



The City Of Newport Swimming & Waterpolo Club

Dive In !!!!



We need your help !!!!

The club needs more parents to volunteer to support the regular ongoing activities, do you have a desire to get involved, support the club and ensure its continued success? Please speak to any committee member if you are interested in finding out the wide variety of volunteer opportunities available to support the club, such as time keeping, officiating and marshaling etc

Why is it important for swimmers to remain hydrated?

Water is required by the body to function while exercising. Water is essential in the transportation of red blood cells throughout the body, as well as the formation of protein and glycogen. All these functions are needed for the growth and recovery of muscles. Hydration also helps regulate the body's temperature and helps lubricate joints, both of which are vital to success while swimming.

With a lack of hydration, swimmers can experience early onset fatigue during sessions, poorer response times, an increase in the risk of injuries. Dehydration of any degree can negatively affect a swimmer's performance in the water.

The importance of Pre and post pool stretching

- Prepares the athlete mentally and physically for optimum task completion
- To mobilise key joints and ranges of motion used in swimming
- Activates key muscle groups involved in swimming
- Avoids injury
- Increases flexibility, enables the swimmer to put their body into the correct positions for optimum stroke and water efficiency.



Top tips for gala preparation



1) Always pack the night before

As you put items in your bag, visualize the entire day of competition: Encourage the swimmer to pack their own bag. You can always check it !!!!

2) Just incase !!!

Pack spare goggles, City of Newport Swimming hats, Spare costumes/skins and plenty of towels.

3) Food

Swimming galas will last a most of the day, sometimes into the early evening. Pack plenty of high energy food e.g. pasta, rice, sandwiches, noodles, cereal bars, bananas and plenty of cold water. Timing of larger meals is important (try to leave a an hour or so between larger meals and swims. Try to avoid sweets and sugary drinks as your swimmer will experience "peaks" and "troughs"

4) Check your schedule and warm up times

A few days before the meet check what your child will be swimming, get them to write this down including the order in which they will race the events. Make sure they have their current PB's for those races written down. If the gala is in a long course pool use their long course PB's

5) Timekeeping and pre-pool

Always arrive with plenty of time for your swimmer to warm up and stretch . To produce PB's they need to mobilise their bodies through a variety of land specific stretches.

Black and Amber

The Club is progressing the move towards Black & Amber for Club Kit, website & communication methods. We are in negotiations with a number of suppliers to identify a balance between quality and value for money.

Following the consultation process at the presentation evening we have finalised a series of logo's and banners for the Club to use. They will be shared with suppliers to assist develop kit and change branding on the website etc.

We hope to be in a position to show examples of the various kit to committee and parents and then agree our chosen pathway.

AGM Tuesday 17th Sept 2019 - 6pm start at Pool.

Please come along and support your club!!

Gala News And Results !!!!!!!

Christmas Cracker !!!!!

We ended the season on a high with our annual Sprint Meet. A special thank you for all those who volunteered and gave up their free time to support our club!!! Without your help we wouldn't be able to run such an event.

A Special Congratulations must go to our very own Pentathlon medallists
Lili Evans, Edith Fletcher, Luke Williams, Bethan Holmes,
Ella Deakin, Ben Hastings, James Watkins, Danny Jones
Well done all!!!! A fantastic achievement !!!!



Please click on the link to view results

<http://www.newportswimmingclub.co.uk/results-201819/2018/12/9/christmas-cracker>

Euro Meet Luxembourg

On January 23rd Megan Allison, Scarlet Major and Alex Griffiths jetted off to Luxembourg to represent Swim Wales National Squad in the Euro Meet. They had a great experience!!!

Congratulations to Megan Allison who swam in Open and youth finals. Alex and Megan also came away with some age groups medals. Well done !!



City Of Derby Meet—Sheffield

On the 11th January, — Swimmers from the City Of Newport Swimming club headed off to Sheffield to compete in the Burns Meet. They had a fantastic time with the added bonus of PB's. Well done to Scarlet Major, who secured a bronze medal in the 200 IM 16 and over final



Cardiff Closed Invitational Meet On the 16 th—7th February

32 City Of Newport Swimmers Swam at the Cardiff Closed Invitational Meet. They produced some outstanding personal best times!!! Congratulations to all of those who swam.

<http://www.newportswimmingclub.co.uk/results-201819/2019/2/16/cardiff-closed-invitational-meet>

SE Wales Regional Meet 01-Feb-19 to 10-Feb-19

This short course Regional Championships is held at our very own pool here in Newport, this year saw an unprecedented number of swimmers attend from the City of Newport Swimming Club. Congratulations to all those who took part. Please click on the link below to see the results.

<http://www.newportswimmingclub.co.uk/results-201819/2019/2/1/swim-wales-south-east-regionals>

Tiger Bay Open Meet Tiger Bay Open Meet 2019 30th March - 31st March

Congratulations to the following medallists who competed in the Tiger Bay Open meet!!!!

Emily Walker Fatima Wilson-Danladi, Millie Yau, Jessica Sweeney, Krysta Southwood, Oliver and Noah Rixon, Neve Powell, Emma Porter, Megan Peacock, Tia Maggs, McKenzie Johnston, Bethan Holmes, Benjamin Hastings, Tatjana Guth, Lucy Grant, Cerys Geen, Tesni Francis-Parker, Alfie Doyle, Ella Deakin, Gavin Davies, Evan Davies, and Rhys Belcher

Swim Wales South East Region "No Times" Gala

Congratulations to the following medallists at the "no times" gala:-

Eve Bowen, Harry Campbell, Gavin Davies, Lucy Grant, Neve Powell, Aratz Urkola, Eleanor Walker, Emily Walker, Oscar Watkins, William Watkins and Luke Williams



British Championships
16th April

Congratulations to Scarlet Major and Megan Allison on your swims at Tollcross ISC Glasgow:

Scarlet: 3rd Junior final 50 Free (Welsh Junior Long Course Record)
2nd junior final 200IM

Megan : 2nd Junior Final 200 butterfly
2nd junior 100 freestyle final
7th transitional (under 21) 50 freestyle final
8th transitional (under 21) final 100 fly.

City Of Newport Intensive Training Camp



For the first time in February 2019 the City of Newport's Elite squad collaborated on an intensive training camp with two other Welsh teams. We travelled to Coral Bay Cyprus to train with Nofio Clwyd and Swim Gwynedd as a three club team.



The camp was an unprecedented success with all swimmers upping their training to previously undiscovered levels. The swimmers all worked really hard and learnt valuable lessons as well as making friends and forging bonds that have remained and strengthened throughout the rest of the season.

Swim Wales Long Course Championships 2019

Outstanding results produced in Swansea !!!!!!!

Day 1

(15-16) 50 Free Gold
(17 + Over) Matthew Williams 50 Breast Bronze
(17 + Over) Lewis Waters 50 Breast Gold

Day 2

(11-12) Lucy Jones 50 Free Bronze
(15-16) Alex Griffiths 200 Freestyle Gold
(17 + over)1Lewis Waters 100 Breaststroke Gold
(15-16) Alex Griffiths 50 butterfly Bronze

Day 3

(15-16) Alex Griffiths 100 Freestyle Gold
(15-16) Alex Griffiths 50 Backstroke Gold
(13-14) Sebastian Major 100 Butterfly Bronze
(13-14) Isobel Stevens 100 Butterfly Gold

Day 4

(15-16) Scarlet Major 400 IM Gold
(17+ over) Megan Allison 800 Freestyle Silver

Relay

Girls 4x100 Freestyle

Sophie Linton
Scarlet Major
Ellie Ward
Isobel Stevens (Bronze)

Boys 4x 100 Freestyle

11-13

Sebastian Major
Adam Steven
Toby Preece
Oliver Rixon (Bronze)

Boys 4 x 100

14-16

Alex Griffiths
Kasey Allen-Ridge
Jack Knight
Giani Davies (Silver)

Relay

4x 100 Girls Medley

14-16

Sophie Linton
Scarlet Major
Ellie Ward
Isobel Stevens (Bronze)

Boys 4x 100 Medley

11-13

Sebastian Major
Adam Steven
Toby Preece
Oliver Rixon (Silver)

Boys 4 x 100 Medley

14-16

Alex Griffiths
Kasey Allen-Ridge

Waterpolo News

It's been a busy start to 2019 for the senior water polo team. The 1st Team competed in the Premier Division of the Bristol and West League for the third year in a row. An application to re-join the British League was submitted and accepted on behalf of the club early in the year. Consequently, during the first weekend of April, the team travelled to Walsall to compete in a qualification tournament against the two lowest ranking clubs in Division Five - Chelmsford and Bedford - and two other applicants - Northampton and Chester - knowing that a top three finish would see Newport back in the League for the first time since 1987.

The tournament got off to a good start. After comfortably despatching a youthful Northampton side in the first game, Newport faced Bedford on Saturday afternoon. The first half was a closely run affair, but after the break Newport's fitness came through and Bedford were torn apart on the counterattack.

With two victories under their belts, Newport went into Sunday knowing that one more win would guarantee a top three finish. Unfortunately, their early morning game against Chester did not go to plan. In an extremely tight match, Newport were sucked into exactly the kind of physical confrontation that they wanted to avoid. The result was a shock 6-5 defeat, with Chester scoring the winner with 22 seconds remaining on the clock.

As disappointing as the performance was against Chester, Newport's response was superb. The team went into the last game of the tournament knowing that they had more or less already qualified, but also that a two goal win over Chelmsford would guarantee the top spot. What followed was a demolition. In arguably the finest performance since the team's reformation, it was Newport who ran out comfortable 12-3 victors.

Hence preparations are well underway for Newport's first matches in the British League in 32 years when the team travels to Norwich in September. To this end, the team has also played three games in the Bristol and West League recently, beating both Newton Abbot and Cheltenham at home - the latter of which currently compete in Division Three of the British League.

It's also encouraging to see our second team doing well, giving our younger players vital exposure to competitive water polo. The seconds travelled to Swansea recently and secured a convincing 22 - 10 victory over the home team.

Congratulations to Ollie Chilcott and Lewis Waite for completing two gruelling weekends and being selected for the GB 2001 under 18 squad.

Finally, a big congratulations needs to go to the club's top scorer and Welsh water polo stalwart, Chris Taylor, who is captaining Wales at the EU Nations tournament in the Czech Republic next month. He will be joined in the Welsh squad by two other Newport players - Luke Turner & Ollie Chilcott, well done boys a great achievement!



Ollie Chilcott and Lewis Waite GB 2001 Squad



Ben Turner and Jack Knight, Brno 2002 EU Nations



EU Nations Tournament April 2019 - Wales 2002 Team

Our Junior squad is competing in the 2003 age group despite most of our players being born 2005 and younger, no mean feat but every player is proving they are up to the challenge and are not afraid to take on and win the ball from older more experienced players! In recent matches the juniors have had a fairly strong start to their season, with a fantastic 11 all draw away to local rivals Cwm Draig of Aberdare. The only other match, that has been played to date, saw our young side fall to the narrowest defeat away at league leaders City of Bristol, with the final score 12-11 in favour of the home side.

Turnout in training has been excellent despite the holidays and we are looking forward to a series of home matches now with the hope of obtaining our first win of the season. Our good form has been rewarded with two players making appearances for Wales at the EU nations tournament in Brno during the Easter holiday, congratulations to Ben Turner and Jack Knight, both 2003 players, on your selection for the Wales 2002 squad and to Jack for being the Wales MVP (Most Valuable Player) in the match against Finland.

Congratulations to the following players for selection and competing in the NAGs (National Age Groups) squad made up of players from across the Welsh clubs:

Luke Turner and Ollie Chilcott - 2001 squad

Louie Stephens, Ben Turner and Toby Chilcott - 2004 squad

Congratulations to the following boys for selection and competing in the Wales Inter Regional squad:

Ben Turner and Toby Chilcott - 2002 squad

In addition to this, Louie Stephens and Ben Hastings have also made their first senior appearances for Newport in a friendly against Cardiff Metropolitan University.



2002 Wales Inter Regional Squad



Integrated Swimming Programme Changes May 2019—Update

On the 29th April 2019 Newport Live in partnership with the City of Newport Swimming and Water Polo club rolled out a complete root to branch restructure. This was an extensive piece of work that took months of planning and designing. The restructure will allow the programme to continue to grow in size and performance level and allow every swimmer to be the best they can be.

The squads are now better aligned in terms of age, Long Term Athlete Development (LTAD) and current ability, allowing swimmers to train more effectively on a daily basis against their peers. There are now two clear pathways with the ability to cross between pathways and provide the best training environment for all.

Now everybody has had chance to settle into their new squads all swimmers are working hard to achieve their goals and progress ready for the meets in the summer at the end of the season.

The squad's performance and attendance continue to be monitored on an ongoing basis and any feedback being received is being reviewed within monthly team meetings.

If anyone needs to discuss this or anything else coaching related or has any feedback or concerns, please email your coach as outlined in the squad handbooks.

Neil Sergeant

Director of Operations - Newport Live

Future Editions and Development of Newsletter

We would like to more squad related stories and news to encourage and recognise swimming and waterpolo activities. We would also happily received suggestions as to what information you would like us to provide to you via the newsletter. Please share your contributions or suggestions via the below email address:

chair@newportswimmingclub.co.uk

Follow us:

<http://www.newportswimmingclub.co.uk>



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