



UOAPS NEWS

University of Aberdeen Performance Swimming Newsletter Winter 2019

From the President

Dear UOAPS Members, welcome to our Winter newsletter.

I hope you are all enjoying the festive period and a time of calm around the pool. We finish this month of competition with a fantastic weekend at Scottish Short Course in Edinburgh, finishing 3rd top Scottish club.

There will be a reduced session timetable over Christmas and New Year, we encourage all to attend as much as possible. Please see timetable listed below.

Here's to making 2020 a great year for UOAPS.

Yours in sport
Martin Shaw
UOAPS President



**“Success is a journey,
not a destination.
The doing is often
more important than
the outcome.”**

Arthur Ashe,
Winner of three
Grand Slam Titles



Christmas training schedule	
23rd Dec	Normal
24th Dec	8:00-10:30
27th Dec	8:00-10:30
28th Dec	8:00-10:30
30th Dec	8:00-10:30
31st Dec	8:00-10:30
2nd Jan	8:00-10:30
3rd Jan	Normal



Scottish Short Course 400 IM Gold, Silver and Bronze to UOAPS

Competitions

Again a busy period for UOAPS athletes with many competitions. Since September UOAPS have competed at:

- North District Distance Meet in Fraserburgh
- Garioch 200 Meet in Inverurie
- Carnegie Open in Glenrothes,
- Nifty 50's meet at ASV
- North District Open at ASV
- BUCS in Sheffield
- North District Age Group in Inverness
- Scottish Short Course in Edinburgh

The **North District Open** on 9th & 10th November was an excellent meet for all. With athletes and teams from across the Country joined by the Swim Ireland National Programme, leading to a high quality meet, UOAPS were crowned top club at the meet.

Overall the weekend ran smoothly, with credit going to Michelle Hall, Event Coordinator and the team of volunteers who worked hard over the weekend.

The **North Districts Age Group Championships** were held 23rd—24th November in Inverness. This competition is for 11-14 year olds. UOAPS athletes represent their home club programmes. All five UOAPS partner clubs were in action over the weekend, with many good results across the weekend. A first time at District meet for some club athletes, a great experience overall.

Scottish Short Course followed at the Royal Commonwealth Pool in Edinburgh on 13th—15th December; UOAPS were in strong racing action with a team of 39 athletes. Many positive performances across the squads and lots of finals giving a strong outlook for the remainder of the season ahead. Hannah Miley was awarded the Paisley Trophy for Best Overall Scottish Performance. UOAPS finished in an impressive 3rd place Scottish Club achieving 464 points behind Edinburgh University (617 points) and University of Stirling (1395 points).

Now our focus turns to long course racing for the next round of key meets in the season, beginning in January with athletes selected for the District Team racing at the Geneva meet in January.



North District Open Championships 2019

NATURAL REMEDIES FOR THE COLD/FLU

- Gargle with salt water
- Honey—Manuka is best but any honey will do
- Take a Ginger Shot
- Elderberry syrup
- Essential oils — plant power! Try a few drops in a bath or on a tissue of eucalyptus oil or peppermint oil (never ingest these oils)
- Garlic
- Lemon
- Probiotics (yoghurt drinks)
- Vegetable/chicken soup

Smoothie Day

Back in October the athletes came together for a smoothie session. Here we explored the benefits and different ingredients that can go into a smoothie. Athletes did a blind taste test then made their own, with some very interesting concoctions made. If you would like more information on this please see Lisa Houston for a recipe leaflet.



The Athlete's Survival Guide to the Cold and Flu Season

An interesting article from American coach Lynda Wallenfels on a subject that has hit many athletes particularly this last couple months. Some have managed to avoid it but with so many athletes falling ill over this time, this article gives some tips on how to avoid the dreaded lurgy.

The fact is, hard training will suppress your immune system, leaving you susceptible to opportunistic infections. Getting sick and missing two weeks of training due to an illness is a real setback for any athletes. Endurance athletes need strategies to prevent illness as well as manage illness when they are unlucky enough to get sick. They also need comeback strategies to segue successfully back into training without a relapse. Hard training sessions suppress your immune system for a period of 3 to 72 hours, this is known as the "open window".

Prevention:

- Execute all your recovery tasks post training to minimize exercises-induced immune suppression. Maintain optimal nutrition to enhance general health and maintain vitamin and mineral stores, particularly vitamin D
- Avoid crash diets and rapid weight loss
- Minimise contact with sick people and time spent in public places with large crowds especially during your "open window".
- Keep a distance from people coughing and sneezing
- Wash your hands before eating or after contact with sick people, public places and bathrooms. Carry hand sanitizer to use when hand washing is inconvenient
- Avoid touching your mouth, nose and eyes with your hands
- Use clean, disposable tissues to wipe your mouth or blow your nose, and put in the bin immediately
- Do not share food or drink with anybody
- Wear appropriate clothing to avoid getting overly cold or wet
- Consistently get at least 7 hours of sleep per night
- Keep life stress to a minimum

Training through mild symptoms is absolutely fine. Hard training through a viral infection will prolong the recovery process. Better to take a day or two off and get well than to spend a number of months feeling "not quite right". While you are sick, drink plenty of hot fluids and take in more rest.

Final tip: avoid the bugs at all costs, rest when you do get sick, and come back to full training gradually.



UOAPS Relay Series

UOAPS Relay Series

On Friday 6th December, we held the first in the UOAPS Relay Series, bringing together athletes from Club Connect, Performance Development, Performance, High Performance Sprint and High Performance squads. In a fantastic evening of mixed relays, and fun quiz elements. The series will continue with 3 further sessions and themes:

Tuesday 28th January Round 2 Burns Night

Tuesday 11th February Round 3 Viking Festival Night

Thursday 19th March Round 4 St. Patrick's Day

Athlete Presentation

The Coaching Team held a presentation evening for the 3 main squads on Tuesday 3rd December, a first in bringing of the squads together. This session covered introductions to the new athletes in each squad, a review of the season so far, team building and the plan for team events ahead. It was a fun informative evening with a special appearance by Simon the Swimmer, keeping everyone on their thinking and Lego building toes. A copy of the presentation is available to anyone who wishes it, please contact Lisa (Lisa.H@aberdeensportsvillage.com). This session will be followed up by a team workshop on Tuesday 21st January.

We wish all members and their families a wonderful Christmas and a Happy New Year

Upcoming...

Geneva International
17-19 January, Switzerland

Euro Meet 2020
24-26 January, Luxembourg

Scottish Schools
25 January, Tollcross

UOA Development Series R.1
26 January, ASV

North District Age Groups R.1
1-2 February, ASV

BUCS LC
14-16 February, Sheffield

McCullagh International
21-23 February, Bangor

North District Age Groups R.2
29 Feb-1 March, ASV