

HAILSHAM SWIMMING CLUB

CLUB CAPTAINS UPDATE – FEBRUARY 2021



MILLY WIDDOP **SENIOR GIRLS CAPTAIN**

Hi everyone, I hope you are all holding up and keeping yourselves entertained. This time is extremely tough for us all, so it is important that we try and keep ourselves busy and support one another. I think I speak on behalf of everyone when I say that I hope we can all be back together training hard in the pool soon. In the meantime, we must be doing all we can to help ourselves both physically and mentally. Of course, it can be challenging to find motivation to get at it when you can just lay in bed and binge Netflix all day, but I urge you to try your best. Personally, I find it helpful to set myself a routine or a list of things I want to complete by the end of the day, which brings me a sense of achievement. I have also been doing my best to stay active as much as possible by walking my dog, doing workouts in my garage, and running either on my treadmill or out on the roads. I set myself goals to achieve so I am able to push my limits and keep up my fitness whilst it also having a positive impact mentally. Additionally, I have been doing the Hailsham online gym sessions that Craig and Natalie organise for us and it would be amazing to see more people there! We are very lucky to have Natalie take her time to put together excellent fitness sessions for us and it is a great opportunity for the swimmers to work hard together bringing some form of normality.

I hope everyone is staying safe, see you at the fitness sessions! Milly



WILL LAST **SENIOR BOYS CAPTAIN**

Hello everyone, I hope you are all well and are staying safe. Obviously, the start to this year has not been very good, and I think everyone has suffered in one way or another. It can be difficult to stay motivated at the moment, as without a goal to focus on, it is hard to keep on training, especially if you are training on your own like most of us are.

I have been running, rowing, cycling and have been doing cross-fit/strength exercises on an online call with a friend 4 times a week. I think that doing online calls with friends and family is a great way to stay connected and keep your motivation levels up.

It can also get quite boring just staying at home all day, so remember to take breaks, even if it's a couple of minutes of walking round the house every now and then.

Try to set yourself a challenge, both with training and out of training. The challenge I have set myself is to do the splits and even though it isn't going very well, it adds a bit of random fun to what I am doing so I'll keep trying, and let's not forget that doing the splits will help you with flexibility in the pool. It's also a perfect time to work on your aerobic fitness at the moment which will drastically help for when we get back in the pool.

**If it was easy,
everyone would
be doing it.**

I've found that watching vlogs on YouTube like, Cody Miller or Nick Bare, to be really entertaining and help to keep you motivated.

Try to stay in a routine, get up at the same time and go to bed at the same time. I know it's hard, but try to stay away from your phone before you go to bed, read a book or play a game of cards, this will help you to sleep better, which will make you feel more enthusiastic about your day ahead.

Remember, if it was easy, everyone would be doing it and that the only person that will stop you, is you. Stay well everyone and I hope to see you all soon. Will.



DAISY CROOK JUNIOR GIRLS CAPTAIN

Hello to everyone, we are currently on our third lockdown and everything is at a stop still. A lot of online school is taking place from 9 till 3 and sitting at a laptop all day is the new inevitable thing. It can be very draining on days (like when the weather is really bad) or can be alright and manageable when the sun is making a show. At least I am being productive throughout school times and have something to do which is good. I've been out in the garden a bit more now just throwing around a netball mainly before my hands freeze off; bit of fresh air between classes is good. I have gone on some runs on the downs just to keep the fitness going and to escape the reality of staying indoors all day. Also just going on some walks is a nice way to relax and recharge; I find going when the sunset occurs makes the walk extremely nice.

What's going on now with COVID and everything is very hard and not always easy to deal with. Unfortunately, I cannot make the Monday fitness session, so do not get to see you guys. However, I have started to realize that I'm never going to get this time back so instead of wasting it by doing nothing I should try and just do something. All the little things you do now to help yourself will pay off and benefit you when everything goes back to normal. Just by going on a walk everyday will help you as well as clear your mind from work or school. I hope everyone is safe and well but also that we will be back in the pool soon 😊 Daisy.



ROBERT CROOK-SMITH JUNIOR BOYS CAPTAIN

Hey guys,

I hope everyone is doing well during these new restrictions of lockdown and managing well with both school and keeping your fitness up. I know it can be hard when we don't have any swimming but please make sure you go outside and do some form of exercise and also try to join the clubs land training session on a Monday evening. I know it is hard during this time but even just going on walks with your dogs or going on a run every day can both help improve your fitness and your mental health which is the most important thing during this time. I'm sure we will all be back in the pool before we know it so just keep going. Just remember the old cliché, When the going gets tough the tough get going!

Robert

When you're going through tough times, don't worry. Things will get better and you'll come out stronger.