



UOAPS NEWS

University of Aberdeen Performance Swimming Newsletter

Autumn/Winter 18/19

From the President

Dear UOA Members, welcome to our inaugural newsletter.

This initiative is to keep the whole programme informed of stories, successes, future competitions, coaching tips, nutrition etc..

All members are encouraged to contribute, and you can send any suggestions for the ongoing development of our newsletter to lisa.h@aberdeensportsvillage.com in the first instance. Likewise we are keen to include the news and events that are important to you ... so please also send us your suggestions for stories or features!

Yours in sport

Martin Shaw

UOA President

"I loved working hard! It was very gratifying feeling like I could hardly pull myself out of the pool after some practices. I loved being sore, knowing that meant I got a lot out of my last workout."

Mary T Meagher

US Olympian 1984 & 1988

And ex100m & 200m Fly WR



In This Issue

- Competition stories
- Great News
- Awards Season
- Coaches Corner
- Upcoming events



UOA awarded North District Open Meet Team Trophy

The **Nifty 50's** meet took place on Sunday 11 November and the combination of UOAPS Member Clubs and UOAPS dominated the event this season. This was pleasing to see as our strength in the whole spectrum of events can clearly be seen improving; from sprint through to distance performance swimming.

The **North District Age Group Championships** took place in Inverness on 24-25 November. UOAPS swimmers competed very well and found success across a significant number of events.

Gaia Alcaras competed at the **Italian National Short Course Championships** in Riccione. As she prepared for her key events at Scottish SC showing promising form in the 50, 100 and 200 fly events.

The **Scottish National Short Course Championships** were held in Edinburgh with some notable swims for UOAPS athletes.

The first **UOAPS Club Championships** were held at ASV on Saturday 5 January. The event was a great success, with many great swims and it was fun to see athletes from all squad taking part.

Competitions

The **North District Open Meet** took place at ASV 3-4 November. It was a very high performance meet for this time of the season and saw many clubs from outside the District travel to race at the competition.

UOAPS took full advantage of the high standard of racing and several medals, best times and tremendous races were witnessed by all.

The **British Universities Championships (BUCS)** took place in Sheffield and several UOAPS swimmers travelled to Sheffield with other students swimmers and raced well throughout the meet.



SNSC18

YDS Camp

Swimmers represented UOA at the annual Christmas YDS Camp in Stirling from 27th—31st December, they were joined by Youth Squad Swimmers for 30th—31st December. UOA Coach Gregor led the camp as part of the YDS Coaching Team.

UOA Swimmers in YDS:

Kailyn Hall

Anya Slessor

Cameron Travis



Youth Development Camp, Dec 2018

Awards Season

UOA swimmers and coaches have been recognized across Aberdeen, North District, Scotland and GB in various awards

Toni Shaw was awarded Emerging Athlete of the year 2018 at the British Swimming Awards, Para Athlete of the Year at the **sportscotland** awards 2018

Gregor McMillan was awarded Disability Coach of the Year at the sport-Aberdeen awards, **sportscotland** and Scottish Swimming awards

Club Champions

13&U: Sienna Perry

13&U: Calvin Macdonald

14yrs: Anya Slessor

14yrs: Cameron Travis

15yrs: Alicea Bain

15yrs: Matthew Brown

16-17yrs: Yasmin Perry

16-17yrs: Fraser Agnew

18&O: Laura Pilkington

18&O: Brendan Johnson



Toni Shaw, British Swimming Emerging Athlete of the Year 2018

Coaches Corner

Resilience

In essence, resilient individuals possess the ability to overcome adversity, bounce back and rebound. Resilience is a process which is built up by an individual over time through situations and scenarios which encourage them to overcome adversity, through developing coping strategies to deal with these situations and become a mentally stronger individual. It is an opportunity to build on self-esteem and determination, while building a portfolio of these skills. In turn, this will instill a resilient nature within the individual (Ben Marks, Resilience in Sport)

9 ways Olympians Develop Resilience (by @Inner_drive)

Develop a positive personality

View your decisions as active choices not sacrifices

Use support available to you from other people

Identify your motivation for succeeding

Focus on personal development

View setbacks as opportunities for growth

Strengthen your confidence from a range of sources

Take responsibility for your thoughts, feelings and behaviours

Concentrate on what you can control

Coaches Conference

Home Nations and British swimming Conference 16-17 November was attended by Gregor and Patrick. The event was excellent and definitely has given a positive and beneficial coaching opportunity to both.



Learn to Swim (LTS)

Patrick and Hannah Miley represented Scottish Swimming for the Launch of the Scottish Swimming LTS programme in Lerwick 22-24 November. Presentations, coaching sessions, question and answer sessions and award presenting duties were carried out during the busy schedule. Both enjoyed the excellent organisation and welcome given by the Shetland Island folk for the very successful event.

In November Toni Shaw was named as a Learn to Swim Ambassador for Scottish Swimming's National Framework for swimming in Scotland. Toni will continue to represent herself and the UOAPS programme in the only way she knows; with humility and a tremendous respect for her sport and for everyone involved in her journey.



How to be an awesome swim parent:

1. Encourage accountability
2. Avoid over-identifying with your swimmers performance—how they swim isn't a reflection of you
3. It's the process
4. Set the standard for how they should react
5. Don't mistake sacrifice for investment
6. When issues come up with the coach, address the privately and directly
7. Let them unplug outside of the pool
8. The facilities don't make the athlete
9. Just be there for them

Upcoming...

ND Age Group R.2
2-3 March, ASV

UOA Development Series
10 March, ASV

Edinburgh International
15-17 March, RCP

SNAG's
27-31 March, Tollcross

Next Edition...

International competitions

Club stories

Competition success