

H HAILSHAM SWIMMING CLUB

CLUB CAPTAINS UPDATE – SEPTEMBER 2020



MILLY WIDDOP SENIOR GIRLS CAPTAIN

Even though we are not back to complete normality, being in the pool is all that matters. I am very grateful that we are able to gradually make a return and begin our training programmes for the season ahead. We have all had to adjust to the new way of training which has been an exciting challenge, but overall it has been great to see everyone back together after some time apart. Personally, I have been focusing on trying to build my fitness back up in every training session that I attend, pushing myself and others as much as I can. I enjoy pushing myself into uncomfortable zones when swimming not only to test myself physically, but to build mental strength as well. As a result of my hard work, I can feel that my level of fitness is improving. Advice I could give would be to value and appreciate each training session we have because you never know what's around the corner. Additionally, I urge everyone to try and swim out of their comfort zone as much as possible in training because not only will it help you improve, but the sense of achievement afterwards makes it all worthwhile.

Keep up the good swimming guys, and keep smiling ☺
Milly



WILL LAST SENIOR BOYS CAPTAIN

Hi everyone, hope you are all doing great. It's fantastic to see everyone back in the pool and training hard. If there is one thing that I have learnt, it is that no matter where we are, a swimming pool is still just a swimming pool, it's still the same length, it still has lanes, we can still do turns, and we can still train just as hard as we could before. It's great to see everyone working as a team and striving to achieve their goals.



Everyone should have a goal, even if it is a small goal, everyone should have one. It allows you to focus on something, so that when you are swimming you can think about that goal, and keep pushing yourself towards it. Even when you are out of the pool, there are still things you can do like flexibility and core work, these will all contribute to your swimming.

Remember to eat healthily. With the weather starting to get cold and wet, we need to remember to eat healthy foods, like fruit and vegetables, especially foods that are high in vitamin C as it helps your immune system. Stay safe everyone and remember the most important thing is to keep working and pushing towards your goal. Will

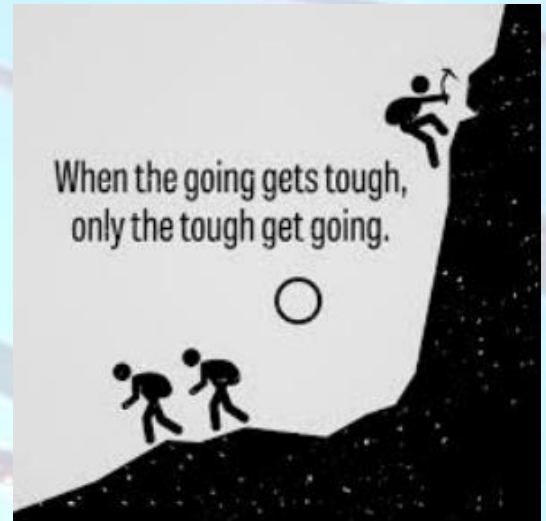


**DAISY CROOK
JUNIOR GIRLS CAPTAIN**

We've been back now for a couple of months and everything is working very well. It's nice to see so many people contributing to help the club get back to how it was – with a few minor changes to keep everyone safe. We've all noticed a step change in our fitness levels since we've been back in the water, there may not be any competitions but at least when there are we'll be very prepared.

I really do feel we are incredibly lucky to be part of a great club to have come through this so well. We have wonderful coaches and a dedicated committee who have worked so hard to make it all come together. Thank you!

I'd also like to thank Head Coach Phil for his dance moves which have kept us all entertained. 😊 Daisy



**ROBERT CROOK-SMITH
JUNIOR BOYS CAPTAIN**

Hi guys,

I would first of all like to say well done to everyone at the club for coping very well during the current circumstances and making sure to follow all the COVID guidelines and for continuing to swim and making the most of a very difficult situation. I would also like to say thank you to all the coaches and volunteers because without them we wouldn't be able to be back to swimming and being able to train. Although this is a very weird time everyone has managed to cope with it as well as is possible and have taken it in their stride which is great and although it seems like things are going back to normal nothing is normal at the moment so I would just like to remind everyone to keep making sure that you are following the COVID restrictions and keeping in mind social distancing. Robert

