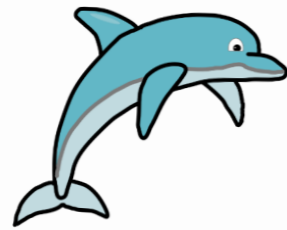


Swim Dolphins

Torfaen Dolphins Performance Centre
Swim Magazine

Pilot Issue - March 2024



Contributors for this edition

Dr Mark Broom Editor, Author and Publisher
 Dr Tom Croke Head Coach
 Mr Ray Morgan S&C Coach

There will be a core number of contributors but additional authors are always welcome. If you would like to be involved or have an idea for an article, then email

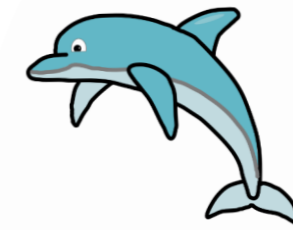
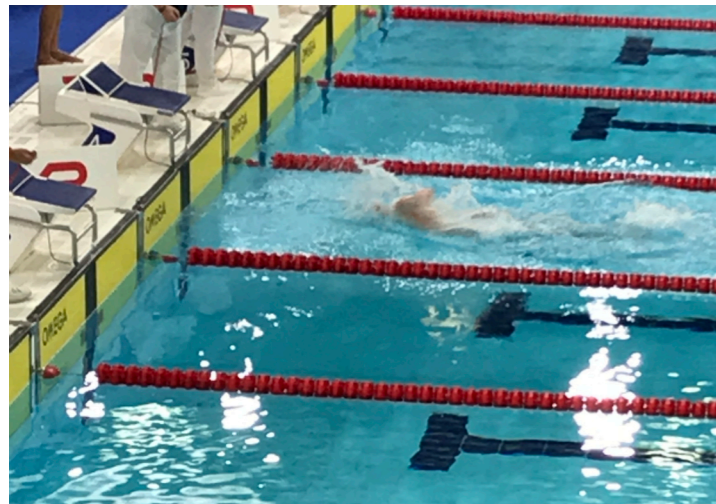
secretary@torfaendolphins.com

Editor Notes

This first edition is a pilot to gauge whether there is a need for such a magazine. I am sure you appreciate that compiling such a publication takes time, so please contact me through the email above or any member of the committee to let us know what you think about this venture.

As this is a pilot, I only have photographs of my son and a few other swimmers in the club, whose parents have been kind enough to let me use their image. So I apologise for the blatant use of my son's image/story, this will change as I compile a photo library.

Mark Broom



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This magazine is for all swimmers and parents but some articles are geared for particular squads. To help you decide if the article is for you, we have devised a colour coding scheme that is displayed on each page. Each box contains the squad's initial and Pt is for parent. If the box is displayed on the page it is relevant for your squad. This is a guide and you can read what you want.





Dolphin News

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TP

P

Pt

News Update

The pilot edition of the newsletter released on February 15th seems to be a success. It is planned to release a newsletter every two months or when there is a significant event to report. If you have any ideas for the newsletter or this magazine, then contact Mark by email on secretary@torfaendolphins.com.

Swim Wales have announced changes to the entry requirements for the Summer long course meet on the 1st August 2024 in Swansea. For more information about the qualifying criteria follow the link below

<https://www.swimwales.org/shop/events/swim-wales-summer-meet-lc/>

The British Nationals will be held in Ponds Forge, Sheffield on the 20th to 26th July 2024. For more information about the qualifying window for this event follow the link below

<https://www.britishswimming.org/news/latest-swimming-news/qualifying-window-dates-confirmed-2024-summer-events/>

Five members of the TD squad are eligible to enter the British Nationals/Olympic Trials. Dylan Broom, Carys Croke, Grace Owen, Theodora Taylor, Meghan Titchener and Meghan Willis will be swimming in the London Aquatic Centre between the 2nd - 7th April 2024. More information to follow in future editions.

Gala update

As reported in the February newsletter, the St David's Day meet went successfully ahead on the 4th March. It was a sell out and a great day of racing was witnessed by a packed spectator stand. Unfortunately the Torfaen Leisure Trust gala was cancelled due to a lack of entrants but we hope to welcome them back for the Spooktacular later in the year.

Now that the St David's Day meet is complete, the event planning committee are now turning their attention to the Torfaen Dolphin Long Course meet in Cardiff International Pool on the 8 - 9th June 2024. This is the club's showcase event and requires a full complement of volunteers. If you are interested in helping please contact any committee member or email Mark on secretary@torfaendolphins.com.

The Wyvern League is now fully underway with the first of three legs hosted in Newport. A massive thanks to TD volunteers who are supporting this event and let's hope for another successful tournament from our younger swimmers. A full update will be provided in the next newsletter. If you are interested in helping out with the final on the 11th May in PALC, let me know using the secretary@torfaendolphins.com email address.

Swimmer/Coach Profile



My name is Dylan Broom and I am one of the senior swimmers in the Performance Squad. I am a Great Britain swimmer on the Podium Potential Squad and in the Swim Wales Elite program. I am a para-swimmer, classified as S14.

I currently swim 10 times a week with two land training sessions and three gym sessions. I am also studying full-time on an Access Course for Higher Education in Blaenau Gwent College.

I have been very fortunate to swim in Florida, Thailand, Turkey, Italy and Germany representing either Great Britain or Swim Wales. I was also a finalist in the 2022 Commonwealth Games in Birmingham and held two British senior records in the 200m free (short course) and 400m IM (long course).

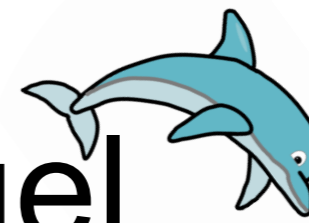


Tom's Top Training Tips

This is the first in a series of articles by Head Coach, Tom Croke. As this is the first edition of the magazine, the focus of this article is to set the aims for each squad. This will be built on in each edition to form a comprehensive guide to competitive swimming in Torfaen Dolphins Performance Centre.

	Purpose	Aim	Standard
Performance	To provide a performance driven environment from which swimmers can excel on a regional, national and international stage.	<p>To strive for Welsh and British representation and success</p> <p>To excel at Regional, Welsh, British and international level competitions</p>	<p>To be 100% committed to Swimming training and competition / School / College and University</p> <p>To bring their own value to the P1 squad</p> <p>To buy into and support the TD way of swimming</p> <p>To consider the needs of others, to understand the impacts of decisions and actions. The development of empathy, care and respect for others in a Performance squad environment is key to this.</p>
Transition Performance	To develop swimmers confidence and motivation by refining and growing sophistication in the use and application of their swimming skills across all 4 strokes.	To compete with skill at regional level competitions	<p>To be committed to Swimming training and competition, other sports and interests and school</p> <p>To bring their own value to the transition performance squad</p> <p>To buy into and support the TD way of swimming</p>
Development / Foundation	<p>To develop an awareness of a range of swimming skills, improving accuracy across the 4 strokes</p> <p>To develop a knowledge and understanding of competitive club swimming.</p>	To compete with skill at Club Swim Meets	<p>To attend all allocated sessions</p> <p>To buy into and support the TD way of swimming</p>

Swimming Fuel



One thing is certain swimmers can eat. When they are burning calories during training it needs to be replaced by good quality food. This edition of Swim Torfaen contains a very easy and nutritional recipe that is quick to make and contains all the protein and carbohydrates needed for great performance in the pool. This can be a quick breakfast or ideal as a snack pre-training and easy enough for the swimmer to make themselves.

This recipe is quick and easy to make, ideal for swimmers with little time between training and school.

Overnight Oats

Nutrition per serving

Calories:	393Kcal
Protein:	14g
Fat:	7g (3g sat fat)
Carbohydrates:	67g
Serves:	1
Time to make:	10 mins
Difficulty:	Easy



Method

- Mix oats, honey and milk into a bowl or Tupperware
- Cover and leave in the fridge overnight allowing the milk to soak into the oats
- Next morning put into the microwave for 2 minutes on high, stopping after one minute to stir
- Chop up banana and add to top.

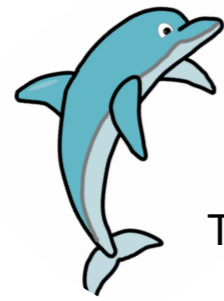
For extra protein you can add low fat greek yoghurt or whey

Ingredients

- 6tbsp/50g porridge oats
- 200ml semi skimmed milk
- 1 teaspoon honey
- 1 medium banana

As an alternative you can also try

'Chunky Monkey'	Banana & peanut butter
Fruity	Frozen berry fruit compote
Exotic	Dried apricots, pistachios & pomegranate seeds
Tropical	Mango & coconut shavings



Individual Performance Plans

This is Part 1 in a series of articles that will allow you to understand your stroke and help to improve efficiency

Reflection

Swimming is a very technical sport requiring fitness, commitment and technique. Without good technique performance will suffer. This section explores the importance of Individual Performance Plans (IPP) and how they can help you gain a better understanding of your training plan and take ownership on areas of your stroke that need attention. This is the first step in a series of articles that will build into a comprehensive training plan individual to you.

The curse of time

Whenever swimmers start in the sport there is a fixation with times. Early in your swimming career personal best times come fairly frequently but you will get to a point where there is no improvement and that can be extremely frustrating.

As you grow, become stronger and fitter your stroke will change. Understanding this is important and that is why at TDPC we concentrate on stroke technique for all four strokes. Its not unusual to start with one stroke and end up years later being better in another. The training at TDPC is structured to ensure that you are technically sound throughout the medley.

With good technique come personal best times, it just needs hard work, commitment and a trust in your coaching team.

What is an IPP?

Although training sessions may be timed, the focus is on speed through good technique. An IPP is your opportunity to look at your stroke, turns, underwater work, starts and finish for all strokes and decide what you can do better. If you think it through, if you can get a 0.25 second improvement in your turns and underwater that means you will be 0.75 seconds faster over 100m so having good technique is a no brainer.

An IPP is not about setting a goal for a new personal best time but looking at what small gains you can identify in your stroke to make you a more efficient swimmer.

So rather than setting a goal to take 1 second of your personal best, you start to identify areas where improvements can be made.



Starting the process

The first thing to do is sit down and consider areas that you can easily improve. Run through the following list and decide if improvements can be made:

- Start
- Turns and underwater
- Arm entry and pull through the water
- Kick
- Breathing
- Fitness

Using the table below consider one issue from each of the categories. Once you have identified a problem think how it can be improved. If you are having difficulty take the table to your coach for advice. Remember some issues might be a quick fix, whilst others may take time.

Category	Issue	How I can improve	How will I know I have improved
Start			
Turn & underwater			
Arm entry & pull			
Kick			
Breathing			
Fitness			

You will need to copy this table onto a larger sheet of paper, so that you can discuss this with your coach. In the next edition we will look to further to develop your IPP.



The importance of Land Training

Ray Morgan, Strength and Conditioning Coach writes about the importance of land training. Torfaen Dolphins has embraced strength and conditioning as part of the training plan. Land training helps core strength, flexibility and many of the exercises can be used as a pre-pool regime prior to competition.

At Torfaen Dolphins Performance Swim Centre, we believe in a holistic approach to swimmer development that goes beyond the pool. We recognise the importance of land-based training and strength and conditioning, and see these as fundamental pillars of our program as what happens on dry land significantly impacts what happens in the water.

Flexibility, mobility, and core stability are crucial elements for any swimmer aiming to reach their full potential. Addressing these key areas not only enhances overall performance but also play a vital role in preventing injuries.

Flexibility and mobility form the foundations of our strength and conditioning program. Regular focussed stretching and mobility exercises help swimmers achieve a full range of motion in their joints, enabling them to execute strokes with precision and reduced resistance. Increased flexibility not only enhances performance but also minimises the risk of injuries such as muscle strains and joint sprains.

Core stability, another key focus of our land-based training, is another focus our approach to swimmer development. A strong and stable core provides a solid foundation for effective swimming movements, contributing to better body position and connectivity in the stroke.

For our senior athletes our strength and conditioning program aims to improve strength in key muscle groups that are utilised during swimming. By incorporating exercises that target the core, legs, and upper body, we ensure that our swimmers develop the necessary power to propel themselves through the water efficiently. This translates to improved stroke mechanics and increased speed in the pool.

Torfaen Dolphins do not see land-based training as an 'add-on' to our swim program; it's an integral part of our strategy for producing well-rounded and resilient athletes. With an emphasis on flexibility, mobility, and core stability, we not only enhance swim performance but, more importantly, lay the groundwork for injury prevention, ensuring that our swimmers can enjoy a long and successful journey in the pool.



Aerobic versus Anaerobic Training

Have you ever wondered why your training differs from day to day or why some training sessions are harder than others? This article explores the difference between aerobic and anaerobic training and how this applies to swimming.

Swimming can be both aerobic and anaerobic depending on the **intensity and duration** of the sets. The longer the exercise duration, the more likely the exercise is aerobic. The shorter more explosive swimming sets such as sprinting are generally anaerobic.

To be an efficient swimmer you need a strong cardiovascular system. In other words, you need to train your heart to deliver enough oxygen to the muscles allowing them to breakdown carbohydrates and fats into energy, while your respiratory system removes carbon dioxide and water.

Your coach will devise an aerobic training plan that is generally about 70 - 80% of your maximum heart rate. The sets will feel long and reasonably comfortable. This is termed an aerobic set and once practiced you can probably maintain the same pace for a long period of time.

Definition

Aerobic literally means with oxygen

Anaerobic means without oxygen

Set is the number of repetitions require to complete a training session.

This aerobic set will improve your fitness and is generally the training method of choice when you start club swimming or when you are building fitness at the beginning of the season. Competitive swimming requires good stamina alongside the need to develop muscles that can withstand high intensity performance to compete at your maximum.

This is where anaerobic training allows your body to adjust to intense competition. When swimming at your maximum, the body can not meet the muscle's demand for oxygen. This is called the Lactate Threshold and we have all experienced the cramp-like burning pain when we have pushed ourselves to hard during exercise. Anaerobic sets help train your body to mobilise the fuel stored inside your muscles and convert this into energy in the absence of oxygen.

When working to your maximum, there is a build up of waste products such as Lactate and Carbon Dioxide. These waste products are not be easily removed and will ultimately reduce muscle performance and cause pain and discomfort. Preforming anaerobic training ensures your muscles reach Lactate Threshold later and tolerate the build up and removal of waste products more efficiently.



I am sure you have already realised that some training sessions are harder than others. Skipping the anaerobic sessions will mean that personal bests become more difficult. So embrace the anaerobic set even though they will hurt.

“No pain, no gain!”





Learning the new language of swimming

This is the first in a series of articles exploring the common terms used in swimming. This edition we start with the basics of terms used in competitions.

Competitions - common terms

Short Course

Races held in a 25m pool with the season running from September to the end of December

Long Course

Races held in a 50m pool with the season running from January to the end of August. Except in an Olympic year where some long course events occur before Christmas

Session

A session is a collection of events grouped together into a morning, afternoon or evening time slot.

E.g. A morning session may run from 9am to 11.30 am

Event

An event is a group of heats categorised under the gender of the swimmer, the stroke, the distance and sometimes age.

E.g. Female 100m Backstroke

Heat

A heat is a group of swimmers who will race together. It can be based on age or more likely time so there are swimmers competing with similar abilities. Depending on the venue there may be 6, 8 or 10 swimmers in a heat.

Warm-up

A period before the competition where swimmers are able to get into the pool and perform a series of swim sets to prepare for competition. This process prepares the muscles for swimming and is run by the coach who will instruct the swimmer on the best way to warm-up.

Warm-down

A warm-down occurs after an event if there is an additional pool in the venue. Rather than heat up the muscles, the aim is to stretch and cool down to prevent injury and aid recovery.

Pre-pool

A series of core and flexibility exercises performed before the warm-up. These are essential to get the body ready for swimming. It reduces the chance of injury and the exercises are practiced during training so they will become second nature. These exercises may also be performed post swim to assist the warm-down.





Parents Corner

Being a parent of a swimmer can be challenging and we all get into the same routine of turning up to training, tolerating hot & sweaty environments for over an hour and hoping our swimmer performs well. This segment gives some tips about being a supportive swimming parent. We have all fallen into these traps at one time or another, so this is meant to help you and your swimmer enjoy the experience.

Don't be a home coach

Our coaching team are ex competitive swimmers many of whom have represented Wales and Great Britain. Alongside their coaching qualifications, they are working from guidance from Swim Wales and given the TD spin by the Head Coach's philosophy for success. You pay a lot of money for this experience so leave the coaching to the coaches as having two messages can be confusing.

Swimming is more than times

Swimmers are well aware of the times needed to qualify for competitions, so being reminded is not helpful. Ask how the training is going or how they are feeling rather than any improvement in time.

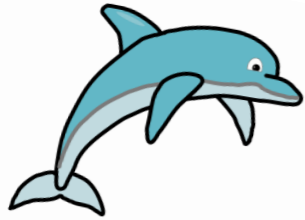
Setting expectations at competitions

We all want to see our swimmer win or at least do their best but looking up into the stands and seeing a disappointed parent or sitting in the car on the way home and being asked what went wrong is not helpful.

Ask them about the race, how did they feel and congratulating them on their performance gives a positive vibe. We can't all medal or gain a personal best every time we swim and what we don't want is an anxious swimmer. Make swimming fun.

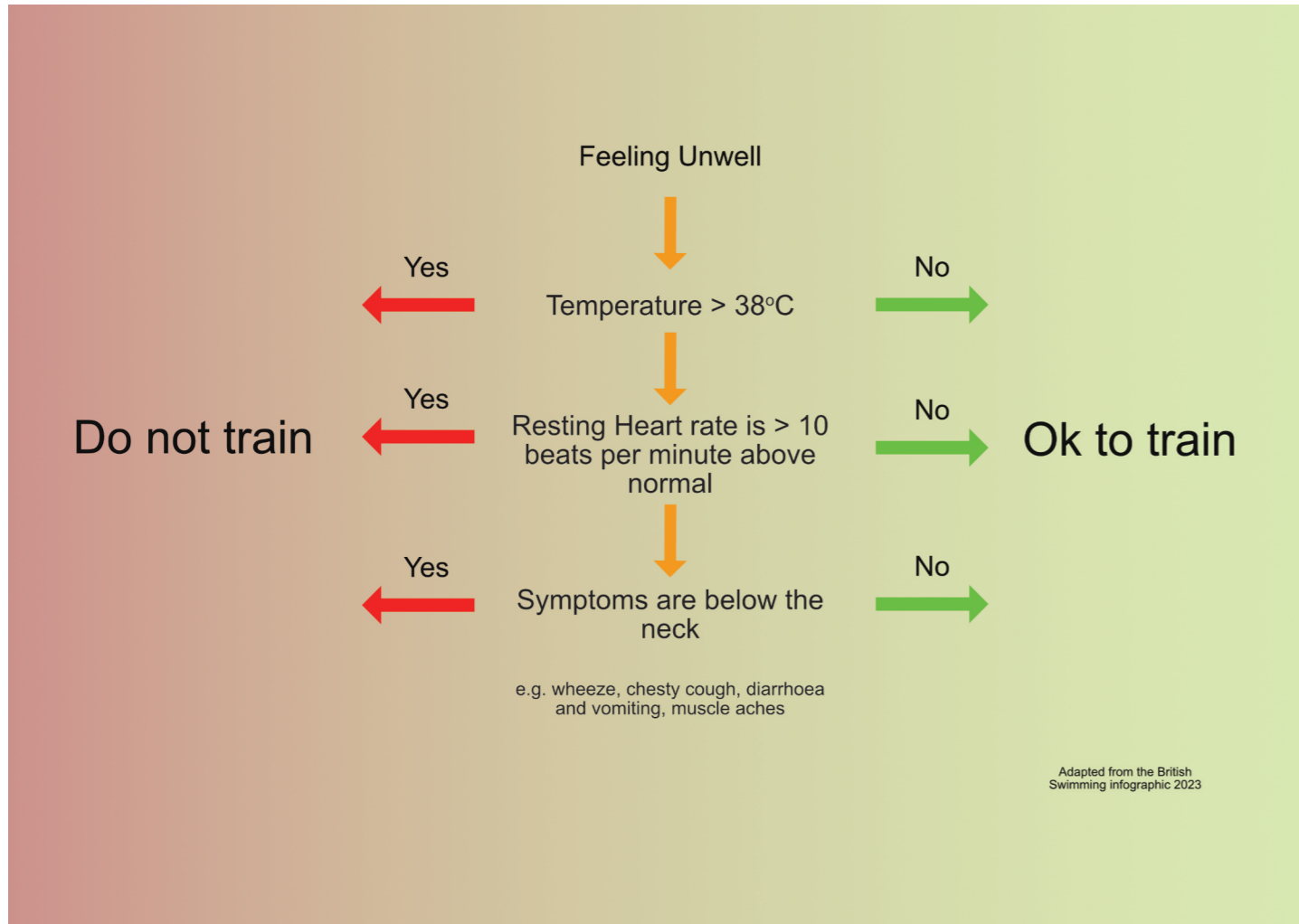
At one point or another we all fall into the trap of living our lives through the swimmers. This adds pressure and takes away the joy of aquatics. It is important that the family is invested in the swimming experience and this will make the early mornings and the sweaty days in competition more enjoyable and less stressful for everyone.





Should I train today?

You wake up in the morning or come home from school feeling unwell, what should you do? This articles gives you some guidance to help you make a decision on whether to train or not.



It happens to all us at some point where we feel unwell. If you can't get your head of the pillow or your cough and sneezing is so bad that it is obvious that there is no way you can train then the decision is easy. But at times you just feel under the weather then the chart above may be of some value.

If you answer yes to any of the statements above then no training with rest and recovery is your only option. You can re-assess later in the day or in 24 hours but sometimes rest is the best policy.

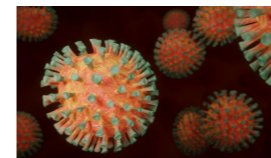
If the answer is No to the statement above you may train but ensure a good warm up, speak to your coach who will assess your needs, but if you think you might be infectious stay away for a further 24 hours.

Be considerate

Nobody wants to miss training but if you feel you have a viral infection or anything that may easily pass on to your fellow swimmers please stay at home.

Minimise illness to maximise training

Tips to stay in the water



Use tissues and cough into your elbow is good manners whether you are ill or not.

If in doubt stay at home

If you can feel the start of a tickly cough or a sore throat act early.

Use first response and take supplements if appropriate

Hand hygiene is important to reduce the spread of infections. It's as important now as during covid

Rest is the best medicine when you are unwell so try to get at least 7 hours of sleep per night.

Sleep helps repair, so a good night sleep is important at all times to maintain health.

Recovery eating is important during any illness. So if training, make sure you eat no later than one hour after the session

A balanced diet and at least 7 hours sleep is essential to maintain health. Your health is your responsibility, so if you want to maximise your training reduce the time out of the water by adopting a healthy lifestyle.





Over-subscription Policy

For the first time a Torfaen Dolphins organised gala has been a sell-out. Although this is great for the club, it does create difficulties for the Head Coach and Competition Secretary as some entries have to be refused. To ensure transparency moving forward a new Over-subscription Policy has been devised and is outlined below. This policy is for club meets only and does not apply to any other meet we may attend during the year

Role of Competition Secretary

Once aware that over-subscription may be an issue the competition secretary must:

- Inform the Head Coach of the potential of over subscription
- Give an outline of the reason for the over-subscription e.g. external clubs entering numbers larger than expected or competitors with fast entry times applying for development meets.

Role of Head Coach

Following discussion with the competition secretary and once a decision to remove competitors has been made, the executive committee is informed to assist with the processing of refunds.

Removal of competitors

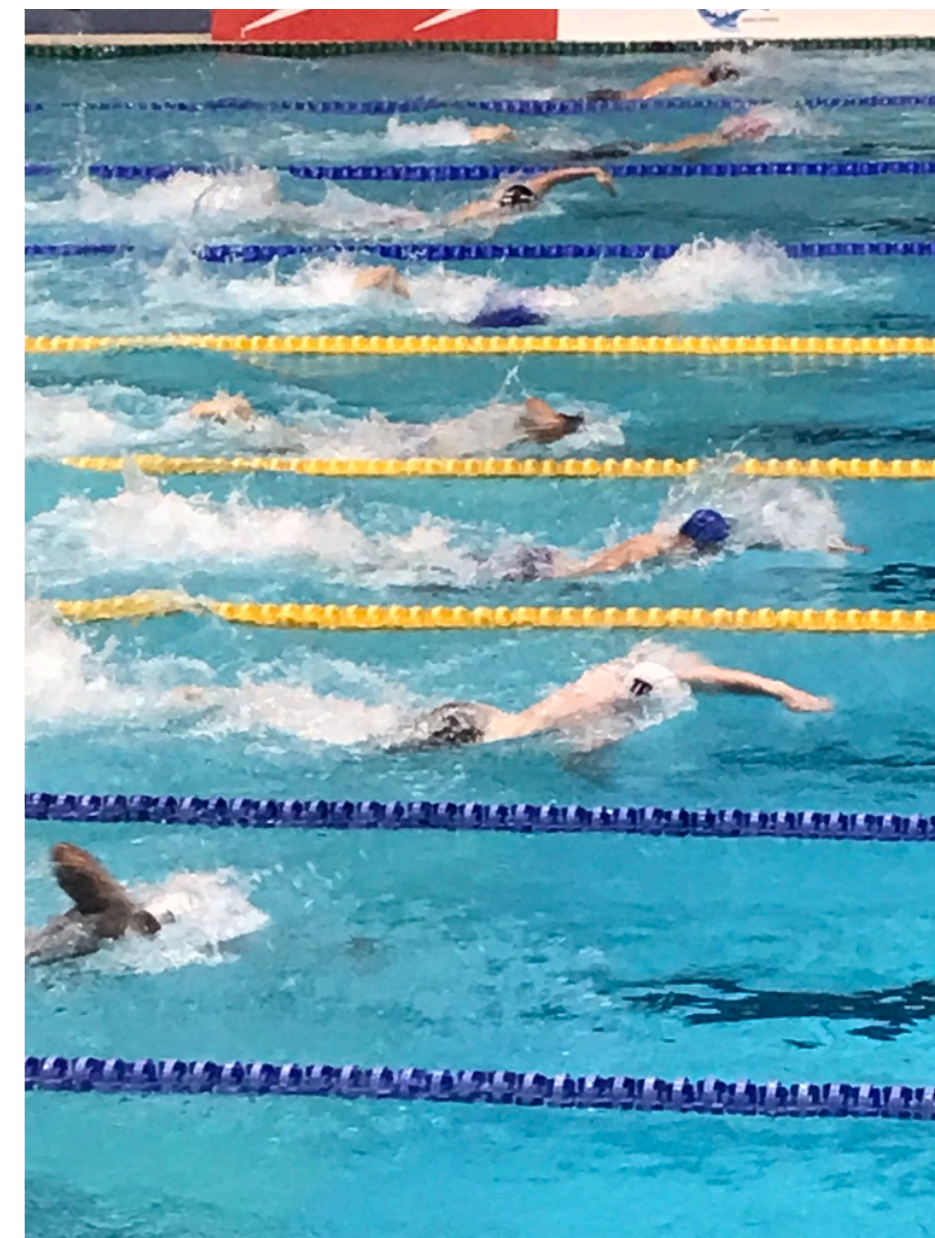
Priority will be given to eligible Torfaen Dolphins swimmers unless:

- The head coach feels that the entry requirement should be time based. When this decision is made the following criteria will be used:
 - If the meet is for development swimmers (level 3) Torfaen Dolphin/external competitors with times deemed too quick will be removed from the competition.
 - If the meet is level 1, the slowest competitors will be scratched

Definitions

Over-subscription is defined as the number of entries exceeding the event maximum capacity. All decisions will be made to ensure the safety of competitors at the event.

The term **scratched** refers to a competitor being removed from one or more event{s} based on the criteria outlined in the policy.



The full policy including the meet pack statement can be found on the Torfaen Dolphins website by following the link below.

<https://www.torfaendolphins.com/policy-documents/>

So you want to be an official

You may have tried volunteering and you fancy being an swimming official but how do you become that person clad in white and armed with a stopwatch and a clipboard.

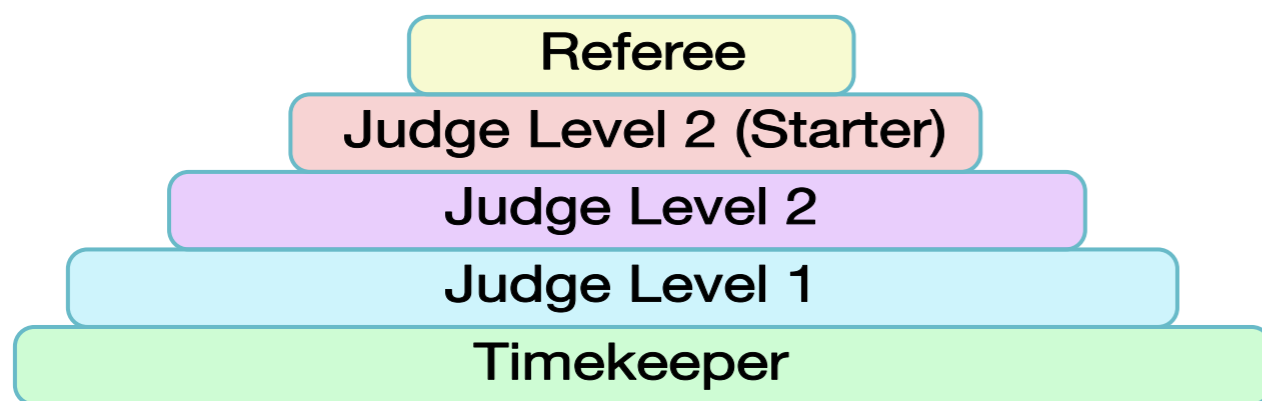
This booklet gives you a brief overview of becoming a swimming official and whether you want to be involved in the local galas or national competitions the route is the same.

The only equipment needed is generally a white t-shirt (sometimes provided) and a pair of light and comfortable black or white trousers. All other equipment such as stopwatches etc. will be provided by the club.

What are the different roles at poolside?

You will have noticed that there are a variety of roles that require attendance of a theory workshop and a practical component. To become a swimming official you will start as a timekeeper if you are between 14 - 16 years. If you are older than 16 years you can commence the Judge Level 1 course that will incorporate the timekeeper course..

The roles available are as follows, It is important to know that you have to undertake each role in sequence so getting to race referee for example does take commitment and time.



So how do I sign up?

If you are interested in the power and the glamour of becoming an official, just contact any member of the committee, talk to a parent you know is an official or email the club secretary at the address below. The more qualified officials we have in the club the better and it will not cost you a penny as the club will cover the fees. So why wait and a world of officialdom, free entry to galas and buffet lunches await you.

secretary@torfaendolphins.com

Timekeeper

- Introduction to the world of the Official
- Must be 14 - 16 years and registered to a swim club
- Required to undertake a short theory session and demonstration of practice competence at poolside

Judge Level 1

- Required to undertake online training and demonstration of practice competence at poolside. If you are over 16 years you can enter at this stage, the timekeeper course will be incorporated into your training
- A local contact will be allocated following completion of the training course. This contact will support the individual through the practical sessions. The competence assessment needs to be complete within 11 months
- Once passed you will be given a licence that is valid for 4 years and you can volunteer up to national level.

Judge Level 2

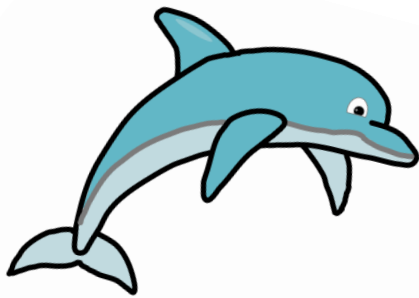
- The training covers the role and duties in all facets of judging and the role of the starter
- Must be a minimum age of 16 years and volunteered for 20 hours at Level 1
- Theoretical training and poolside mentoring is offered via a workbook. The candidate will need to show poolside competence.

Judge Level 2 (Starter)

- Candidate must have volunteered for 20 hours at Level 2
- Training consists of a pre-determined number of practical experiences as a starter before undertaking a practical assessment

Referee

- Candidate must be a minimum age of 19 years
- Training consists of theoretical training and specified practical experiences. A formal examination is required followed by a final practical poolside assessment.



**Thanks for reading the
first edition
of**

Swim Dolphins

**Torfaen Dolphins Performance Centre
Swim Magazine**

**If you would like to participate in any way or just have
some comment or an idea for an article, just email Mark
on**

Secretary@torfaendolphins.com

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