

**Turtles
Junior Team with
their 3rd Place
Lions Trophy**



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| Swimmer | Event | Time Entered | Actual Time |
|--------------|-------------------------------------|--------------|-------------|
| Essie | Girls 1L | 0.34 | 0.31 |
| Stuart | Boys 1L | 0.38 | 0.31 |
| Solomon | Boys 1L | 0.19 | 0.20 |
| Jeannette | Ladies 1L | 0.52 | 0.51 |
| Shaïda | Ladies 1L | 0.34 | 0.35 |
| Karen | Ladies 1L | 0.38 | 0.38 |
| Sophie | Ladies 1L | 0.32 | 0.27 |
| Tillie | Ladies 1L | 0.30 | 0.27 |
| Don | Mens 1L | 0.43 | 0.41 |
| Gary | Mens 1L | 0.31 | 0.29 |
| Ian Andrew | Mens 1L | 0.26 | 0.20 |
| Josh | Mens 1L | 0.24 | 0.19 |
| Jamie | Mens 1L | 0.20 | 0.18 |
| Essie | Girls 2L | 1.17 | 1.22 |
| Stuart | Boys 2L | 1.28 | 1.21 |
| Solomon | Boys 2L | 0.43 | 0.45 |
| Jeannette | Ladies 2L | 1.46 | 1.52 |
| Shaïda | Ladies 2L | 1.19 | 1.22 |
| Karen | Ladies 2L | 1.32 | 1.25 |
| Sophie | Ladies 2L | 1.08 | 1.04 |
| Tillie | Ladies 2L | 1.06 | 1.02 |
| Don | Mens 2L | 1.26 | 1.25 |
| Gary | Mens 2L | 1.07 | 1.09 |
| Ian Andrew | Mens 2L | 1.00 | 0.46 |
| Josh | Mens 2L | 0.50 | 0.47 |
| Jamie | Mens 2L | 0.47 | 0.43 |
| Stuart | Boys Back | 0.47 | 0.44 |
| Jeannette | Ladies Back | 0.52 | 0.57 |
| Shaïda | Ladies Back | 0.39 | 0.43 |
| Sophie | Ladies Back | 0.32 | 0.33 |
| Tillie | Ladies Back | 0.38 | 0.32 |
| Don | Mens Back | 0.50 | 0.45 |
| Gary | Mens Back | 0.39 | 0.36 |
| Josh | Mens Back | 0.28 | 0.25 |
| Jamie | Mens Back | 0.27 | 0.25 |
| Jnr. Relay : | Essie, Stuart , Solomon, (2) | 2.00 | 1.51 |
| Snr. Relay: | Don, Gary, Ian Andrew & Josh | 2.03 | 1.54 |
| Snr. Relay: | Karen, Jeannette & Sophie (2) | 2.32 | 2.40 |

Hanworth & Feltham Lions Gala Results

Sunday 17th March 2019

Another marathon session at the Hanworth Pool saw Turtles finish third in the Junior Competition, third in the Senior Competition and also awarded the Lions Special Achievement Trophy.

The gala really is an endurance test for the team, our club officials and the long suffering parents and carers. 38 races spread over four and a half hours, the usual confusion associated with this event reached new heights when they were unable to announce the individual race results due to technical issues.

We took the precaution of unofficially recording our swimmers times (thanks Heather Johnson) and they are shown opposite. We will communicate just who won what, once we receive the official results.

Special congratulations though to Stuart and Essie who both won special achievement awards.



[Hanworth Air
Park
Leisure Centre](#)



Competing Teams

| | |
|-----------------|------------|
| Hogarth Gateway | Chiswick |
| Me Too & Co | Richmond |
| Dolphins | Wandsworth |
| Beavers | Barking |
| Ealing SC | Ealing |
| Turtles | Ruislip |



The Hanworth & Feltham Gala squad, although not sure where Shaida & Tillie were....

Hatfield Platypus Gala Saturday 13th April

**Saturday 13th April, report time 6pm for 6.30 start.
Pool Length: 36.6 Yards**

Turtles Team (12):

Junior 1 length: **Essie** Junior 2 Lengths: **Dominic** Junior 3 Lengths: **Stuart**
 Ladies 1 Length: **Shaida** Ladies 2 lengths: **Karen** Ladies 3 Lengths: **Jeannette**
 Mens 1 Length: **Anthony** Mens 2 Lengths: **Gary** Mens 3 Lengths: **Josh**
 Ladies Diving: **Sophie** Mens Diving: **Matthew**
 Junior Relay **Dominic, Matthew & Essie**
 Ladies Relay **Shaida, Sophie & Karen**
 Mens Relay **Gary, Anthony & Josh**



Hatfield Swim Centre
Lemsford Road
AL10 0EB



Turtles Swimming & Diving Championships 2019

The 2019 Club Championships will consist of 11 competitive events. There will be both one and three length events for Juniors, Ladies and the Men. There will also be a Relay event for the Ladies, Men and the Juniors. We also have The Novice Event (Young Children swimming one width of the pool).

We are also going to establish the fastest Turtle Helper for 2019 and then we have the Family Fun Relay to round off the racing.

The Diving event will take place at 5.40pm the previous week (11th May).

Saturday 18th May 5.30-7.00

| | |
|----------|-------------------------------------|
| Event 1 | Novice Race (Young Children) |
| Event 2 | Junior 1 Length |
| Event 3 | Ladies 1 length |
| Event 4 | Mens 1 Length |
| Event 5 | Junior 100 Metres (3 Lengths) |
| Event 6 | Ladies 100 Metres (3 Lengths) |
| Event 7 | Mens 100 Metres (3 Lengths) |
| Event 8 | Helpers 100 Metres Challenge |
| Event 9 | Relay Race (Men v Ladies v Juniors) |
| Event 10 | Family Fun Relay (4 lengths) |
| Event 11 | Diving Contest (28th April) |

As the Club Championships are scheduled to take place on Saturday 18th May at Highgrove Pool, our club swim session in the main pool will be limited to 30 minutes on that day (finishing at 5.30) and then we will commence with the Club Championships with a pool extension until 7pm.

Results will be announced and trophies awarded at the Club AGM on the 8th June.

There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year, Senior Improver of the Year and also the Don Lamb Shield for 'Services to the Turtles Swimming Club'.

We will also need helpers for the Championships, so please let Rosemary Noyes know if you are able to help.

Let Dave Lee know if you wish to take part in any of the above events



We Serve



Lions Club of Royston



Hitchin Swim Centre
Fishponds Rd. SG5 1HA

Hitchin Lions Gala Saturday 6th April

Saturday 6th April, report time 6pm for 6.30 start.

All races are one length (25 metres) .

Turtles Team (13):

Matthew, Dominic, Stuart, Solomon, Jeannette, Karen, Tillie, Shaida, Ian Andrew, Gary, Jamie, Josh, & Anthony

Chief Instructor's Tips

Making Good Food Choices

In this month's article, I have collated advice from the Food Standards agency and British Swimming. A nutritional diet is essential for a swimmer to optimise their health, fitness and performance. There is no particular food that makes you fast and there is no universal diet that is suitable for all.



Swimmers gain most of their energy from carbohydrates. Examples of carbohydrate foods are cereals, bread, potatoes, pasta, rice, vegetables, fruit, dairy and grains. Within carbohydrate foods are sugars and starches, which are broken down to form glucose. This is stored as glycogen and acts as local fuel for muscles during exercise. Glycogen is also stored in the liver. The liver breaks the glycogen down to glucose and regulates these levels within the blood. The quantity of the amount of sugar can vary from high to low (0-100) depending on the carbohydrate, this is referred to as the Glycaemic Index.

Low Glycaemic Index Foods have a steady release of energy and an increased rate of fat burning. So medium to low foods would be recommended for long distance swims (endurance events) where you get a slow sustained energy release. Also many weight loss programmes recommend low GI foods. Whereas high Glycaemic Index foods increase blood sugar and rapidly increase insulin levels, (insulin tells the body to store fat). These foods create a burst of energy that rapidly depletes. An example of foods and where they sit within the GI chart is shown in the table below.

| Low GI Foods | | Medium GI Foods | | High GI Foods | |
|-----------------------------|----|-----------------|----|-----------------|----|
| Pasta | 51 | Weetabix | 69 | Cornflakes | 77 |
| Instant Noodles | 47 | Muffins | 62 | Wholemeal Bread | 78 |
| Porridge (traditional Oats) | 42 | Crumpets | 69 | Mashed Potato | 86 |
| Kidney Beans | 36 | Pancake | 67 | Turkish Bread | 87 |
| Apple | 38 | Sultanas | 56 | Rice Cakes | 87 |
| Banana | 50 | Canned Beetroot | 64 | Scones | 92 |
| Yoghurt | 33 | Rockmelon | 65 | Jelly Beans | 80 |
| Grain Bread | 36 | Boiled Potato | 56 | Sports Drinks | 78 |

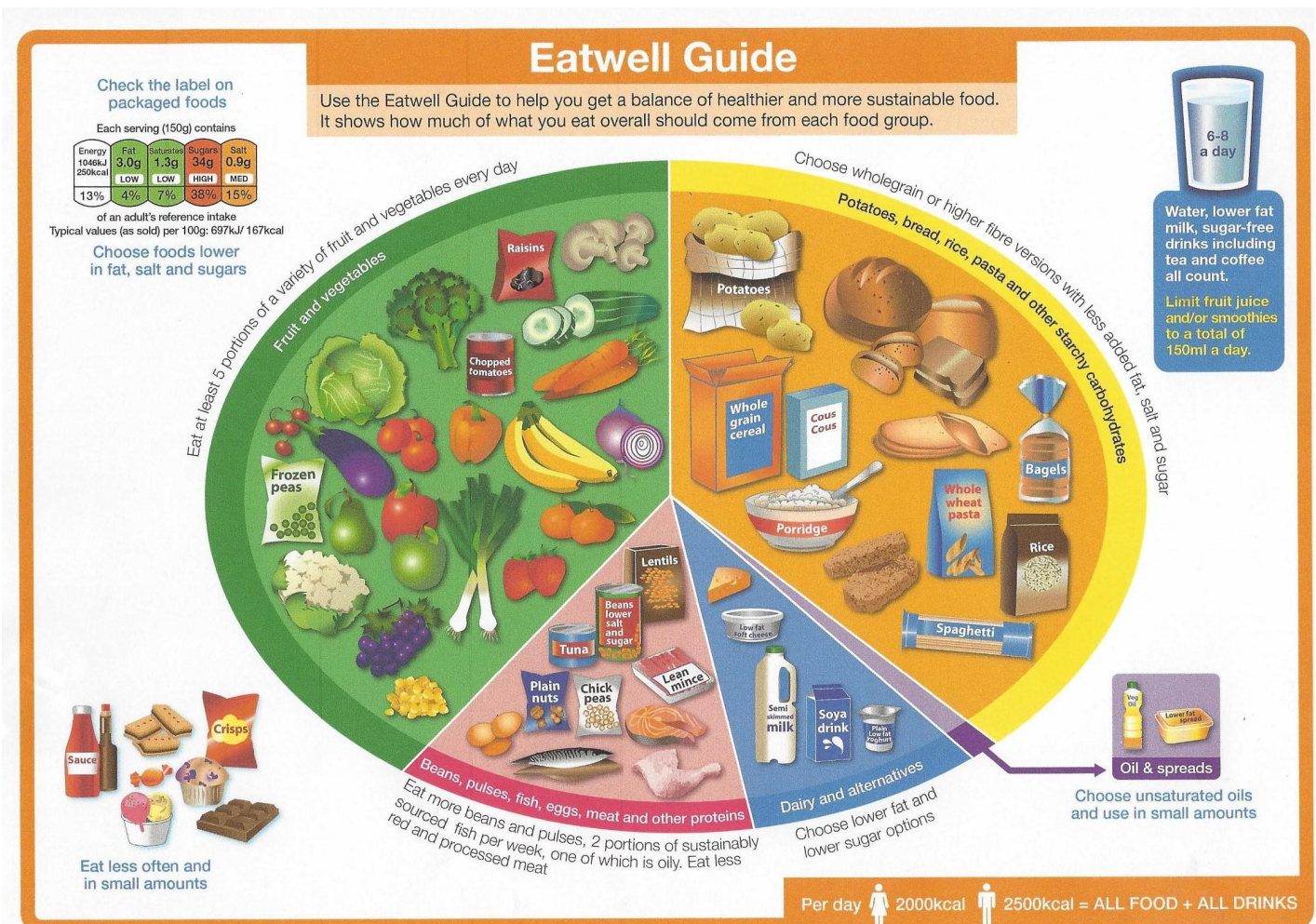
Swimmers should always replenish carbohydrates as the body's store is small in comparison to fats where the body has a much larger storage. Fats are also used as a fuel source as well as CHO during exercise. However, there are different types of fats and it is generally advised to limit the amount of saturated fat in the diet, as it is associated with high cholesterol and an increased risk of heart disease. Conversely, unsaturated fats such as those found in oily fish, nuts and seed oils are associated with lower levels of heart disease.

Chief Instructor's Tips (Contd.)

Protein is also vital in a swimmer's diet as it repairs muscles and tissue after exercise. Protein is heavily marketed to athletes. Exceeding protein requirements does not give athletes any additional benefits. The concern with excess protein intake is that it may come at a cost to carbohydrate intake which would be detrimental to performance. Furthermore, large intakes of protein increases calcium excretion in the body and long term effects of excessive protein intake are as yet unknown.

The Food Standards Agency recommends that everyone:

- Eats foods with a minimum of 60% carbohydrate, a maximum of 30% fats and 1g protein per kilo of body mass per day
- Never skip breakfast
- Base meals on complex starchy, energy rich foods
- Eat lots of fruit and veg (5 -7 portions a day)
- Eat more oily fish (2 portions/week)
- Cut down on refined fats e.g. trans fats, vegetable oils etc.
- Eat less salt (no more than 6g/day)



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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

Chief Instructor's Tips (Contd.)

British Swimming recommends the following foods pre training/competition:

| Time before session or race | Suitable food choices |
|-----------------------------|---|
| 1 hour or less | Sports drinks (Lucozade), Sports bars, Cordial drinks (Robinsons lemon juice), Jelly Beans. |
| 1 to 2 hours | Milkshake, smoothies, sports bars and cereal bars, breakfast cereal, fruit, yoghurt |
| 3 to 4 hours | Breakfast cereal, crumpets or pikelets with jam or honey on, glass of milk, fruit, bread roll with lean meat and salad, jacket potato with baked beans or cottage cheese or tuna and sweetcorn, pasta/rice/cous cous with lean meat and vegetables e.g. spaghetti Bolognese, curry with rice, tuna pasta bake, fruit salad or fruit low fat yogurt. |

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

Diary Dates

| | |
|---------------------------------------|----------------------------|
| Hitchin (Lions) Gala | Saturday 6th April |
| Hatfield Platypus Gala | Saturday 13th April |
| Turtles Diving Championships | Saturday 11th May |
| Turtles Swimming Championships | Saturday 18th May |
| Turtles Annual General Meeting | Saturday 8th June |

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.

New Turtles Swimming Club T Shirts

Following the launch of our new logo earlier this year, we have organised the design of new Turtles Club T shirts that are available to purchase by all club members.

The T-shirts can be ordered from Bijan (Saturday registration desk) at a price of £10 each.

The Shirts come in the normal UK sizes:

Children: Ages — 3-4, 5-6, 7-8, 9-10, 11-12, 13-14

Adults: S - M - L - XL

Please deposit your £10s with Bijan by the 21st April (our first order date).



Annual Subscriptions Are Due This Month

Annual subscriptions are due on the 1st April. Rates remain unchanged as follows:

All disabled members £8

Non-disabled members £16

Non-disabled junior members £8

Visitors (per session) £2

There is an entrance fee charge of £1 per session (£3 for a family) in return for a raffle ticket.

Annual General Meeting 2019

Our AGM will take place on Saturday 8th June at the 2nd Ickenham Scout Hall, Community Close (off Long Lane) Ickenham.

The awards for the above events will be presented after the meeting.

Should you wish, you can order a Fish and Chip Supper for delivery ahead of the AGM meeting. The cost of £6.50 should be paid at our Saturday registration desk.

Thank you to the organisations and individuals who support the Turtles

Waitrose



names.co.uk
A DADA BRAND

ASDA

Ruislip Combined Charity



Chair:

Secretary:

Andy Wallis

Alison Grey

Chief Instructor:

Cheryl Lee

Gala Team Manager—Dave Lee

Gala Team Captain—Sophie Grey

Turtles Website:

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

Turtles email:

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