

HS HAILSHAM SWIMMING CLUB

CLUB CAPTAINS UPDATE – JUNE 2020



**MILLY WIDDOP
SENIOR GIRLS CAPTAIN**

Hi guys,

Hope you are all doing well and that you are all safe! In these times we must make sure we are staying active and finding ourselves things to keep us busy. For swimmers, this should involve daily exercise to maintain our fitness and keep in good spirits. Over the past few weeks I have made sure to incorporate

time for exercise in my everyday quarantine life.

I have managed to follow the Hailsham land training programmes and have very much enjoyed completing these sessions to the best of my ability. I have also tried to get into something new to challenge myself to feel a sense of achievement once completed. I have started to go on runs whether it be along the roads, in a park, or along the seafront. It's been enjoyable and motivating to try new things and push myself in different ways. My runs have consisted of various distances ranging from 2km to 7km. Currently, I am continuously trying to beat my quickest time for 5km which gives me a goal to reach to and drives me to push myself.

By mixing up my daily exercise, it keeps it interesting and benefits my body in different ways. Of course, exercise has positive effects on the mind which is vital in these strange times. Also, I have been doing my best to get my family involved in exercising with me which has been full of laughter and fun. If you don't want to exercise alone, then always try to drag a family member in with you or call a friend to do it with on facetime!!

I hope you are all keeping fit and I can't wait to see everyone back in the pool!! Stay safe and keep happy, see you all soon I hope!! Milly.



**DAISY CROOK
JUNIOR GIRLS CAPTAIN**

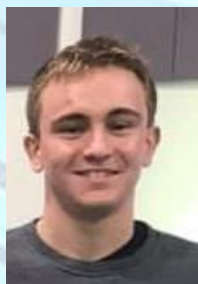
We've been in lockdown for some time now but recently we have been extremely lucky with the weather, so I have started a bit of sea swimming now and again, along with running a few times a week up on the Downs and the seafront to see the stunning views. Also, I am continuing doing some virtual rides on Zwift for half an hour as well as rides to and from the seafront. I'm actually starting to enjoy bike riding!

I personally have been extremely lucky as I have also been set weekly challenges for netball. For these I have to do sport related activities and I receive points based on my scores. These get put on a leader board so it all gets quite competitive; o that's been keeping me busy and on my toes!

I have to admit I did not expect the lockdown to go on for so long. It really does seem like ages ago that we were all in the pool. Some days are harder than others to find the

motivation to train. However, I find that if I try to stick to a daily routine it definitely helps. Generally, I have tended to choose things to do that I enjoy rather than make myself stick to a rigid schedule of activities. Some days this might mean I do something completely different like a nice walk on the Downs, or a bit of fun at the beach on the paddle board!

Fingers crossed we will all be back in the chlorine soon. Stay safe and happy! 😊 Daisy



WILL LAST SENIOR BOYS CAPTAIN

Hello everyone, I hope you are all safe and well during these difficult times.

If there is one thing I have found hard during this lockdown, it is staying motivated. Not having anyone to push me along and train with has been very difficult to deal with, and I have learnt a lot about myself and how to stay motivated. There has been a lot of time to think in lockdown about many different things, and the one thing I found and thought was that I didn't have anything to achieve in lockdown. So, one weekend I wrote down a small plan as to what training I wanted to do. Having a plan to stick to was a great help as it gave me an idea as what I had to do to try and get better and made me feel like I was achieving something.

Throughout this lockdown the main way I have been staying fit is by cycling on a turbo trainer. It is an excellent way to stay fit and keep your aerobic and anaerobic systems working well. I have been doing this Sunday, through to Friday, having one rest day a week on Saturday. It is extremely important to have rest so that your body can recover well for the next week of training. In the afternoons I have been completing a small circuit of strength and stretching. Even if it is some small flexibility work while you are watching TV, it will still be highly beneficial. If you have a foam roller, make sure you are making use of it, even just 10 minutes a day is brilliant, and will make sure your body is ready for when we can get back in the pool and start swimming again.



Remember that everyone is in the same boat as you are, and that whatever you are feeling, everyone is feeling as well. Make a goal right now and keep your mind clear on achieving that goal. Stay safe everyone, I will look forward to seeing you all back in the pool soon.



ROBERT CROOK-SMITH JUNIOR BOYS CAPTAIN

I hope everyone is well in this tough time and managing to keep up fitness as well as possible considering these difficult circumstances. A few ways I personally have been keeping fit is either going for runs as much as I can or doing skipping and band work in the garden.

Other ways you can keep your fitness up is by going on a turbo bike in your house or the garden or even going on a bike ride outside which is also nice to get outside and see the countryside instead of the same surroundings. Even going for walks in fields or around the lanes is still decent fitness. You can even do your own exercises to keep fitness up but the main thing in these weird times is to make sure you stay safe and keep social distancing even though it is tough.

