



No
Highgrove
Session
14/9

Help
Needed
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**Congratulations to
Jordan Mason who has
recently passed her Level
2 Swim Teaching
Qualification**



**All in all it has been a very
productive time for Jordan of
late!**

Well done Jordan!

TURTLES INVITATION GALA

Saturday 14th September 2019 5pm for 5.20

Hillingdon Sport & Leisure Centre,

Gatting Way, Uxbridge

We need help in providing the buffet for after our gala.

Please let Alison know if you would be able to help provide any of the following on the day of the gala:

Sandwiches

Chicken Nuggets

Sausages

Sausage Rolls

Cheese & Onion Rolls

Individual packets of crisps

Biscuits & Cakes

Chocolate Biscuits e.g. Kit Kats / Penguins

Individual boxes of Raisins

*Salads or Fruit (such as sliced cucumber /carrots/
cherry tomatoes / grapes*

Individual carton drinks — or anything else you think may be suitable for swimmers after the gala.

Thank You. (Alison's mobile number is 07900 118812)

Diary Dates

Committee Meeting

Wednesday 4th September

Turtles Invitation Gala

Saturday 14th September

Dolphins Stevenage Gala

Saturday 12th October

There will be no Highgrove swim session on Saturday 14th September due to the Turtles Invitation Gala event.

TURTLES INVITATION GALA TEAMS

We will be entering 2 Turtles Teams in this year's 'home' gala competing against other clubs in our region.

Our 'provisional' teams are shown opposite.



	Turtles	Team A	Turtles	Team B
Junior 1 Length	Essie	0.31	Kirah	1.14
Junior 2 Lengths	Essie	1.17	Kirah	2.39
Junior 4 Lengths	Stuart	3.04		
Ladies 1 Length	Tillie	0.3	Shaidah	0.34
Ladies 2 Lengths	Tillie	1.04	Karen	1.26
Ladies 4 Lengths	Sophie	2.26	Jeanette	3.4
Mens 1 Length	Ian Andrew	0.23	Don	0.42
Mens 2 Lengths	Gary	1.08	Jamie	0.44
Mens 4 Lengths	Josh	2.00	Anthony O	2.19
Diving	Sophie		Jamie	
Junior Relay	Stuart (2) Essie (2)	1.15 1.17 2.32		
Ladies Relay	Tillie (2) Sophie (2)	1.04 1.05 2.09	Karen (2) Shaida Jeannette	1.26 0.34 0.43 2.43
Mens Relay	Charlie Gary Josh Ian Andrew	0.26 0.30 0.19 0.23 1.38	Antony L Anthony O Don Jamie	0.25 0.31 0.42 0.20 1.58
Cannon Relay	Essie Stuart Tillie Josh Ian Andrew Charlie Gary Sophie	0.31 0.34 0.30 0.19 0.23 0.26 0.30 0.29 3.42	Kirah Karen Jeannette Shaida Don Antony L Anthony O Jamie	1.14 0.40 0.43 0.34 0.42 0.25 0.31 0.20 5.09

THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

ASDA

**Ruislip Combined
Charity**



Waitrose

Eastcote Methodist Church

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A DADA BRAND



Streamlining

Streamlining & Rotation

Streamlining is used in all four strokes and is a key aquatic skill. The ideal body position for streamlining is to be horizontal in the water with the arms fully lengthened and the legs extended. The straighter you are in the water the less resistance you will experience and the quicker and more efficient your stroke will be as a result. In this guide, I demonstrate how to glide on both your front and back.



If you are new to streamlining we would suggest you try this with a helper or carer who would stand in front of you.

Getting Started

If you are not very confident I would suggest starting with a float. We have many flotation devices that can be used to make the activity more interesting. We have fitted belts, arm bands, noodles and mermaid/butterfly floats. Just ask a helper to find you what you need from the red trolley and then return it after use. Once confident with a float, try without and see how you get on. It is advisable to have your carer in the water with you if you are not a confident swimmer when performing this activity.

For our younger members encouraging them to launch themselves as a rocket as part of the activity makes it more fun than just asking them to push off the wall. The activity could be accompanied with a song that is sung to elevate any fears. A song that I use and I encourage them to sing with me is: Zoom, Zoom, Zoom, We're Going To The Moon.

The lyrics are below:

**Zoom Zoom Zoom we're going to the moon,
Zoom, Zoom, Zoom we're be there very soon,
1....., 2....., 3..... Blast Off!!!!!!**



Streamlining

Streamlining & Rotation

Step 1

Push & Glide with floatation aids

I have outlined the progression of a front push & glide streamline with a noodle. But a mermaid float can also be used for children.

Push & Glide (Rocket) on the front with flotation device (Noodle)



To start why not try with some flotation equipment.

Place your hands on the wall/rail.

Feet flat on the wall with knees together.



Chin low in the water with eyes beginning to face down to the pool floor.

Let go of the side with your arms.

At the same time push off from the wall with your feet.



Head goes into the water blowing out into the water.

Hands come underneath the water to form an arrow in front of you.

Place one hand over the other.

Squeeze your ears with your arms. Straighten out the legs to form a straight line and glide (do not kick).

Streamlining

Push & Glide (Rocket) on the back with floatation device (Butterfly float)

If you are new to streamlining we would suggest you try this with a helper or carer who would stand behind you. A noodle can also be used for adults instead of a butterfly float.

To start why not try with some floatation equipment.

Face the wall and place your hands on the wall/rail.

Feet flat on the wall, in between your arms, with knees together .

Let go of the side with your arms.

Head goes into the water first launching back and looking up.

Hands let go of the wall and on to the float.

Straighten out the legs to form a straight line and glide (do not kick).

See photo progressions below:





Streamlining

Step 2

Push and Glide on Front (Space Rockets) without flotation devices. We advise a helper or carer stands in front of you if you are new to streamlining.

Step A

Get into position, Feet flat on the wall, toes pointing down to pool floor, knees together, Bottom up high, head low, arm holding onto the rail.



Step B

Let go of the wall with your arms, sink your hips and whole body so that you are under the water, head and eyes look straight down to pool floor, push off from the wall with your feet.



Step C

Arms come round and underneath the water to form a rocket nose or arrow hands. Squeeze your arms to your ears for a tighter streamline, one hand should be on top of the other, legs are in in a straight line.



Step D

Finally hold your glide for at least 3 seconds and start your stroke with a pull from the arm underneath on the glide. Also do not breathe on the first stroke as you will lose the speed and momentum. Always breathe on the second stroke.





Streamlining

Glide on Back (Space Rockets)

Step A – This is also the Backstroke Start to use in Galas

Hands on the wall, head facing towards the wall, knees in between your arms. When the starter says – On your marks – raise your body up. When they say 'Go' leap backwards off the wall.



Step B

Head goes back first, feet push off the wall, back is more arched and arms fly backwards to form a streamline position.



Step C

Fingers enter the water first followed by the rest of the body. The idea is that you are totally submerged under the water and able to fly kick to the flags then surface to start your backstroke.



Below is a link to Michael Phelps performing a Backstroke start a lot better than me!

<https://www.youtube.com/watch?v=wLLbvett15o&feature=youtu.be>



Streamlining

Step 3

Push and Glide Races

You could race from the wall to the flags or see who can glide the furthest which is what Ian-Andrew and Jamie were doing here. Ideally, a swimmer would sink the hips and glide underwater to the first set of flags. Then surface and swim the middle section of the pool until the 2nd set of flags where they would turn or finish. A swimmer is faster under the water than on top as there is less resistance.



Step 4

Rotate from front push & glide off the wall (hold for 3 seconds) to a back glide with arms in the same position (hold for 3 seconds).

Rotate from back push & glide to front push and glide with the arms in the same position.

The above Step 4 activity helps with orientating and buoyancy in the water. With buoyancy it helps strengthen the body's core (chest). This in turn gives a strong horizontal body position in the water. It also helps with stroke technique of the long axle strokes of Front Crawl and Back Stroke that require the shoulders and hips to rotate.



Streamlining

Gala/Competent Swimmers

For our galas we always start the races in the water. We would encourage all our gala swimmers to start from the wall and push off in a streamline position (ability permitting). Using the wall to push off, saves you energy and can get you ahead of your competitors and your own personal best time. It also strengthens your leg muscles.

There are two ways to start a race.

The 1st position for Front Crawl, Butterfly and Breaststroke Strokes:

With body facing the direction of travel, with both hands (ability permitting) on the wall and knees up. The head then submerges into the water as the legs push off the wall and the arms are released to form a streamline arrow.



The 2nd position Front Crawl, Butterfly & Breaststroke Strokes:

A more effective race start would be with your body turned to the side, with your knees facing the length side of the pool wall, one arm outstretched whilst the other holds the wall. Head needs to face the wall of where the hand is placed then submerged into the water as the arm leaves the wall and the hips sink.



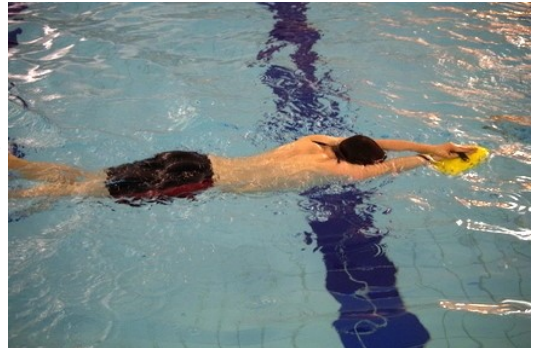
But ultimately you do the race start that is the most comfortable for you.



Streamlining

Finis Alignment Kickboard (Yellow Triangular floats)

To help with your streamlining we also have Finis Alignment Kickboards. Jamie in our gala team demonstrates this opposite:



Why use it?

It is used as a float that sits two inches below the water surface.

It creates the ideal body alignment extends and lengthens you in the water.

If you don't have a strong hold on the float there is a strap that will hold your hands in the correct streamline place for you.

The smaller design places less pressure on the shoulders compared to other kickboards.

When to use it:

Side swimming kicking drills on front.

Breast stroke leg kick drills and front crawl leg kick drills.

Single arm drills on front crawl with leg kick.

Used as a paddle on front crawl turns.

(Only do turns if you know how to do them and feel comfortable or have been shown. Always ask for help from one of the helpers before you attempt turns.).

For more information and to see how the float is used in action please look at the You Tube Video below:

<https://www.youtube.com/watch?v=w1caGa4k-10&feature=youtu.be>

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.

Waitrose



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THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

Eastcote Methodist Church

Ruislip Combined Charity



**Secretary:
Andy Wallis**

**Chair:
Alison
Grey**

**Chief Instructor:
Cheryl Lee**

GALA TEAM MANAGER—DAVE LEE

GALA TEAM CAPTAIN—SOPHIE GREY

CLUB PRESIDENT—DAVE LEE

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