



**Stalybridge Amateur  
Swimming and  
Water Polo Club**

March 2015

STALYBRIDGE SWIMMING CLUB'S MONTHLY NEWSLETTER

IN THIS ISSUE

## **Saturday 7th March 4-6pm at Copley Stalybridge Swimming Club are hosting a Special Training Event by STOCKPORT METRO**

Stockport Head Coach, Richard Blackshaw and Assistant Coach, Stuart Sant will be at Copley to coach just Stalybridge swimmers. This is a superb opportunity for your child to benefit from their formula for success.

All members of the swimming club are invited, no matter what age or ability with all six lanes being coached for the full two hours. (Swimmers can come for one or two hours).

During the training session the coaches will be offering advice on swimming technique and training. There will also be the opportunity for swimmers and parents to ask questions and find out more about what it takes



**STOCKPORT METRO**  
WHERE CHAMPIONS GROW

### **Launch of New Website**

Visit our new website where you will find lots of useful information about the club including training times and future event dates.

[www.stalybridgeswimclub.org.uk](http://www.stalybridgeswimclub.org.uk)

### **Head Coach Introduction**

A short introduction and message from our head coach, Emma Curry.

### **What to eat at a Meet???**

An insight into what makes a good snack to enhance race performance.

### **Upcoming Competitions**

**Junior Jubilee Gala Round 1**  
- March 5th, 7.45pm Ashton

**Senior League Copley** -  
March 12th 8pm

**Knowsley Level 2 Meet** -  
April 18th & 19th

**Bolton Spring Meet** - April  
25th

## Head Coach Introduction

Welcome to our new Newsletter which will enable us to keep all our members up to date with training news, competition and gala dates and helpful hints and tips on how to improve your swimming.

Since starting in my role as Head Coach I have been working hard introducing a number of new initiatives to help develop our coaching regime and offer a more comprehensive training structure. We have recently extended Tuesday and Thursday evening training sessions by an extra hour and we have recently appointed Dave Rees in the role of director of swimming to help support me in developing our coaches and swimmers. The 2015 Gala season has just started and we expect it to be a busy year with lots of opportunities for juniors and seniors to partake in competition.

Watch out for Gala news in future newsletters.

*Emma Curry*

Head Coach

Finally congratulations to Jackson Hurst and Georgia Pilejko who have been selected as the 2015 Junior Team Captains. They will be offering lots of support and encouragement to all the junior team members.



## What to eat at a meet???

It's gala season again and we will soon see lots of young swimmers sat poolside munching through their bags of Haribo, grapes, jellies and energy drinks. Then at lunchtime, out will come the Tupperware containers of pasta. You may think sugars and carbohydrates fuel their bodies. Sadly, the actual effect is often completely the opposite. It can lead to massive spikes in blood sugar levels and (what goes up must come down...) equally massive swings in the other direction.

Yes, even pasta and bread will quickly turn to sugar as the carbs are easily broken down – and it has the added problem of containing lots of gluten, which can lead to gassy bloating of the stomach – not exactly ideal just before a race!!! Plus there is the added problem of LOW blood sugar which can occur when the insulin your body produces to absorb the sugar, causes sugar levels to crash (sometimes during a race). This can lead to a feeling of “hitting the wall” part way through a race. Let's face it – we've all been there....

So, here's my take on it (and I could be wrong!). Stay away from sugar as much as possible, especially on a race day – it'll play havoc with your energy levels. If you need to refuel (which you actually need MUCH less than people think) then do so with carbs like baked potatoes and white rice. IF you can, nuts (except peanuts) and good fats are perfect. You'll find these good fats in most nuts, fish and coconut milk. Macadamia nuts are the best, followed closely by almonds.

*Dave Rees*

Director of swimming

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