

CENTRAL



# Swim News

September 2019

## Latest News....

**Short Course Junior States** was well represented by Jorden, Jasmin, Lorraine and Sasha. Well done to all these swimmers for qualifying and swimming so well last weekend. These guys achieved **81% total PBs**... which is **totally** outstanding. In the words of Coach Deb, "they all swam amazingly well and their skills out shone other swimmers. Times were all fantastic and I am very proud of the way they concentrated on what they needed to do." Unfortunately we missed Kenzie due to a broken arm, but we know you're on the mend and you'll be back stronger than ever soon.

**Short Course Age and Open States** saw Adrian, Amy, Andrew, Ellie, Finn, Harrison and Kasie compete over the first weekend in September. Your coaches, CAQ community and families are extremely proud of you all. A huge congratulations to; Adrian who did a whopping 21.74 PB in his 800m Freestyle and three medals, Harrison who medalled and achieved National qualifying times for all nine events, and Ellie, Andrew, Finn, Adrian and Harrison for all of your **18 fantastic PBs**. Keep up the splendid work and always remember to believe in yourself and you can achieve anything!

## Upcoming Events

**5th Oct**- Saturday Breakfast with Belinda

**12th Oct** - Saturday Breakfast with Emma

**19th Oct** - Book and Bake Sale

Zone Qualifying Meet

**26th Oct** - Coogee Open Water

**10th Nov** - Lake Leschenaultia Open Water and Canoe Day

**17th Nov** - Mandurah Classic

**24th Nov** - Vic Park Sprint

**30th Nov** - SunSmart Qualifying Meet



## Lifesaving News

Lifesaving has kicked off on Saturdays at 9am with sessions running every fortnight until the start of November and then weekly for the rest of the summer. All are welcome to join in; free for members and \$50 for non-members so make sure to bring your friends down! State team trials will be held at the end of next month, so if you're keen on doing this or competing in the Lifesaving Nationals in Perth in January please make sure you let Tom know. For more information on the programme, please check out the [lifesaving page](#) on the website.

## Wishing the following people a fin-tabulous birthday....



### October

Will H 1st

Jack 8th

Finn S 9th

Asha and Ellis 22nd

Kenzie 28th

### November

Sasha 5th

Tom T 7th

Imogen 16th

Riley T 19th

Jasmin K 25th

Trent H 29th

## Stay Informed....

Up-to-date information can be found on our website

[www.centralaquatic.com.au](http://www.centralaquatic.com.au)

Email the committee - [memberservices.CAQswim@gmail.com](mailto:memberservices.CAQswim@gmail.com)

Keep an eye on the whiteboard on pooldeck

Find us on Facebook and Instagram



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**New Season Registrations are now open....** If you haven't already registered, head to [online registrations](#) to sign up!!

# Coaches Corner

## Post Training Recovery

As we head into a new season, Coach Wayne has organised for a couple of health professionals to come and speak with swimmers and their parents about nutrition and injury prevention; both critical to long term success in the water. This article is a warm up for these information sessions and serves as a reminder of why recovering well is just as important as training well, and it's not just elite swimmers that will benefit.

Every swimmer knows that feeling after swimming hard, and the soreness that doubles down the next day. This is a result of lactic acid build up in the muscles after heavy exercise and the burning sensation experienced when the muscles are activated again.

Swimmers need a range of strategies to help recover from the lactic acid build up after training sessions. The following are easy to slot into the daily schedule...

**Sleep** - Get at least eight hours to help the body recover fast and keep it healthy. Also just as important is going to bed around the same time every night and waking up around the same time every morning.

**Hydration** - It's hard to identify fluid loss in water-based environments so swimmers can easily become dehydrated. Hydration is essential to the formation of protein and glycogen as well as in the transportation of red blood cells. These functions are required for muscle recovery. Being well hydrated also helps to regulate body temperature and lubricate the joints, both of which are vital to success while swimming. Water is best, so make sure you are drinking before, during and after training to avoid dehydration. Hydration deficits result in fatigue during training, slower times, an increase in the risk of injuries, and cramping both in and out of the water.

**Stretching** - There two type of stretching: *dynamic*; warming up the body before strenuous activity which helps to release lactic acid; and *static* stretching when the body is at rest which elongates the muscles.

**Cooling Down** - Although swimmers dread this during training, because all they want to get out and go home, what they don't realise is, that this is the most important part of training, besides the warm up. Cooling down is *active recovery*; it releases tension and gets the blood flowing through the body again. Make sure that you are not skipping the cool down part of training.

**Fuelling the Body** - It's really important to get something in your body straight after, or within thirty minutes after training. A fruit smoothie is great, but fresh fruit or yogurt are also great ways to replenish the body before you head home for dinner.

**Foam rolling** - Using a foam roller is like a having sports massage, but you can do it yourself. Rolling over knots that may have developed during training or dryland will release them, bring circulation back to the body, and improve your range of motion. Ideally, try to foam roll either before or after training, or both for the maximum effect.

Adapted from the article by [Emilee White](#)



**Partner Spotlight** CAQ are very grateful for their recent community partnership with **Act-Belong-Commit**; a health campaign promoting mental wellbeing by encouraging individuals to keep **act**-ive physically, socially, mentally and spiritually, increase a sense of **belong**-ing by connecting with friends, family, clubs and community, and **commit**-ing to a cause; becoming a volunteer; learning a new skill; or challenging yourself. CAQ is passionate about promoting good mental health in both their kids and adults and we look forward to seeing where this partnership takes us over the next 12 months. For more information, please check out the [Act-Belong-Commit website](#). **#ActBelongCommit**

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