



Swimmer of the month

Hayley Cliffe

**For consistant hard work
and achieving a number of
county qualifying in recent
months.**

Remember!

All swimmers should have a drink with them at every training session and they need to be on poolside 10 minutes before each session in order to take part in a poolside warmup!
Thanks!

September
2014

Birthdays!

Isla Mills 3rd

Ashleigh

Farrell-Chapman 3rd

Hoi-Kay Wilson 4th

Sohail Mohinudeen 12th

Kurren Adatia 13th

Luke Hulson-Brown 13th

Rohan Kelkar 16th

Isaac Hall 20th

Samuel Brucianni 22nd

Lee Torrington 24th

Sam Harding 27th

Nikhil Chauhan 28th

Nathan Brightman 30th

Michael Desta 31st

Raasmia Dossaji-Makda 31st

Aoife Brotherton 31st

Emily Steele 31st

HAPPY BIRTHDAY!!!

Social Side

It's that time of year when we start thinking about the Christmas social events. Do you have any ideas? If you have a great idea for a social event for either swimmers or parents, please see Steve Bird our social secretary. He coaches at Evington Pool on Monday and Friday evenings or you can email him on social@lncs.org.uk

AGM News

This year's LNSC Annual General Meeting will be held on
Saturday 22nd November

Starts 7:30pm

Finishes: 12pm

This year it will not be held at Scraftoft Golf course but instead
at Elizabeth Park Sports & Community Centre!

Checkland Road,
Thurmaston,
Leicester,
LE4 8FN

<http://www.elizabethparkcentre.co.uk>

Fixtures

1st November Club Championships, DMU, 2:30pm warm up

2nd November Club Championships, DMU, 2:30pm warm up

8th November Leicester League (Senior A and B teams, location To Be Confirmed)

New Speed Awards

New Platinum Awards

(Back) Uzair Mohinudeen

(Breast) Kimia Hashimi

Eleanor Gray

(IM) Austin Johns

Uzair Mohinudeen

Kailan Chauhan

(Back) Kate McCallister

Christopher Sneesby

(Free) Austin Johns

Kate McCallister

Christopher Sneesby

Victoria Malone

Kate McCallister

Luke Hulson-Brown

New Gold Awards

(Breast) Christopher Sneesby

(Fly) Christopher Sneesby

Victoria Malone

(Free) Ben Cliffe

Ben Cliffe

(IM) Georgia Langton

(Free) Christopher Sneesby

(Breast) Kate McCallister

(Free) Daisy Robson-Jones

Alex Hulson-Brown

(Back) Grace Mayes

Alex Hulson-Brown

(Breast) Kate McCallister

Grace Barnacle

(Free) Grace Mayes

Daisy Robson-Jones

Grace Mayes

New Silver Awards

(Breast) Hayley Cliffe

(IM) Harry Preston

(Back) Kate McCallister

(Breast) Ben Cliffe

Georgia Langton

Grace Barnacle

Alex Hulson-Brown

(Fly) Eloise Raine

Katie Radburn

Mine Avul

(Back) Krishna Gosavi

Mine Avul

Maddy Sayers

(Breast) Eloise Raine

Ben Cliffe

(Free) Emily Langton

Eloise Raine

Katie Radburn

Alex Hulson-Brown

(IM) Emily Langton

Tyla Malcolm

Maddy Sayers

(Free) Emily Langton

Harry Preston

Georgia Langton

Mine Avul

New Bronze Awards

(IM) Hayley Cliffe

(Back) Katie Kirk

(Breast) Oliver Kang

Charlie Bigley

Ethan Stanny-Perreira

(Fly) Oliver Kang

Hayley Cliffe

Emily Langton

(Free) Rea Maxwell

Emily Steel

Katie Kirk

Charlie Bigley

Ethan Stanny-Perreira

Anastasia Dundure

(IM) Oliver Kang

Emily Roth

Nikhil Chauhan

(Back) Hayley Cliffe

Emily Langton

Charlie Goddard

(Free) Hayley Cliffe

Keeva Stopforth

Emily Roth

Charlie Goddard

Shayna Prajapati

Rhys Newcombe

Charlie Sneesby

New School Bronze Awards

(Breast) Daisy Johnson

Umer Hashim

Katie Kirk

Emily Roth

(Fly) Jenson Johns

This month
saw the most
speed awards
achieved than
any month.
Well done to
everyone who
achieved one
and keep up
the good work
for next
month!!!

Training Times

Juniors

Monday DMU 7.00 – 8.30

Tuesday DMU 7.00 – 8.00

Wednesday DMU 8.00 – 9.30 (invitation only)

Thursday Evington 7.00–8.00 (8.00-8.30 invitation only)

Friday Evington Development 12 week free trial 7.30 – 8.00

Blue / Bronze / Silver Squads 8.00 – 8.45

Mini-Meet / Gold & Platinum Squads 7.30 - 8.45

Seniors & Masters

Monday Evington Seniors & Masters

8.00 – 9.30

Wednesday DMU Seniors 8.00 – 9.30

Thursday Evington Seniors 8.00 – 9.30

Masters 8.30 – 9.30

Friday Evington Seniors & Masters

8.45 – 9.45

Kailan Meets... Chelsea McKay

1. How old are you?

12 years old

2. What event did you do to get into Nationals?

In nationals I did 200m (8 lengths) fly

3. What is your favorite stroke and why?

My favorite stroke is fly it's the stroke I find the easiest to do but I also like the feeling of just flying through the water. But I have 2 favorite events 200m fly and the 400IM. My least favorite is backstroke

4. How many times a week do you train and what advice would you give to a swimmer wanting to be a national level swimmer?

I currently train 7 times a week which includes 2 sessions before school on a Tuesday and Friday and a sat morning. I don't train Friday night and I have Sundays off. My advice to any other swimmer would be that your pool time is precious. If you want to be a national swimmer training is not the time to socialize keep that for before and after sessions. Whilst you're in the pool you need to focus on the set, what the coach is saying and pushing yourself. The coach can only push you so far the rest needs to come from you. Don't put yourself down if you race and you get stuck on a time for ages this happens just focus on your end goal and it will happen.

5. What kind of food do you eat before and after training?

I follow a diet that was suggested at a swim camp I went to. I eat 60% carbs and 30% protein before 4 o'clock. Then after that time I change to 60% protein and 30% carbs. If it's a week leading up to a race I stock up on slow releasing carbs all week. But I make sure I replace my protein straight after training it's important to do this within 2 hours, to help repair muscles. For this chocolate milkshake is the best. I eat anything I like really as long as it fits into those ratios. As a swimmer I don't need to be on a weight loss diet I need to eat nearly double what I should for a girl my age. I eat a lot of pasta, chicken and red meat. I also eat a lot of pukka pies. I have porridge and a homemade smoothie in the mornings to make sure I get my vitamins. Mum is always cooking my packed lunch is huge.

6. Do you do any other sports/hobbies other than swimming?

With swimming taking up nearly all my time I don't really have any time for other sports. My spare time is usually used by sleeping or doing homework. My sleep is precious, but so is my education. Mum says swimming won't pay my bills so I need a backup plan for my future.