



## Head Coach Communication - May 2018

Hello to all our parents/carers and swimmers, and to our new members. After coaching my first session with ES&LSS on 17/07/17 the time has passed very quickly. On the 28/09/17 we hosted a really successful parents evening where I was able to get a good feel on your thoughts as to how things currently operated, the changes you wanted to see as well the opportunity for me to present my vision for the section. I was therefore keen to write a quick update to you all and hope that you have witnessed some positive small changes over the last 6 months. There is also lots of work, as ever, going on in the background to provide our swimmers with the best opportunities to swim their best. Overall I'm personally really impressed with the team's application to training and we are seeing this transfer into personal best times every time Exmouth stands on the blocks. Round 1 of the Cornwall and Devon League is under our belts and we now look forward to the 2nd round on the 03/06/18. Thank you for your patience while we trial new methods to log swimmers availability for competitions. It was great to see that 'Doodle Poll' was recently embraced. The 2 methods to now submit your interest and availability for galas will be this survey (Sent via email and posted on facebook) or by word of mouth at 'the desk' at the pool. We hope this way no ones communication will be over looked. If you currently don't have access and would like access to the sections facebook group; please let me know. Please can I politely remind you that we have a club notice board in the cafe of the pool for your convenience where you can see competition results, thompson trophy stats, and notices. 2 quick notices, I've recently announced at the start of each session what all lane coaches expect to ensure the best for each of our members development. Our members are increasing which is fantastic but means sessions get busier so lane etiquette is crucial. If a swimmer is not keeping up with the flow of the lane/dilly-dallying in any manner a lane coach will request they jump out for a conversation to establish the best next steps. I.e. drop down a lane and/or swim easy / administer inhaler / prescribed stretches / theraband etc. Any clarity on any of this information please do not hesitate to ask me. I will always aim to arrive 10-15mins before I'm due on poolside for every session so you are welcome to grab me then for a chat. Also if you ever have any questions or concerns or feedback regards anything related to my role then please feel free to use my contact details in the footer of this letter and if needed Ill respond ASAP, any other queries please contact Jane.



### NUTRITION

I hope you have found the Recipe Of The Weeks useful, I would appreciate your feedback to shape the ideas that I can provide for the rest of the year. Perhaps if you have a really good recipe yourself that is either cheap to make / quick and easy / or just super healthy and tasty then do share it with me and maybe I could format it for all of us to enjoy. Many of these recipes are tried and tested by myself throughout my career and are calculated on the nutritional requirements of active young people. Also please remember a drink to every training session.

### THERABANDS

Every swimmer was provided a theraband to use at home and on poolside pre and post every session. I have produced a 'how to' guide with some simple exercises to help you either prevent or relieve shoulder related injuries. Please ensure you maintain regular use as this is the only way it is effective. Please also remember to bring it to every training session as we will be doing some sets which incorporate the use of your theraband. Please note: keeping it dry will prolong its life.

### SLEEP HYGIENE

Sleep Hygiene is about creating the right environment for you to get a good night sleep and recover from training sessions. Its good to try and keep regular sleeping hours. This programmes the brain and internal body clock to get used to a set routine so you get sleepy before going to bed. Most people need between 6 and 9 hours of sleep every night, I'm personally an 8-hour man so what time I need to wake up dictates my bedtime. Winding down is a critical stage in preparing for bed, try not to use any electronics for approximately 1 hour before you go to bed and keep them in a different room. Make your bedroom a sleep-friendly and a relaxing environment with minimal disruptions or tempting things. Experts claim there's a strong association in people's minds between sleep and the bedroom so keep your bedroom just for sleep and not things like gaming or homework. Also try if you can not to eat 1 hour before you go to bed although a combined protein and carbohydrate snack post evening training is highly advised; so be prepared with a snack to eat immediately after training before you get home to give best chance of digestion. Happy Training!

## Sleep Hygiene

### Cleaning up your Sleep



Minimize liquids,, no cardio exercise, for one hour before bed



No lights in your eyes for minimum of 1 hour before bed- no TV, Computer  
Go read a real paper book



Eat a bit of protien before bed.  
Warm milk, nut butter, or baked tofu cubes work well.



Cocoon your room- no lights, cool, no sounds or use window shades, ear plugs and open a window