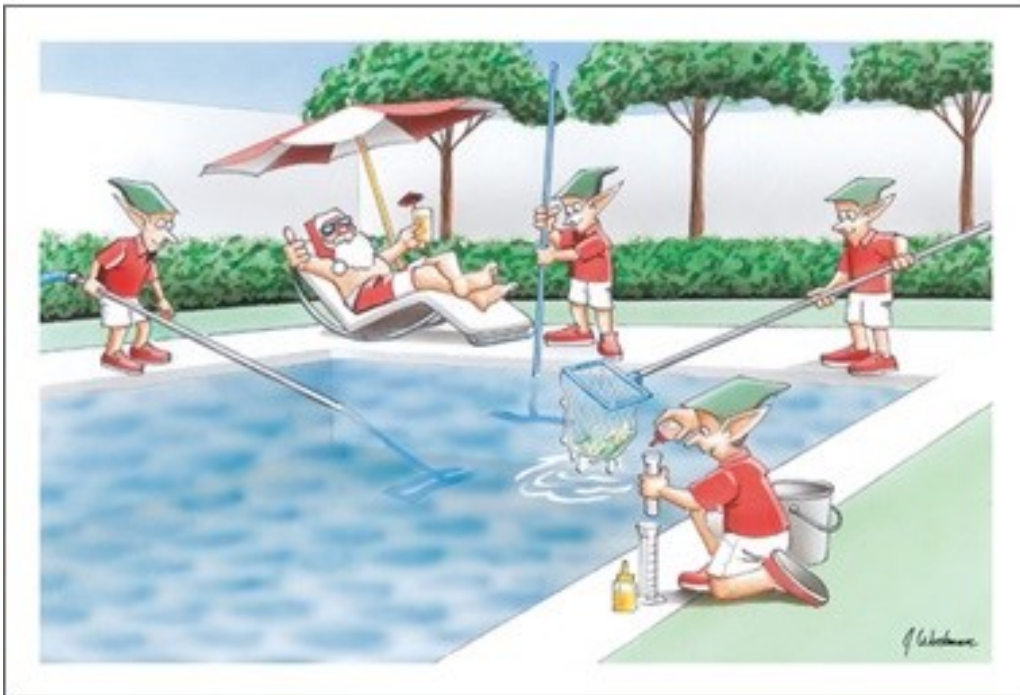


# THE WETTER THE BETTER NEWSLETTER

WELCOME TO THE NEWSLETTER CONTAINING DETAILS/NEWS ABOUT  
PARA-SWIMMING IN THE SOUTH EAST / SOUTH WEST / WEST MIDLANDS



## 4 New Year's Resolution Ideas

### 1. Dolphin Kicks

Dolphin kicks are your secret weapon if you develop them. Make it a priority to work on kicking out as far as you can handle, while still keeping powerful and propulsive kicks. Start incorporating them in practice on warm up, cool down, and even when doing drills

### 2. Hold your breath off the wall

What good is amazing underwater work if you come up and take a breath on that first stroke? Try to keep your head down for at least one stroke.

### 3. Work your weak stroke

Try new drills to work on the parts of your stroke that give you trouble, choose to do your weakest stroke on a choice part of the set, and make sure to pay special attention to your weak stroke in an IM set.

### 4. Eat Right

It is very important to fuel your body with the best nutrients to keep it in tip top shape, it is important to keep your energy levels up to help get you through those tough practices. Make sure to eat plenty of good carbs, protein, and fruits to get the most out of your meals.



### IN THIS ISSUE:

- **Competition dates 2017**
- **Regional Competitions / camps**
- **Skill Festival details**

## NEWSLETTER UPDATE

*I'm sorry newsletters have been missing this year, as there was a national newsletter planned, however as this still hasn't happened, I felt the need to make sure you all have up to date details / fixtures*

# 2017

KEY DATES

**MIDLANDS SPRING  
PARA-SWIMMING MEET**

**NOTTINGHAM**

**SATURDAY 4th MARCH 2017**

**SOUTH SPRING  
PARA-SWIMMING MEET**

**BRISTOL**

**SUNDAY 12th MARCH 2017**

**BRITISH PARA-SWIMMING  
INTERNATIONAL MEET**

**SHEFFIELD**

**27th-30th APRIL 2017**

**NATIONAL PARA-SWIMMING  
JUNIOR MEET**

**SUNDERLAND**

**24th-25th JUNE 2017**

**SUMMER NATIONAL  
CHAMPIONSHIPS**

**SHEFFIELD**

**1st-5th AUGUST 2017**

**SOUTH AUTUMN  
PARA-SWIMMING MEET**

**HIGH WYCOMBE**

**23rd SEPTEMBER 2017**

**MIDLANDS AUTUMN  
PARA-SWIMMING CHAMPIONSHIPS**

**RUGBY**

**21st OCTOBER 2017**

**ASA NATIONAL PARA-SWIMMING  
WINTER MEET**

**MANCHESTER**

**9th-10th DECEMBER 2017**

## Dave White

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West Midlands

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## TASTER SESSIONS, SKILLS FESTIVALS & CLUB LINKS



I'm currently putting together a number of **FREE** swimming opportunities across the South East/West and West Midlands areas in the form of taster sessions, skills festivals and links into swimming clubs.

Dates and venues are as follows:

Date	Area	Venue
22/01/2017	<b>Hampshire</b>	Waterlooville Leisure Centre, Waterberry Drive, Waterlooville, Hampshire, PO7 7UW
01/02/2017	<b>Buckinghamshire</b>	Wycombe Leisure Centre, Handy Cross, HP11 1UP
02/02/2017	<b>Oxfordshire</b>	Chipping Norton Swimming Pool, Burford Rd, Chipping Norton OX7 5DY
04/02/2017	<b>Kent</b>	Kingsmead Leisure Centre, Kingsmead Rd, Canterbury CT2 7PH
04/02/2017	<b>Kent</b>	Tonbridge Wells Leisure Centre, St John's Rd, Royal Tunbridge Wells TN4 9TX
12/02/2017	<b>Berkshire</b>	Newlands Girls School, Farm Rd, Maidenhead SL6 5JB
18/02/2017	<b>Shropshire</b>	Ludlow Leisure Centre, Bromfield Rd, Ludlow SY8 1DR
18/02/2017	<b>Shropshire</b>	Market Drayton Swimming Pool, Newtown, Market Drayton TF9 1JT
19/02/2017	<b>Herefordshire</b>	Leominster Swimming Pool, Coningsby Rd, Leominster HR6 8LL
19/02/2017	<b>Shropshire</b>	Bridgnorth Northgate Leisure Centre, Bridgnorth, Shropshire. WV16 4ER
20/02/2017	<b>Herefordshire</b>	Hereford Leisure Pool, St Martin's Ave, Hereford HR2 7RQ
21/02/2017	<b>Sussex</b>	Littlehampton Leisure Centre, Sea Rd, Littlehampton BN16 2NA
23/02/2017	<b>Devon</b>	North Devon Leisure Centre, Seven Brethren Bank, Barnstaple EX31 2AP
23/02/2017	<b>Devon</b>	Dawlish Leisure Centre, Sandy Lane, Dawlish EX7 0AF
12/03/2017	<b>Bristol</b>	Henbury Park Leisure Centre, Avonmouth Way, Bristol BS10 7NG

The sessions are aiming to encourage new people to get involved in the sport and activities will vary at each, but if you would like to attend a local session to you and perhaps work on something such as your stroke skills you will be welcome, just drop me an email.

## Disability Taster & Competition

Horfield Leisure Centre, Bristol, Sunday 12th March 2017

We will again be hosting a disability swimming taster session and 25m races linked into the South Spring Para-Swimming Meet in Bristol, if you know any young swimmers with a disability who would like to have a go, please let them know about this day.

Last year we had 27 people take part in races between the main events of our main meet, a great atmosphere with lots of support from the spectators, all the participating swimmers had a great time and received a certificate for taking part.

More details will be posted on the regional websites in January

## PARA-SWIMMING TRAINING CAMPS

The para-swimming camps are open to swimmers who will be competing at the para competition on the same day. There will be a pool session for practicing race skills, gym session and an education session, looking at aspects associated with para swimming.

Training camps will be held leading into the following competitions:



**Horfield Leisure Centre,  
Bristol. 12th March 2017**

**Wycombe Leisure Centre,  
High Wycombe. 23rd September 2017**



just keep.  
*swimming*



### Forward dates for 2017

Please see your County and Regional websites for exact dates of competitions & qualifying times (when available)

January	February	March	April	May	June
Counties	Counties	Nottingham 4th Bristol 12th	BPSIM SHEFFIELD 27-30th	Regional	Sunderland 24th/25th
July	August	September	October	November	December
British Champs Sheffield 25th-30th	1-6th English Nationals Sheffield	23rd Sept High Wycombe	Rugby 21st	Regional	Manchester 9th/10th