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Happy 18th Birthday Tillie

Our congratulations go to Tillie Hewlett who celebrated her 18th birthday on the 17th January.

Tillie is a regular swimmer with the Ruislip Turtles Gala Team.



Chief Instructor's Tips



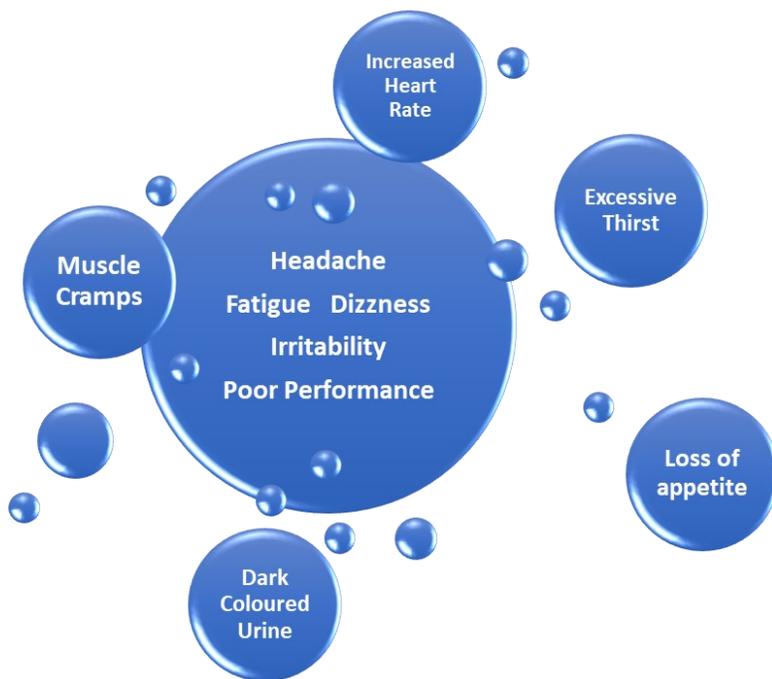
Our Chief Instructor, Cheryl Lee, is going to write a series of newsletter articles to provide general help with swimming technique, health and fitness.

The first article covers issues surrounding hydration.

Why do I need to keep hydrated (drink water)?

Water is fundamental to most, if not all living things. In human beings it is needed to lubricate muscles, organs & joints, flush out toxins and aid digestion. If fluid isn't drunk the body loses the ability to maintain a suitable temperature and nutrients are not transported around the body.

Dehydration Signs



For a swimmer, a lack of water consumption can result in 2% loss of body weight and result in a 20% decrease in performance. It can also lead swimmers to experience dehydration.

Please note the advice in these articles is only general advice and you should always follow the advice of your G.P.

Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool, Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm.

Chief Instructor's Tips (Contd.)

Drinking Strategies for Adults

Everyone is different and the amount of water to consume will vary by adult and child. However, if you are at a gala and water is being offered we suggest you drink it to keep hydrated. It can get very hot sitting on the side. In addition, if you wish to bring a plastic bottle of water with you to the pool sessions then please make sure you place it safely on the side.

Please remember if you feel unwell at any time to let a helper or someone know.



Source:

<https://www.britishswimming.org/performance/para-swimming/training-and-sports-science/nutrition/>

A red oval with a yellow border is centered on a background of blue water ripples. Inside the oval, the following roles and names are listed:

Chair:
Secretary: Alison Grey Chief Instructor: Cheryl Lee
Andy Wallis
Gala Team Manager—Dave Lee
Gala Team Captain—Sophie Grey

Chief Instructor's Tips (Contd.)

So do we sweat when we are swimming?

Yes, we all do, however, the amount we sweat varies by individual and this results in a loss of weight during exercise. There is no standard sweat rate during exercise because sweat losses will vary depending on exercise intensity, exercise duration, fitness level of each athlete / swimmer and weather conditions.

As a rough guide, research suggests that the average sweat losses in swimmers to be 365ml / hour in females and 415ml / hour male. Athletes can develop their own (hydration) drinking strategy to compensate for their own individual sweat losses. It is important to get to know your body and to understand when to take more fluids on board.

Sweating not only involves the loss of water from the body but also involves the loss of body salts such as sodium, chloride and potassium, often referred to as electrolytes. It is for that reason that sports drinks and other drinks containing carbohydrates and/or salts are generally more effective than plain water for replacing fluid lost through sweat. Alternatively, adding a pinch of salt to a water/cordial is usually recommended.



Lucozade products are the only sports drinks & foods that British Swimming advise British Disability swimmers to use and are therefore usually available at the top British Swimming competitions.

Sports drinks (e.g. Lucozade Body Fuel) – These products can be used immediately before training sessions to increase blood sugar levels; during training to maintain blood sugar levels and hydration; and immediately after exercise to replenish loss.



Sports waters (e.g. Lucozade Hydro-active) – Sports waters aim to replicate the content of the water lost from the body via sweat. Thus, these products are particularly useful to maintain a hydrated state during training, in hot environments and aboard planes when water and electrolyte losses are increased. These are also low in carbohydrates and energy, making them more appropriate for athletes on restricted nutritional plans.

Source: <https://www.britishswimming.org/performance/para-swimming/training-and-sports-science/nutrition/>

Turtles Website:

<http://www.ruislipturtles.org.uk>

Turtles email:

turtlesswimming@yahoo.co.uk



Ealing Gala— Turtles Teams

Northolt Leisure Centre, Eastcote Lane
North UB5 4AB

Saturday 2nd February

Warm up Swim @ 4.30

Gala Commences @ 5pm



We will be entering 2 teams to this event—Turtles A and Turtles B.

	Turtles A			Turtles B	
Event	Swimmer	Time		Swimmer	Time
Junior 4 Lengths	Matthew	1.44			X
Ladies 4 Lengths	Sophie	2.25		Tillie	2.29
Mens 4 Lengths	Josh	1.58		Gary	2.49
Junior 2 Lengths	Dominic	1.20			X
Ladies 2 Lengths	Jeannette	1.42		Karen	1.25
Mens 2 Lengths	Anthony	1.04		Antony	1.04
Junior 1 Length	Stuart	TBC			X
Ladies 1 Length	Sophie	0.29		Shaida	0.35
Mens 1 Length	Don	0.42		Charlie	0.25
Junior 4*1 Relay	Matthew (2) Dominic & Stuart	TBC			X
Senior 4*1 Relay	Josh, Anthony, Don & Jeannette	2.28		Charlie, Shaida, Antony & Karen	2.00
Combined 8*1 Relay	Don, Jeannette, Stuart, Matthew, Dominic, Josh, Anthony & Sophie	TBC		Tillie (2), Gary (2), Karen, Shaida, Antony, Charlie	4.10

*Thank you to the organisations and
individuals who support the Turtles*

ASDA

Ruislip Combined Charity

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Waitrose

2019 British Long Distance Swim

We will be participating in the above event as usual. Our swim session will take place on Saturday 9th February at Highgrove Pool between 6pm and 7pm. So if you would like to take part, please register with Nigel Grey.

All members may participate (even family members who do not have a disability). It is fun to see just how far you can swim in one hour (or less than an hour should you wish). Our recorded times are then pitched against clubs throughout the country and assessed by age and class of disability and medals awarded accordingly. We will also need volunteers to help with the counting and recording, so please let Nigel Grey know if you can help.



The Long Distance Swim Is organised by the British Long Distance Swimming Association and the national results are published on their website @

<http://postalswim.com/>



Diary Dates—Gala

Ealing S.C Saturday 2nd February

Hanworth & Feltham (Lions) Sunday 17th March

Hitchin (Lions) Saturday 6th April

Hatfield Platypus Saturday 13th April

Diary Dates — Committee Meetings

Tuesday 12th
February

Wednesday 6th
March

Turtles Swimming Club is a Registered
Charity Number 1055585