

ROTHERHAM METRO NEWSLETTER

Dear All

Hello and welcome to the first Rotherham Metro newsletter. This is intended to hopefully keep you all up to date with what is happening with the club and also for you to contribute to its content. There will be articles on nutrition, swimmers achievements, coach's comments, Gala's etc. The newsletter is to be produced on a quarterly basis and can be viewed on our website. Any ideas, features you want to see will be greatly appreciated, just contact me via our website.

Karen Nelson Editor

Club News

As you are aware there are currently many changes at the club, due to the new pools that are being erected in Rotherham. It has been a difficult time for all the members of the Committee in trying to ensure, that none of the swimmers suffer from the changes. At present we are still liaising with Rotherham Council to obtain further swimming time/lanes whilst all the pools are completed. Unfortunately the Council are not the easiest people to deal with and don't appreciate how a swimming club works and how important it is to its members and the local community

This month we say farewell to 2 members of A Squad. James Pepper who has been at the club for 9 years and is moving to further his swimming career at City of Sheffield. Also Tom Moxon who has been with the club for 10 years and is going to study Chemical Engineering at Birmingham University. Good Luck Lads

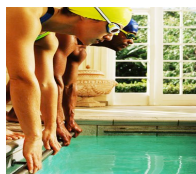
**TIME TRAIL RESULTS
NEW SQUADS TO BE ANNOUNCED SHORTLY**

COACHES COMMENT

A vital part of quality training is good nutrition

Believe it or not a swimmer doesn't get fast during practice. In Practice the times might improve but, the adaptation to training (i.e. getting faster) actually occurs while the body is resting. This is only if given the **PROPER FUELS**. Workout is the stimulus that causes this to happen. Knowing how much carbohydrate, protein and fat to get in a day is good, but knowing when you should be getting these nutrients is even better. Carbohydrates are especially important for athletes. Carbohydrates are mainly found in starch foods (potatoes, bread, rice, pasta), fruits milk and yoghurts.

Nutritionist B.SC.Verena Baeumer



FORTHCOMING SWIMMING GALAS

Rotherham Metro Swimming Meet

City of Sheffield Teaspoon Gala

City of Bradford Xmas Meet

City of Barnsley Xmas Meet

Winter Yorkshires

ASANER Bagcat Championships

ASA/Snr/Jnr Championships

City of Sheffield Winter meet



Don't forget to order all your swimming items from the club shop. If you can't see what you want ask Margaret to order it for you and this will benefit the club.

Don't forget that if there is anything you wish to see in the Newsletter please email me via our website or pass onto your Liaison Officer.