



UOAPS NEWS

University of Aberdeen Performance Swimming Newsletter

Spring 2019

From the President

Dear UOAPS Members, welcome to our spring newsletter.

It has been another busy period for all over the first few months of the year, so many competitions with great performances from all UOAPS athletes. As we move into the summer period, it gets busier with more competitions, events, travel, etc but exciting opportunities ahead for swimmers in the club.

This newsletter and parent/swimmer sessions I hope continues to improve the communication in the club and I would appreciate any feedback.

The busy times continues to put pressure on the volunteers in the club and I hope more parents and guardians can step up to support the club in what is a fun and rewarding way to support your swimmers and coaches.

Yours in sport

Martin Shaw

UOAPS President

**“Surround yourself
with those who tell you
what you need to hear,
not only what you
want to hear.”**
#championminded

Allistair McCaw
Sports Performance
Consultant



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UOAPS athletes at the Catalonian Swimming Championships

The **UOA Development series Round 1 and Round 2** took place on 27th January and 10th March respectively, both well attended by the 5 Development Clubs and Aberdeen Dolphins. This was a great opportunity for younger and less experienced athletes to work on their racing skills. It was also pleasing to see so many take on the 'harder' events without fear and dive into 200 fly!

UOAPS athletes took part in both **North District Age Group Round 1 & Round 2**. Many achieving further SNAG's times and showing improved skill development.

The **Edinburgh International** was held at the RCP with good pre-SNAG's performances across the group. It was exciting to watch and for athletes to be involved in the 50m skins events and to mix with world class athletes around the poolside.

At the same time as SNAG's, a trio of athletes travelled to Dublin for the **Irish Open Championships**. Each athlete placed top 6 in all their events.

UOAPS was also represented at the **British Championships** and **British Para Championships** both held at Tollcross. There were some very positive seasonal swims from athletes and it was a fantastic learning opportunity for all. A huge congratulations to Toni Shaw on her brilliant 100m fly performance which gained her selection to the British team for the 2019 World Para Championships.



North District Team, 52nd Challenge Internationale Geneve meet

Competitions

A group of 9 athletes travelled to Spain for the **Catalonian Swimming Championships**, a first international racing opportunity for some and a great opportunity for all to experience the competition and out door swim down pool! Lots of positive performances, many finals made and a great team atmosphere.

On the same weekend, 4 UOAPS athletes were selected as part of the North District team at the **52nd Challenge International Geneva**. A fun team environment and excellent international racing experience.

A number of athletes represented their school at the **Scottish Schools Final** held at Tollcross on 26 January. Some good swims as we began our long course racing season.



British Championships 2019

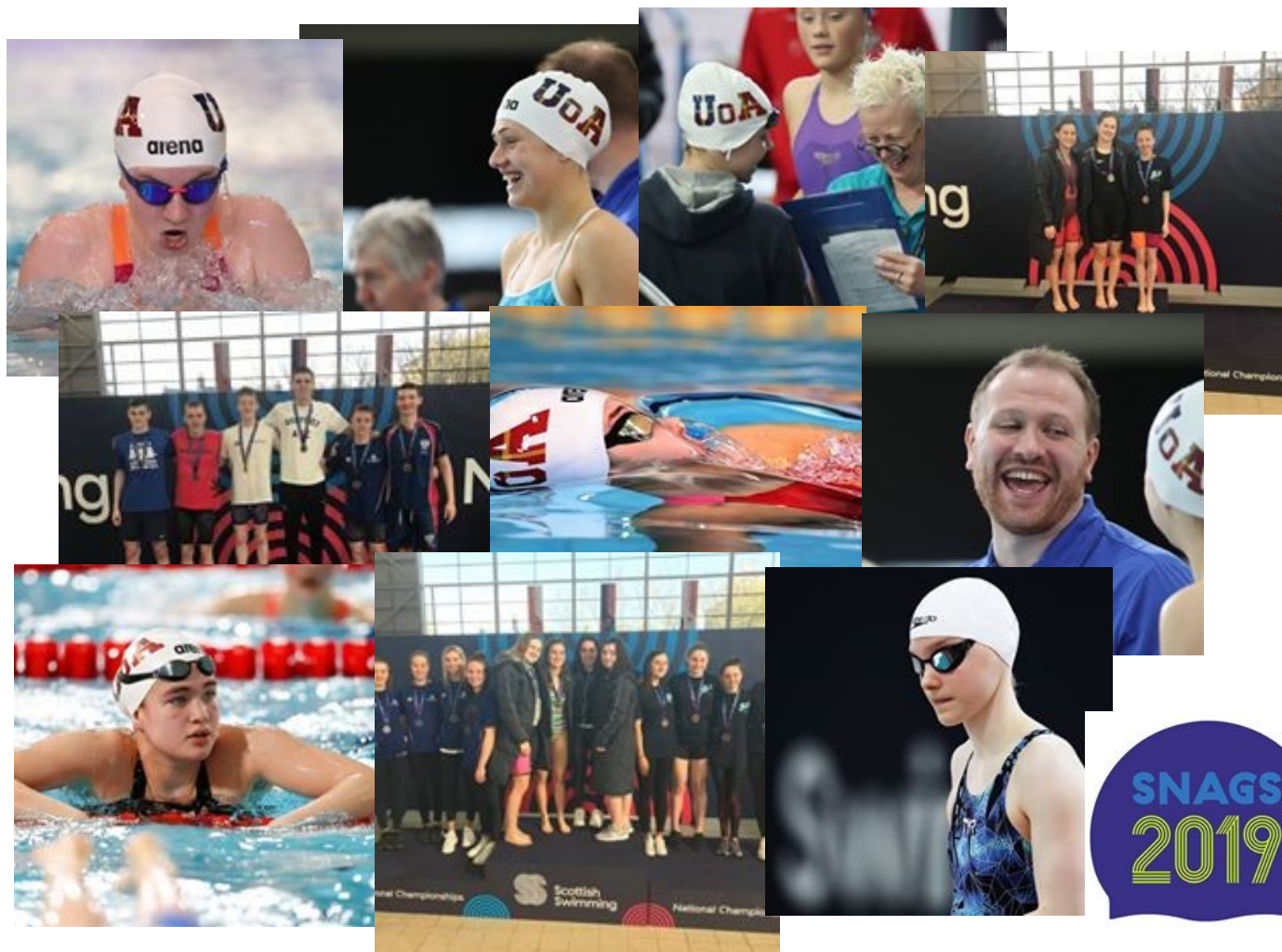
Technical Sessions

A Technical session was held for development club athletes on 23rd February.

All UOAPS clubs were represented by athletes and coaches, with an amazing 52 athletes attending.

With a quality focus on butterfly, athletes practiced kick and drills work to help further their fly skills.

The session was followed by Land work and education workshops to help the athletes understand progression pathway.



SNAG's 2019

Ref images

Scottish Age Group Champions

Fraser Agnew (17-18)

50m, 200m Freestyle

Sophie Bain (14)

100m Breaststroke

Kailyn Hall (15)

1500m Freestyle

Yasmin Perry (17-18)

100 Butterfly

Cameron Travis (15)

1500m, 800m, 400m, 200m
Freestyle

50m, 100, 200, Backstroke

SNAG's

A full on 5 days at the **Scottish National Age Groups** from 27th –31st March at Tollcross; UOAPS secured a 3rd place finish overall, narrowly ahead of Hearts of Midlothian and Swim West Lothian. With a smaller team than in previous years, the 32 athletes at SNAGs were a fair representation across all 3 UOAPS squads and supported by the Development Clubs; as one team, we welcomed new athletes from the clubs for their first national competition experience. Some very good relay performances and a number of athletes achieving Scottish National Age Group titles. We certainly made some noise in showing strong support and a good team atmosphere.

As we reflect on the busy week, there are some key learning areas that the coaches have discussed as we target a bigger and stronger team in our home pool next year. SNAGs will be a key event for our development swimmers and will work with the partner clubs to develop strength and depth.

A round up of points each day:

Day 1— 110 points

Day 2—71 points

Day 3— 89 points

Day 4— 108 points

Day 5— 101 points

Our medal tally:

Gold	12
Silver	12
Bronze	9
4th-10th place	50



Together We Shine

The North District held the Together We Shine workshop; a training weekend for athletes and coaches, delivered by international sports coaching expert, Wayne Goldsmith. The athlete selection included the top 20 males and females based on FINA point results from ND Age Groups; this also excluded those attending British Championships. Feedback from coaches was positive, hearing from another coach delivering key and consistent messages.

UOAPS Development Camp

The UOAPS Development Easter Camp was attended by 29 athletes from the 5 development clubs and 1 from an Aberdeenshire Club. The camp, held 3rd—5th April, included pool, land and education sessions. The pool work covered fundamental basics, strokes and competitive skills development. The education sessions included nutrition and hydration, athlete journey and self reflection. The land sessions, delivered by ASV staff were fun including games, conditioning, circuits and some gymnastics.

A great group of athletes who all worked incredibly hard over the camp, as well as working together with each other. Our thanks go to Dyce ASC and ASV for their support during the activities.

If you can't eat it, can you drink it?

Some food for thought! Many athletes find it difficult to eat first thing in the morning, the importance of breakfast before and after morning training as well as a regular breakfast on non-swimming mornings cannot be overstated. Therefore the option of drinking your breakfast may help to make this easier. Include more than fruit in your smoothies, add some seeds or nuts and drizzle with some honey. Include yoghurt, some vegetables and/or a handful of porridge oats. Share your favourite smoothie recipes with each other and have healthy, nutritious breakfast smoothies to kick start your day in a positive way.

Club visits

The 2nd quarter of club visits take place during May, where parent education is our focus. We routinely spend time educating athletes about swimming, but at these visits we will take time to focus on supporting the parents. Gregor and Lisa will visit clubs to present on a few key areas covering the UOAPS pathway, how to be a great swimming parent, understanding of athlete ownership, growth, development and progression.



Upcoming...

ND Time Trial
25-26 May, ASV

Glasgow International
24-26 May, Tollcross

UOA Development Series
2 June, ASV

ND Development Meet
22-23 June, Inverness

Scottish Open
27-30 June, ASV

UOA Development Camp
8-10 July, ASV

Scottish Summer Meet
11-14 July, RCP

British Summer Meet
24-28 July, Tollcross