



NEWSLETTER

FEBRUARY 2018

LEYLAND BARRACUDAS

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Dates for your diaries

Information and dates of upcoming galas and other swim events can be found on the [website](#), you should check regularly as this can be updated throughout the month.

Some are still to be confirmed, so please bear with us and check back regularly for updates. Training changes and cancellations will also be necessary on dates of 'home' galas and matches.

Lancashire County Championships

Over three weekends in January and February, 35 club swimmers entered the Lancashire County Championships, entering a huge 233 events in Manchester and Liverpool.

The weekends were long hours for both swimmers and parents but the swimmers, aged between 10 years and 17 years demonstrated determination against a high level of competition.

The swimmers placed in 36 finals resulting in 19 medals and many personal bests, this is a massive achievement and each swimmer should be extremely proud.

2018 Finalists

Harriette Cooper, Megan Doherty, Harry Ferson, Ella Blundell, Danielle Brady, Heidi Hailwood, Abbie Myers, Nicholas Bracegirdle, Owen Whitaker, Rachel Baldwin, Jasmin Bracegirdle, Megan Smith, Rebecca Ward, Sophie Welsby, Joe Cairns, Poppy Elliott, James Handford, Jack Porter, Kate Dutton, Oliver Pearce, Lewis Winston, Ella Snaylam, Ellie Cameron, Lucy Handford, Morgan Gaskell-French, Mason Barnsley-Fowler, Ben Porter.

2018 Medal winners

Robert Littler 	Jack Hepplestone 	Kyle McKenna 
Tom Arkwright 	Hannah Morris 	Anna Dutton 
Bradley Snaylam 	Amelie Elliott 	Max Delaney 

Southport Shrimps Relay Gala

11th February 2018

Southport Shrimps Gala, hosted at Everton Park is an annual event for swimmers aged 9 to 12 years. The relay based gala consists of individual strokes, cannon and mixed cannon races, totalling 35 races. It's a great afternoon for the swimmers to work together within their teams and get a taste for the upcoming Micro season. For some of the 9 year olds, this was their first experience of competing in an inter-club competition.

Seven teams from Lancashire and Merseyside competed, including Leyland Barracuda's Green and White teams.

Winning their races by almost half a length, recognition is due to the Green Boys 9 Years team who placed 1st in the Freestyle, Butterfly and Medley relays and 2nd in the Breaststroke relay. Well done Rhys Pownall, Oscar Arkwright, Tom Jepson, Seth Gregson, Matthew Bates.

The scores were tight throughout the day, Southport Aqua managed to place overall 1st, closely followed by Leyland Barracuda Green, Crosby, Garston, Everton, Southport Beavers and Leyland Barracuda White.

Well done to all swimmers!

Flying the flag in Germany

As you know nine swimmers recently competed in the 37th International Masters Swimming Event hosted by Flensberger SchwimmKlub in northern Germany on 24 February. This was the first time that an English club had competed in the event so we were flying the flag for the UK and for South Ribble, as Flensburg is one of the Borough's twin towns. Competing with swimmers from clubs from Denmark, Sweden and Germany, we faced some fairly tough competition.

Personal Bests

The team did exceptionally well with five members setting personal best times; Chris Horne, Chris Hamer, Elaine Fitchie, Emily Sinkinson and Jess Thorpe. Jess stole the show though with outstanding performances to finish 1st in her age band for all four of her individual events, taking three overall FINA event Bronze medals and setting a new 'Event Record' for her age band in the 50m Backstroke.

Overall Success

Overall, they came home with 14 age band winners; 4 second placed swimmers and 3 third placed swimmers. Carole Jepson took an overall FINA event Bronze medal in the 100m Breaststroke and got the 4 x 50m Ladies Breaststroke relay team (consisting of Jess Thorpe, Emily Sinkinson, Elaine Fitchie and Carole Jepson) off to a great start resulting in an overall FINA Bronze medal for the team. There was a close up battle in the 4 x 50m Mixed Individual Medley relay where we had two teams competing in adjoining lanes. No pressure then! With very little between us on paper it was a close battle with the team of (Matt Houghton, Carole Jepson, Elaine and Matt Burrows) finishing in 2nd place in the age band but losing the inter-team battle in the water by coming in just behind the younger age band squad of (Jess Thorpe, Chris Hamer, Ashley Leech and Emily Sinkinson). It has to be said though, thanks to FINA points the older team also finished two places ahead in the overall FINA ranking table!

Swimming with Umbrellas!

After the medal ceremony the event finished off with a fun and completely new concept relay race. The race involved six members of the team forming a relay which consisted of swimming one length of the pool carrying an open umbrella, climbing out to drink a glass of beer, then diving back in to do another length carrying the umbrella ready to hand-off to the next member of the team. Unfortunately we were out-classed when it came to the umbrella swimming and the drinking! Our drinking was way off the mark with only Chris Hamer being able to do this at 'race speed'!

The full Match Report can be read on the [News section of the website.](#)

Duel In The Pool

Duel in the Pool is an annual event between Leyland Barracudas and Chorley Marlins. The event is for senior swimmers, aged 13 and over. On Friday 19th February Leyland Barracudas once again won the event, retaining our title. Well done to all swimmers!

Regionals—Masters

Some of our Masters swimmers recently competed in the Regionals, hosted at Blackpool. We saw Pam Lane and Gavin Simpson both receive medals for their events.

In memory of Paul Hailwood

Paul tragically passed away in December last year. He was a Club volunteer and a much involved parent with his three children all being swimmers for Leyland Barracudas. Paul's colleagues at TSB have arranged a Sponsored Walk, Cycle and Swim on **Saturday 17th March**, with all proceeds generously being donated to Leyland Barracudas.

So, in true style to his memory, we want as many swimmers to get involved, by matching the TSB colleagues walking distance with a sponsored swim. Even parents can join in with cycling. In place of the usual Saturday training, there will be a variety of events in small and large pools, giving all swimmers the opportunity to participate.

Details are still being finalised but younger swimmers will be able to gain distance badges, as well as join in other events.

Gayle Adams can provide you with [more information](#) nearer the time but please 'Save the Date' and lets honour Paul and his family with the enthusiasm and commitment he so willingly gave to our club.

A raffle will also take place, organised by TSB and fully supported by the Club. Tickets are £2 with some amazing prizes gifted from Everton Football Club.

Club Shop

The Leyland Barracudas Club Shop is run by Committee Member Sara Porter.

When and where is the Club Shop?

- Sunday @ Leyland: 4pm—6pm

Due to external competitions there are occasions that the Club Shop is cancelled. If you are interested in assisting Sara with cover then please get in touch.

The shop holds stock of a variety of goggles, training aids, towels and swimwear. However, if you wish to purchase an item which isn't in stock then we ask that you use the [Pro-Swimwear](#) link as this benefits the club at no additional cost to yourself.

Branded & Personalised Items

Any team branded items, such as Hoodies and T-shirts usually take 2-3 weeks to arrive so make sure you get your order in before your next scheduled Gala.

They're also a great idea for birthday presents!

Net bags and what to include

We ask that swimmers bring their net bags to each training session, these should contain:

Kick board, pull buoy, training fins, finger paddles, centre snorkel. Other training aids may be required as your swimmer progresses, Sara can advise you further.

Food... glorious food!

It's often hard to know which foods are best in aiding swimmers and which foods a swimmer should avoid, including having to prepare and cook a healthy, balanced meal around an already hectic work and training schedule. Preparation is key to achieving the best diet.

What foods are best before swimming?

Foods that are rich in complex carbohydrates are a great source of energy for swimmers. Wholegrain foods such as wholemeal pasta and whole-grain bread, oatmeal or sweet potato. These slow release carbs do take longer to digest than simple carbohydrates but will certainly keep a swimmer more energised throughout their training sessions.

What foods to avoid?

To avoid indigestion, bloating and discomfort during swimming, fatty foods should be avoided before swimming. This type of food is much harder for the stomach to digest.

What foods are best after swimming?

The aim should be to eat within 20-30 minutes after leaving the pool.

A mixture of protein to aid muscle recovery and slow-release carbohydrates are the best source for replenishing energy. Foods such as wholegrain bread with scrambled eggs, chicken or fish with wholegrain rice or sweet potato are the perfect post swimming meal.

Other News

DBS Updates

We are currently working on processing DBS applications from a number of willing parents, thank you for volunteering. We aim to have these completed over the coming months. You will also be sent details of the required safeguarding course once your DBS has been completed.

Team Consent Forms

Each year the Club requires all parents to complete a [Team Consent Form](#) for their swimmer, in order to allow them to compete. If you have not yet returned a consent form then we ask that you print and complete as soon as possible. Forms can be given to Sarah Handford or any Committee Member.

Training Groups

Based on the February time trials and small pool assessments the new training groups are now active.

All training groups can be found on the [Training](#) section of the website, split between groups. Printed versions will also be showing on the upstairs notice board at Leyland Leisure Centre.

If you have any questions about your child's training movements then please speak with a Parent Liaison who can explain the pathways and how/why decision movements happen.