemic.

2021 will bring fresh challenges, but there is now a glimmer of hope at the end of the tunnel, with vaccinations and a return to training and competitions with our teammates and coaches on the horizon.

Following our successful 'Meet the Coaches Q&A' Academy and HPS Zoom meetings, both are available to watch on our GCTV YouTube Channel, we will be hosting another Meet the Coaches Zoom call focusing on 'How to be the Best Swimming Parent'. This will focus on what the club believes are the best practices to support your children on their journey as a Swimmer at Guildford City Swimming Club.

The Zoom call will be on Saturday 16th January (9.30 a.m.) and you will receive an email with a registration link shortly. We are only able to host 100 participants on the 'live' Zoom call, but as with our previous meetings it will be available on our GCTV YouTube Channel.

The land training sessions are continuing with Jordan on Facebook and YouTube and we highly recommend that you take part to keep active ready to return to the pool.

We are also excited to announce our very own 'Guildford City's Got Talent' competition for all our members. Grab your dancing shoes, your microphone or your camera and show Guildford City your talents! Send your best entries in to GCGT@gmail.com by midnight on Friday 29th January 2021.

Stay safe, stay positive!



Performance



Team



Character



DIRECTOR OF SWIMMING

It is just swimming up and down.....

Over the many years I have been coaching I have often heard parents make this statement about swim training. Watching their child train, looks to the uninitiated and untutored eye like lots of boring swimming up and down the pool, just swimming up and down!

Peeking beneath the surface reveals a deeper truth. Numerous layers become clear starting with the basic acquisition of skill through the consistent repetition of technique work and the coaches' constant reminders. The result is that the child learns to swim all four strokes, and wait a minute, they also become efficient and look smooth moving through the water! Intertwined throughout is the development of endurance, power, and strength. A result! a strong efficient competitive swimmer!

As the young swimmer continues, they start to compete, first at internal Club time trials and then the Surrey County Championships. They become a "Surrey" swimmer, which automatically means being ranked in the top 20 in their age group in the County. The parent attends the Championships and buys the tee shirt to suitably commemorate the honour. My child is a Surrey swimmer, one of the best in the County! The child begins to understand the importance of this momentous statement. They are different to most of their peers at school, they are considered the best (and sometimes the only) swimmer in their class. Self-worth continues to develop, and they qualify for the Regional Championships! They get a coveted squad promotion, introduced to a new Coach. Wait, the coach no longer wants to communicate through the parent! Sacrilege! So, the child must learn to communicate with the coach and deal directly and independently with a figure of authority.

State exams loom and the child now promoted to the National Youth Squad needs to study for their GCSEs. But wait they want to continue to train as well! Their ambition is to compete at the National Summer Championships. As swim training at this level requires such a big commitment, they quickly develop time management skills, generally accomplishing both academic and sporting goals in the same year.

Along the way the child would have experienced the sheer exuberant joy of achieving personal best times, the heart break of failure, the seemingly impossible task of completing a training session that is emotionally akin to climbing Mount Everest, the specialness of being part of a winning Club, and a life of discipline and dedication.

But, you know, maybe It is just swimming up and down.....

Richard Garfield
Director of Swimming



Performance



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HOT OFF THE PRESS...

Michael Phelps Brand is our New Sponsor!!!

Phelps Brand, the global swim brand produced by Aqua Sphere for Michael Phelps, has joined forces with Guildford City Swim Club to become its official kit partner.

The collaboration will see all GCSC squads racing in Phelps' high performance technical suits including the Matrix and Xpresso, plus the range of Phelps goggles including the brand's latest innovation, the Ninja.

Specialist swim shop KitKabin is the retail sponsor and supporter of GCSC and has a long history of working with our club. KitKabin Director Charlotte Elliott said, "We are proud and honoured to be associated with Guildford City Swimming Club and are really excited that the Phelps brand has joined the partnership."

"Phelps products are at the cutting edge in terms of quality, design and innovation and are our fastest-growing swim brand. Over the past year the Xceed has become our leading performance goggle – our swimmers love the range of colours, the great fit and of course its value for money."

"We will be expanding our range further to include the new Matrix race suits and the latest Ninja goggles plus all the training equipment and will have the full range in stock at our Surrey Sports Park shop."

HPS Lead Coach Lee Spindlow said, "This is a great opportunity for all our swimmers to be training and racing with the most up to date equipment around. The Xceed goggle has been highly acclaimed for its 180-degree hydrodynamic vision and super comfortable fit; the competition racing suits are excellent;



and the training gear is carefully thought through and obviously designed by a top swimmer and his coach. We believe this partnership will help improve our performance and take our level of professionalism to an even higher level and all our athletes are excited to compete at the highest-level wearing Phelps."

GCSC Director of Swimming Richard Garfield added, "We are very proud to be associated with this brand. We consider Michael Phelps to be the embodiment of all the values we live by daily – 'Teamwork – Commitment – Adaptability – Ownership – Responsibility and Respect'. We look forward to a long and successful future together."

Made in Italy with Aqua Sphere technology, the Phelps Brand develops an advanced range of products, from training equipment to performance swimsuits for competitive swimmers under the direction of Michael Phelps and Hall of Fame coach Bob Bowman.

www.michaelphelps.com
www.AquaSphereSwim.com

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COMPETITIONS

Whilst the recent news that we have now entered a third lockdown is disappointing and we must now wait to hear when the pools will reopen, there has been renewed reason for hope.

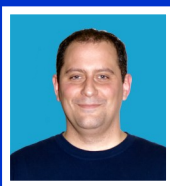
Our own Level X competitions have been warmly received by all. We have seen swimmers motivated, coaches smiling, and parents excitedly talking about the enjoyment of being back racing. We are incredibly proud of all our squads and competitors and it is even more pleasing to see so many ranked so highly on the Level X rankings.



The next step is for us to start looking at when external competitions can start. We have been in conversation with both the County and Regional Associations, both of which have been asked by Swim England to start planning for more traditional competitions. Indeed, Swim England themselves are looking at running several meets in July and August (Covid-19 pending) and British Swimming have published dates for Olympic Trials.

Most importantly, we are launching our own 2021 Club Championships as soon as we are able that will provide both heats and finals for 7 age groups and start getting swimmers prepared for the exciting competitions coming up.

This really does start to provide some optimism for the future and a reason to keep working hard in training and to focus on achieving those challenging goals.



Lee Spindlow
Lead Coach HPS

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BECOMING MORE COMPETITIVE

It is great to see swimmers turn up for training every week, either as a one hour a week Dolphin swimmer or as a multiple session County C swimmer.

If you are a member of either of these squads, is it possible to move up to the next level? The simple answer is yes, it is. There is a comprehensive and progressive structure within the Club which offers all our swimmers the opportunity to achieve whatever they aspire to and professional and dedicated coaching staff to encourage and support them in their quest.

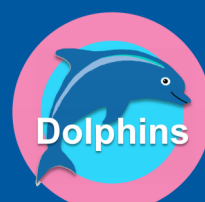
To make what may seem like a giant leap, several things need to happen. The swimmer needs to make the highest possible level of mental commitment they are capable of. That means not just turning up to training and aimlessly swimming up and down. Full attention needs to be given during training to the detail of the skill they are being asked to do. If performed consistently and to the best of their ability this will enable them to maximise their progress.

The above ethos regarding focus needs to be coupled with a realistic training programme which will best prepare a swimmer for consideration for promotion. Many swimmers new to Academy start with one or two sessions per week whilst they settle in, as part of our Dolphins group. They are encouraged to approach their coach at any stage to discuss any aspirations they may have. If they increase to three training hours per week, they become part of our competitive squad, County C, and this additional commitment can be coach encouraged or by parent request.

We encourage ambitious County C swimmers looking to move to the next level to commit to the maximum six hours of training per week. This will provide them with the training frequency to fine tune their competitive skills and the chance to acquire the necessary aquatic fitness in best preparation for promotion.

Whether you train once a week for fitness or in multiple sessions with a goal in mind, it is not always just about being at the front of the lane and going as fast as possible! You need to enjoy your swimming but also develop the mindset to take ownership of how you train. This means listening closely to your coach's instruction and feedback, applying the skills you are being taught, understanding when fast or slow swimming is appropriate and therefore ensuring you are taking every opportunity to optimise your time in the water.

I am always more than happy to discuss progress and pathways for your swimmer within our Club, please do contact me if you would like to fully review the opportunities available.



Paul France
Lead Coach County C / Dolphins coach



Performance



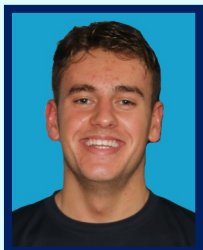
Team



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MEET THE COACHES...



Ben Rowett

I have been a swimmer for Guildford City Swimming Club since the age of six, starting in the teaching pool within Academy. I am passionate about swimming and Guildford

City Swimming Club as it has been part of my life now for 14 seasons.

My best stroke was butterfly, I qualified for British Nationals every year between the ages of 11 to 17 and achieved a British National Final place. I also qualified for British Champs on two occasions.

I have been coaching for one and half years now and currently work as an assistant coach within several High-Performance Squads. Working with different age groups and personalities has helped enormously in my development as a coach and I am thoroughly enjoying learning and improving.

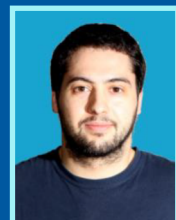


Ivo Mandradzhiyski

Swimming has been a major part of my life since starting at the age of 5. Originally from Bulgaria, my swimming potential was recognised and nurtured in a Sport Specialised School in Plovdiv (Bulgaria), culminating in reaching the National Championships and winning medals from Junior to Men's podium along the way.

After school I went on to study Sports Coaching Science at the University of Worcester, where I also continued to train and pursue my passion for swimming. In 2011 I joined Guildford City Swimming Club, initially coaching within the Academy and the Spectrum and Surrey Sports Park Learn to Swim schemes, progressing through to coaching within the Competitive Development Squad and High Performance. For the last two years I have been Lead Coach of the Masters' Squad with members achieving World, European and British records. This Squad is recognised as one of the best Masters' Squads in the UK and in 2019 we were proud to be the recipients of the 'Sports Team of the Year Award' from Sport Guildford.

I am excited to continue my journey in this sport and take on all challenges presented to me to secure future success.



Sergey Mandra

I grew up in Bulgaria where my swimming journey started at the age of 5 with lessons at my school. I was a quick learner and really enjoyed swimming. At the age of 9 I won 2 bronze medals at the National Championships, motivating me to start training more intensely. When I was 10 I was accepted into a Sports Specialized School where I had the opportunity to train with one of the best clubs in the country and under the direction of Olympic level coaches.

As an Age Group swimmer in my country, I won medals at Nationals and represented my country at various International Meets. I moved to the UK in 2007 to study at the University of Worcester and continued to swim and compete at County, Regional and National level competitions. I graduated with a Bachelors' Degree in Sports Coaching Science and then moved to West Sussex to work in a private swim school. While there, I continued to train as I still had the desire to compete.

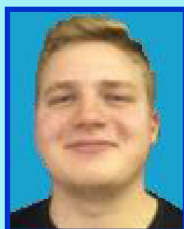
I was introduced to Guildford City by my university friend, Dan Cross, who was a coach working for the club at the time. I immediately liked the club atmosphere and the professionalism of their staff and swimmers. In 2011 I joined Guildford City Swimming Club both as a swimmer and a coach, initially working within Academy and the Learn to Swim schemes at both Spectrum and Surrey Sports Park.

During my time at Guildford, I was fortunate to work with great coaches both in Academy and High Performance which helped immensely with my own development as a coach. In 2015 I was delighted to be appointed Lead Coach of the Senior Competitive Development Squad and also coached with Ivo and the hugely popular Masters' Squad. I always try to use my experience of working with different age groups and ability levels to help swimmers achieve their goals and develop to their full potential.

Riaan Steyn

I was born in South Africa and lived there until the age of 9, moving to England in 2005. Initially I swam at two local clubs before joining Guildford City Swimming Club in 2010, just as Surrey Sports Park opened.

I started as a swimmer within Competitive Development Squad, but I was ambitious and through my hard work and diligence, gained promotion into the National Age Group Squad and then into the National Performance Squad. I was mainly a 200m butterfly and distance freestyle swimmer and



there were lots of tough and challenging sessions thrown at me during my swimming career with the Club!

I have competed at an International swimming meet in Barcelona as part of the South East Regional team and my best swimming achievement was qualifying for Nationals as well as coming 3rd for two years in a row at English Summer Nationals in 200m butterfly. I currently hold the club record for 200m in this stroke.

I started my coaching career just over 2 years ago, assisting Regional Squad and I am now also the Lead Coach for British Universities and Colleges Sport (BUCS Squad).

Performance



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STEVE'S TECH TIPS

5 Ways You Can Improve Your Breaststroke



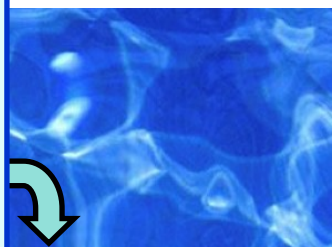
Steve Wadey

Lead Coach County A Squad
Technical Lead Coach Academy

Streamlining

Arms: Minimise your frontal resistance by ensuring you glide with your hands joined side by side (thumb to thumb & wrist to wrist) & feel that your whole body is being stretched forward. Squeeze your upper arms over your ears & extend your shoulders forward to maximise the feeling of the stretch.

Legs: Try to pull the soles of the feet together, including the heels to complete an improved streamline position. Feel as if you are whole body is being stretched like a rubber band.



Kick

Make every effort to hide the lower legs & feet during each leg recovery. Gradually turn the feet up as the heels get further up towards your bottom. Keep the knees, feet & ankles hidden within the hip line throughout the entire leg recovery.

To maximise the amount of water caught on the lower legs during initial propulsive phase, experiment with how flexible your knees & ankles are. The general rule is to keep any outward knee movement during early propulsive phase to an absolute minimum (depending on flexibility). As the lower leg extends backwards, keep the feet turned out for as long as possible until the soles of the feet are then being used. Squeezing the soles of the feet together with the ankles when completing the kick means you effectively maximise each propulsive kick movement & this will aid the overall distance travelled on each stroke.

Body Position

Head: Aim for the head to remain in line with the rest of the back during each stroke. This helps promote you to stay ahead of the wave that is created during each stroke.

Back: The aim here is to feel like you are pulling your belly button backwards through your back when completing each stroke to full extension. By doing this you are promoting a smooth flow of water under your body to maximise your distance from each stroke.

Pull

Pitching the thumbs downward so that the hands are facing outward by up to forty-five degrees will allow you to progressively sweep outwards during the catch phase to maximise the amount of water you gather. Once you have reached just outside shoulder width, the essential primary area of improving your pull efficiency is to focus on pitching the hands back inward via wrist movement.

To ensure maximum efficiency & effectiveness of the propulsive in sweep, aim to keep the elbows in line with the shoulders during the movement. Each in sweep should be powerful & the elbows should complete the movement inwards until the point where they meet the body at the ribs. By this point the arms are at maximum speed & are extended forwards (arm recovery) keeping the elbows in as tightly as possible to complete the one continuous movement of the arm cycle towards the streamlined glide position.

Timing

To gain maximum efficiency, each individual needs to experiment with the timing of the arms to legs movement during each stroke.

By focusing on early leg recovery, you can promote understanding & control of your own stroke rate (the speed of each stroke). The earlier you can begin to recover the legs whilst initiating the catch/out sweep the greater advantage you have at controlling & adjusting your own stroke rate & glide over varying distances, together with changes in pace.

The overall aim is to endeavour to be kicking on the "high point" of each stroke; where the legs are engaging into the propulsive phase of the kick, whilst the arms have just completed the in sweep propulsive phase of the pull. This allows the swimmer to feel a seamless engagement of the two propulsive elements allowing the swimmer to gain maximum distance & efficiency from each complete stroke.

Performance



Team



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