

NEWSLETTER APRIL-JUNE 2010



MARSDEN
SWIM
SCHOOL

LEARN-TO-SWIM MYTHS

A lot of gossip surrounds swimming classes and can be confusing, especially when your child's swim teacher and your family or friends are advising different things! According to *SwimTips* (Issue 32), here are some of the most common myths which need busting:

Myth 1: Learning to swim is a sport. Fact: Learning to swim is an educational process. Once you have learnt to swim you can then use the skill to enjoy the sport of swimming. Learning to swim is firstly about becoming safer in the water and should not be considered a sport to be replaced by other sports or activities. Like learning to read or write, it is an essential life skill.

Myth 2: Kids need a break from swim lessons. Fact: Most children have just one half-hour lesson per week – a very small amount of time from which to need a break. If attending just one lesson per week, year round, your child accumulates less than one full day per year. Having a break can be counter-productive because skills which are not reinforced will need to be relearned all over again.

Myth 3: "I just want my child to be capable of saving himself not go to the Olympics!" Fact: In an aquatic emergency, skills can deteriorate. People who only have the ability to move a few metres through the water are obviously more at risk than those who can swim greater distances. The more repetitions (as in skill practice and swimming laps) the child practises, the more automatic and safer the skill.

Myth 4: Children will learn to swim when they start school swimming. Fact: School swim schemes alone usually don't offer enough practice for children to master swimming. When possible, it is ideal if they attend both school and private lessons.



TIE BACK YOUR HAIR PLEASE!

Attention all female swimmers! Our swimming teachers have been noticing that many girls are arriving for class with their long hair hanging loose, resulting in goggles slippage and inability to see or breathe when the head is rotated in freestyle. At the very least, PLEASE tie your hair back. Ideally, though, we would be happier if swim caps were worn as this reduces drag and hair loss in our pools (which can cause filtration and hygiene problems). Your cooperation on this from now on would be greatly appreciated. Look how neat and tidy the girl in the photo looks, right.



CONGRATULATIONS TO CAP WINNERS

The March 7 meet was also an opportunity to time our swimmers and measure them against the New Zealand Age Group Championship qualifying times posted on our website under Children's Squad. Yellow caps went to Emily Bauer (pictured bottom right with coach Louise Tang), Abbey O'Brien, Natasha Doyle, Georgina MacDonald, Alva Lane and William Mulhearn. Red caps went to Ellie Woodcock, Lucas Lay, Keagan Theron (all pictured below left), Caitlin Lovejoy, Chelsi Cook, Jason Shu, Sarah Loo and Larissa Crosato. Peyton Pizano, Mikayla and Emily Hopper (pictured bottom left), Tristan Tan Jian Feng, Jackson Anstee (pictured below right), Charlie Perry and Ollie Marsden were presented with blue caps. Well done!

Term 2 2010 Dates

Turf City

Monday, April 5 to Sunday, June 20 (except May 1 & 28)

Holland Road

Saturday, April 10 to Saturday, June 19 (except May 1 & 28)

Sunday Classes & Sunday Squad at AISS

Sunday, April 11 to Sunday, June 20

Tuesday & Thursday Squad

Tuesday, April 13 to Thursday, June 17

After-School Classes at AISS

Monday, April 12 to Wednesday, June 16 (except May 3)



PLEASE REMEMBER: ASSUME THE CLASS IS ON EVEN IF IT IS RAINING!

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MARCH 7 MEET

Great fun was had by all when we hosted our first invitational meet with the orange-clad Aquaducks' Hollandse Club squad at the Australian International School pool on March 7. Well over 120 swimmers ranging in age from five to 15 competed in 62 events, which would not have been possible without parental help (thanks to all the timekeepers!). Many swimmers scored personal bests.

First place medals went to Thomas Hatzidis (25m freestyle), Jenna Macdonald (25m freestyle), Charlie Perry (50m freestyle, 50m backstroke), Emily Bauer (50m freestyle, 50m backstroke), Peyton Pizano (50m freestyle, 50m breaststroke, 50m backstroke, 50m butterfly), Jackson Anstee (50m freestyle, 50m breaststroke, 50m backstroke, 50m butterfly), Julia Bassilli (25m breaststroke), Ysobel O'Brien (25m breaststroke), Nathan Ball (25m breaststroke), Charlie Pallister (25m breaststroke), Tristan Tan Jian Feng (50m breaststroke, 50m butterfly) and Ollie Marsden (50m breaststroke, 50m backstroke, 50m butterfly).



Second place medals were presented to Julia Bassilli (25m freestyle), Yannic Crosato (25m freestyle), Freya Kuntora (25 freestyle), Joe Robertshaw (25m freestyle), Caitlin Lovejoy (25m freestyle), Tristan Tan Jian Feng (50m freestyle), Ollie Marsden (50m freestyle), William Mulhearn (50m freestyle), Danielle Kelly (50m freestyle), Jacob Cox (50m freestyle, 50m breaststroke, 50m backstroke, 50m butterfly), Chelsi Cook (50m freestyle, 50m breaststroke, 50m backstroke), Aidan Rath (50m freestyle, 50m breaststroke, 50m backstroke, 50m butterfly), Lachlan Pallister (25m breaststroke), Ryan Kin (25m breaststroke), Jenna Macdonald (25m breaststroke), Niels Kuipers (25m breaststroke), Mikayla Hopper (50m breaststroke), Keagan Theron (50m breaststroke, 50m backstroke), Emily Hopper (50m breaststroke, 50m butterfly), Ellie Woodcock (50m backstroke, 50m butterfly), Jason Shu (50m backstroke), Ashlynn Perry (50m backstroke), Charlie Perry (50m butterfly), Jordan Laner (50m butterfly), Sarskia Nelson (50m butterfly) and Emily Bauer (50m butterfly).

Third place medals went to Low Wen Pei (25m freestyle, 25m breaststroke), Lachlan Pallister (25m freestyle), Sarah Kuster (25m freestyle), Ellis Barron (25m freestyle, 25m breaststroke), Jack Hughes (25m freestyle, 25m breaststroke), James Horn (25m freestyle), Emily Hopper (50m freestyle), Jason Maher (50m freestyle), Jasmine Brickley Nelson (50m freestyle, 50m breaststroke, 50m backstroke), Yannic Crosato (25m breaststroke), Mikella Schuettler (25m breaststroke), Hannah Jones (25m breaststroke), Larissa Crosato (50m breaststroke), Charlie Perry (50m breaststroke), Jason Shu (50m breaststroke, 50m butterfly), Liberty Bulley (50m breaststroke), Ned Scott (50m breaststroke, 50m backstroke, 50m butterfly), Will Scott (50m breaststroke, 50m backstroke, 50m butterfly), Mikayla Hopper (50m backstroke), Tristan Tan Jian Feng (50m backstroke), Jordan Laner (50m backstroke), Danielle Kelly (50m backstroke), Natasha Doyle (50m butterfly) and Keagan Theron (50m butterfly).

Aquaducks has invited us to compete against them again on Sunday, February 27, 2011 (yes, almost a year away!) so please put that in your diaries.

SPEED INSTITUTE TRAINING

About 30 of our squad swimmers enjoyed an exclusive, hour-long, dry-land training session conducted by the expert and enthusiastic coaches at SPEED Sports & Conditioning institute (www.speedsportsandconditioning.com) on February 11. They were introduced to exercises which, when practised regularly, would improve their swimming performance. Dry-land conditioning is an important part of the overall athletic development of swimmers and should be seen as complimentary to pool sessions. Land training can provide greater resistance and thus allow for greater development of strength and power, particularly core strength which is fundamental to support repetitive movements such as swimming strokes. Competency in fundamental movement skills such as agility, jumping, coordination and running can aid in the development of overall athleticism and will ultimately translate into more efficient stroke patterns, starts and turns. Swimmers participating in dry land training will also have better balance which can lead to a significant decrease in injury and an increase in stamina and style. While each hour-long squad session ends with a 10 to 15 minute stretching session, we highly recommend that swimmers participate in the next SPEED institute training session on May 13. If you would like to sign up for this Thursday afternoon session, please email Jane Marsden at jane@c-licence.com before April 30.



PLEASE MAKE ALL CHEQUES PAYABLE TO C LICENCE PTE LTD

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