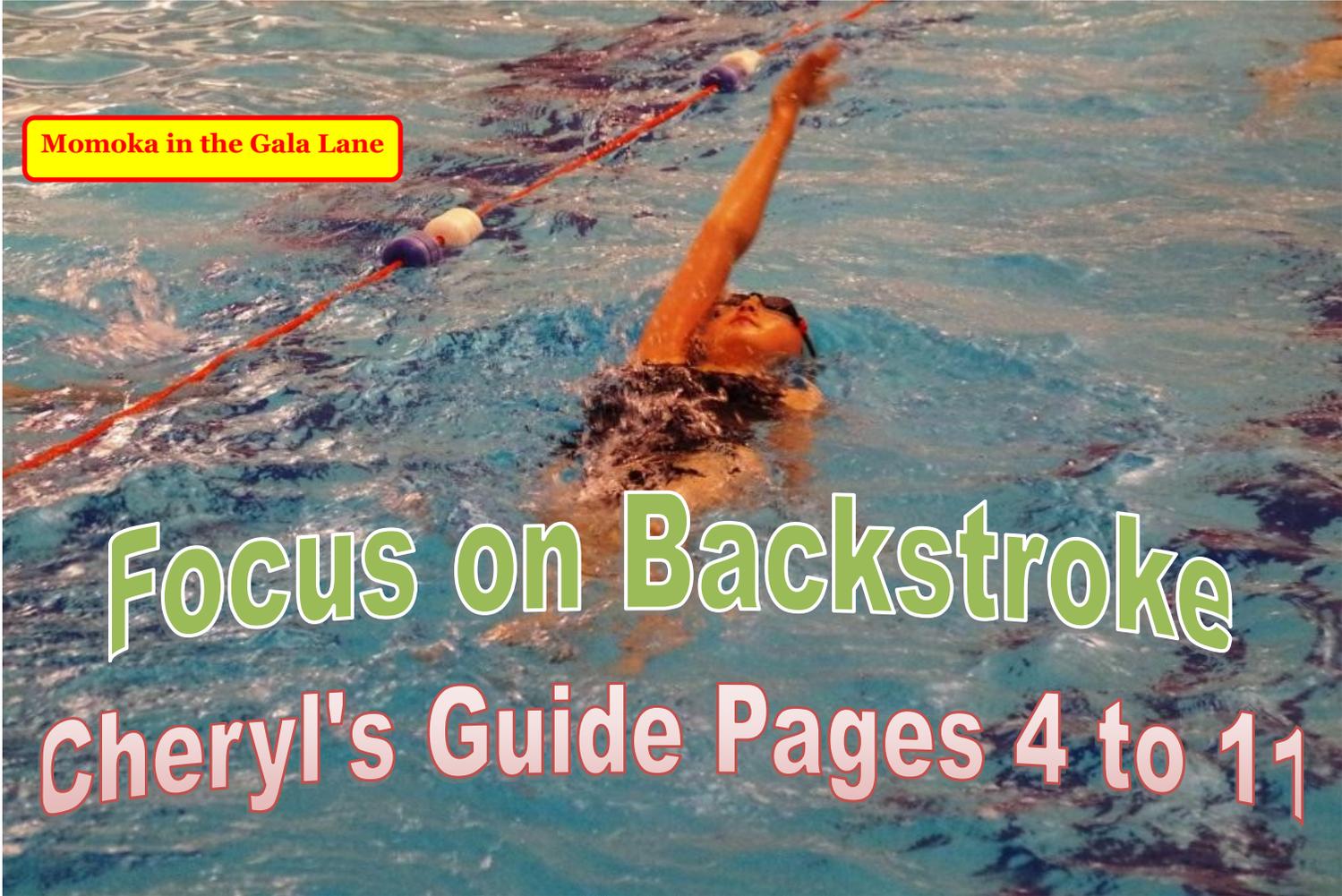


TURTLES SWIMMING CLUB IS A REGISTERED CHARITY NUMBER 1055585

Momoka in the Gala Lane



Focus on Backstroke

Cheryl's Guide Pages 4 to 11

*THANK YOU TO
THE
ORGANISATIONS
AND
INDIVIDUALS
WHO SUPPORT
THE TURTLES*

IBB Charitable Trust

ASDA

Waitrose

Eastcote Methodist Church

Ruislip Combined Charity

Hillingdon Council



TURTLES
SWIMMING CLUB

ANOTHER FUN SESSION IS BOOKED!



We will be organising another Fun Session at the Hillingdon Sport & Leisure Centre, Gatting Way, Uxbridge (UB8 1NR) on Sunday 1st March 5.15–6pm. The event is free to all Turtles swimmers, but please note that we cannot accommodate guests to this event.

If you are interested in coming along to try your hand on the inflatable, please make Bijan aware (Saturday registration desk) so we have a rough idea of likely numbers attending.



BRING ON 2020 GALA SEASON!!!



Here we go again! The new season starts on Saturday 22nd February with the Lions Invitation Gala, Hitchin. Please let Dave Lee know if you wish to join the Turtles gala squad for the 2020 season.

2020 Diary Dates

Lions Hitchin Gala
Hillingdon Fun Session (Inflatables Raft)

Saturday 22nd February
Sunday 1st March

Lions Hanwell & Feltham Gala
Platypus Hatfield Gala (TBC)

Sunday 15th March
Saturday 25th April

Confirmed Hitchin Gala Swimmers (9):

Stuart, Momoka, Sophie, Jeannette, Don, Josh, Jamie, Anthony, & Gary



WELL DONE TO ALL OUR 2020 BRITISH LONG DISTANCE SWIMMERS!

Nine Turtles participated in this year's British Long Distance Swimming Association Sponsored Postal Swim, recording how far they could swim in up to sixty minutes.

The distances recorded for our swimmers will now be forwarded to the National Association and classified by age and disability grouping. The national results will be announced in the Summer, with Gold Medals awarded to the best recorded distance in each category.

Swimmer	BLDSA Swim 2020		2019	2018	2017	2016
	Distance Swum (Mtrs)	33 Metre Lengths Swum	Lengths Swum	Lengths Swum	Lengths Swum	Lengths Swum
Dave Lee	2574	78	80	78	78	75
Momoka	2442	74				
Anthony Or	1980	60	62			
Sophie Grey	1518	46	48	45	56	-
Don Lamb	1386	42	43	45	48	43
Gary Lee	1320	42	40	43	42	42
Jeannette Prentice	2454	38	37	39	40	42
Shaida Ghorbanian	726	22	31		32	40
Tillie Hewlett	660	20	17	37	35	33
Alison Grey			52			
Karen Hoffmann			40	41	46	45
Heather Johnston			32	43		
Ian Andrew Horne			20			
Jamie Woodbridge			18			

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/>

Cheryl's Chief Instructor's Tips



Travel & Coordination



Buoyancy & Balance



Learning & Perfecting Back Stroke

In this article, we will focus on learning and having fun with Back Stroke.

Swimming on your back can be quite daunting for those of you who like to see where you are going. However, it is a good to learn both front crawl and backstroke so that should you fall into water you can rotate from one stroke to the other when tiring.

Swimming can be quite boring and frustrating and can be a challenge for newcomers to practise regularly. But it can take 6 to 8 weeks for the muscles to build up the strength to perform a task well. Therefore, it is wise to keep persevering and swim on a regular basis to maintain progress.

We advise to start with flotation devices and reduce these once you have a buoyant horizontal body position in the water. Don't feel that you need to progress quickly, take your time and it will come. Below are some exercises starting with the easy ones and then progressing in difficulty.

Step 1 – Noodle on your Back Speed Boat



If it is your first time we would advise the position above with help from your carer.

Ensure you have a gap behind you to rest your head on the noodle. Keep your hips up high and kick your legs.

Step 2 – Two Floats or Chicken Wings

Pretend to be a chicken.

Keep your hips up high.

Kick your legs up and down. Do not bend the knee on the way down of the kick.

If you do you will not go anywhere.

Keep feet together, turned inwards and on top of the water as much as possible.

Hold on to the floats tightly and look up to the ceiling.

If you need help, get your carer to support your shoulders.



Cheryl's Chief Instructor's Tips

Step 3 – Noodle Sea Lion



Pretend to be a Sea Lion.

Place the noodle behind your back for support.

Imagine the ends of the noodle are your flippers, hold on to them with your hands.

Rotate your shoulders and move the noodle with your hands so that the two ends clap like sea lions and then draw apart and repeat.

Make the noise of a Sea Lion as you swim. By making a noise you will not be holding your breath and you will be more relaxed and buoyant in the water.



Step 4 - Single Float or Hug A Duck



We would suggest initially using a single float until your hips are able to support you high in the water. Hold on tight with both hands.

Kick your legs so that you get a flutter kick with the feet. Look up to the ceiling and follow one of the ceiling tile lines.

You could even try with one of our friendly ducks? We have three to choose from.

Cheryl's Chief Instructor's Tips

Step 5 – Noodle Rainbows



Hold the noodle at the ends and place over the body to create a rainbow.

With this exercise, you need to raise your torso and hips to reach the top of the rainbow.

The aim of this exercise is to improve the swimmers buoyancy in the water and strengthen the core muscles.

Step- 6 – Single Float Positioned over the knees



To improve your kick, place the float over your knees.

The idea is to discourage the knee from coming out of the water.

The focus of the leg kick needs to be straight long legs (no knee bend) on the way down of the kick.

But you can bend the knee on the way up.

Try to imagine that you are tip toeing in the water.

This will create the best possible technique for the leg kick.

Toes need to be above the water while the knee is underneath.



Step- 7 – No Floats – Swim like a soldier

Focus on being a tall soldier with your arms by your side with a flutter kick from the toes.

This exercise is good for buoyancy and getting the chest and hips up high without having to rely on the arms.

It is important to do this exercise before introducing arms.

If the arms are introduced too early, swimmers tend to cave in in the middle.

Keep toes above the water and knees under. Also look straight up to the ceiling.

If you are new to swimming make sure you have a carer behind you, supporting you from the shoulders.



Cheryl's Chief Instructor's Tips

Step 8 – Single float—focus on arms

Introduce the arms by holding on to a float and just rotating one side to begin with.

Make sure the arm comes out of the water, thumb up, and brushes past your ear.

Your arm needs to twist before entering the water and the little finger should enter the water first.

When your hand is under the water really pull the water and imagine you are hitting a basketball downwards to the ground.



This will create a short lever which should really propel you through the water.

Then swap round and use the other arm.

You can even do the arm pulls with your float over your knees as in step 6, although this is slightly more difficult.

Step 9– Swim with Pull Buoy between legs and focus on arm rotation

With this exercise place a pull buoy in-between your legs.

The pull buoy is there to give you buoyancy as you will not be using your legs to kick.

The focus is on the arm rotation and the co-ordination.

When one arm is coming out of the water the other should be entering, pulling downwards.

The most propulsive part of the stroke is when the arm is under the water.



Cheryl's Chief Instructor's Tips

Step 10 - Swim with no float

Finally, if you feel confident, try swimming with no floats and incorporate all the movements you have learnt above and swim Backstroke!

If it is your first time swimming without floats ensure you have a carer nearby to help you.

Ideally, you would kick your legs six times to one cycle of arm rotation, whilst always looking up at the ceiling.



A few extra for those who are confident swimmers:

Step 11 – Feet first Scull

With this position you are moving forwards, with arms remaining straight and under the water at all times.

The action to move comes from the wrists.

The thumbs point downwards (see opposite) and you pull the water back so as to move.

Legs and feet remain stationary.

You need to have really good buoyancy to remain afloat so keep the chest up high.

This exercise strengthens your core muscles and your arms.



Step 12 Head first Scull



With this exercise you are travelling backwards, head first.

As in the last exercise, all arms and legs remain under the water.

Your arms are straight and you move your wrists to and from your body (hips) in a sideways action.

Your legs remain still and you need good buoyancy with your chest out of the water.

Sculling helps build the muscle strength in the arms.

Cheryl's Chief Instructor's Tips

Step 13 – Keeping a Steady Head



This is a fun exercise to do that will improve your head position in the water.

The idea is that you balance an object on your forehead and swim backstroke without it falling off into the water.

Perform this drill slowly and keep a steady body position whilst kicking quickly and strongly.

The gala lane had a lot of fun performing this drill.

It isn't as easy as it looks!



Cheryl's Chief Instructor's Tips

Step 14 – Double Arm Backstroke



This drill uses both arms entering the water at the same time whilst kicking quick and strong.

It is used to encourage the development of the bent-elbow under the water.

This gives you more power and propulsion in the stroke.

This exercise can be performed with fins to help with stability.

Perform the drill slowly and avoid bouncing.

To perform an even more advanced version of this drill use a pull buoy between the legs and keep your body position steady.

Key Points For Learning Backstroke

Legs up & down

Straight long legs, stretch out (Don't bend the knee on the way down)

Feet close together (Big toes passing each other)

Floppy feet (ankles)

Hips up high (belly up)

Relax don't hold your breath (Hum or sing if you can)

Arms go past your head (knock your ear as you swing them past)

Little finger enters the water first.

Really pull with your hands under the water (This will enable you to move)

Have lots of fun!



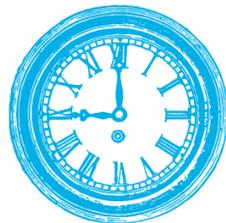
LONDON FUTURES

Ealing



LONDON FUTURES IS AN EMPLOYABILITY PROGRAMME USING
SPORT AND SPECIALISED MENTORING TO IMPROVE CAREER
ASPIRATIONS AND COMMUNITY
INTEGRATION

WHO FOR?
YOUNG ADULTS 18 - 25 WITH A
LEARNING DISABILITY



WHEN?
EVERY THURSSDAY
(EXCLUDING SCHOOL HOLIDAYS AND
BANK HOLIDAYS)
FROM: 6:30PM - 8PM

VENUE?
NORTHOLT LEISURE CENTRE,
EASTCOTE LN N
NORTHOLT
UB5 4AB



HOW DO I JOIN?
CONTACT RYAN JONES ON:
07824 589517
RYANJONES@CHANGEFDN.ORG.UK

TURTLES VOLUNTEER SWIM TEACHERS



**Chief
Instructor
Cheryl
Lee**



**Swim
Teacher
Linda
Clarke**



**Swim
Teacher
Jessica
Grey**

**Swim
Teacher
Don Lamb**



**Swim
Teacher
Dave
Lee**



**Swim
Teacher
Jordan
Mason**



**Swim
Teacher
Peter
Horne**



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

**Turtles
Swimming
Club
Established
1964**

Turtles Website:

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

Turtles email:

[turtlesswimming@ yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

**Chair:
Alison Grey**

**Secretary:
Andy Wallis**

**Club President:
Dave Lee**

**Gala Team
Manager:
Dave Lee**

**Deputy Secretary :
(reception desk)
Bijan Ghorbanian**

**Treasurer:
Rosemary Noyes**