



# UOAPS NEWS

University of Aberdeen Performance Swimming Newsletter

Summer 2019

## *From the President*

Dear UOAPS Members, welcome to our summer newsletter.

Our last few rapid months into the end of season and summer were jam packed with events, activities and competitions. Heartfelt thanks and congratulations to all UOAPS athletes for their efforts, hard work and determination over the season. End of season reflections ensued and a well earned summer break was had.

The season has begun with us welcoming new athletes to both UOAPS and to Aberdeen. We began the season with competitions, technical sessions, club visits and lots of planning together in the first month. We held our 3rd AGM on Thursday 3rd October and we encourage more people to join us in supporting our coaching team and leading our club through the new season.

Yours in sport

*Martin Shaw*

UOAPS President

**“Practice isn’t just  
about putting in the  
TIME, its about putting  
in the EFFORT”**

Gabby Douglas  
Gymnastics Olympic  
gold medallist  
2012 & 2016



## In This Issue

- Competition stories
- Sleep and the Athlete
- Farewell Jo
- UOAPS AGM
- National Squads
- Upcoming



Toni Shaw at the World Para Swimming Championships 2019

## Competitions

UOAPS athletes were in fine form for the **UOA LC Age Group** meet on 27-28 April. Joined by their teammates from the partner clubs, a great meet and one that we will develop for the year ahead.

Fast forward through a number of other competitions towards the summer and we had 25 athletes compete at the Scottish Summer meet picking up 23 medals. While a couple of weeks later we had 16 athletes at the British Summer meet collecting 10 medals across the meet. There were excellent end of season performances from many of the athletes.

Hannah Miley performed at the **US National Championships** in San Francisco as part of the Scottish team. Joined by Patrick, the team performed strongly in a very competitive event, with Hannah securing a season best time in the 400IM.

Toni Shaw most recently represented Great Britain at the **World Para Swimming Championships** in London. An excellent week of swimming saw Toni pick up 2 Bronze, 2 silver and 2 Gold medals including a fantastic Para World Record in the 4x100 Women's Medley Relay team. A long season for Toni but an excellent end.

The 2nd **UOAPS Club Championships** were held on Saturday 14th September, with a fantastic number of entries from all squads as part of the programme with 68 athletes entered. It was a busy day of racing with athletes taking part in up to 11 events, however it was a fun-filled day of racing early in the season.

UOAPS took part in the **Scottish Team Championships** at Tollcross on Saturday 21st September, qualifying for this from the team's overall performance at Scottish National Age Groups 2019. Overall the team came 3rd from the top 10 Youth teams. In the Senior Team Championships, Team Patrick came 2nd from the 3 Senior teams comprised of some of the best senior athletes in the country.



UOAPS Team at Scottish Team Championships 2019



## UOAPS 2019 Age Group Club Champions

13&U: Erin Urquhart

13&U: Calvin Macdonald

14yrs: Sienna Perry

14yrs: Alex Clark

15yrs: Kailyn Hall

15yrs: Cameron Travis

16-17yrs: Gaia Alcaras

16-17yrs: Matthew Brown

18&O: Yasmin Perry

18&O: Tom Robinson

## Sleep and the Athlete

The benefits of good sleep should be a focus for athletes. Post training recovery with additional sleep encourages the building of muscle strength and endurance. The amount of sleep an athlete gets impacts their recovery times, reaction times, likelihood of injury and/or illness, attention and focus and ultimately with reduced sleep athletes will have a worsened performance.

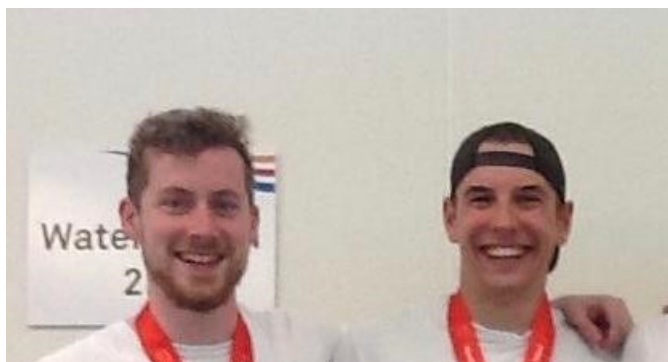
During sleep the muscles, nervous system and daily functions of the body go through recovery and regeneration. The nervous system is responsible for muscle contractions, response to pain, reactions, attention and alertness. Fully restoring this system requires rest and sleep. Not getting enough sleep prevents the body from strengthening the immune system and fighting infections and illnesses. This can result in an athlete requiring a longer recovery time from illness.

Sleep affects the processes that maintain blood pressure, inflammation control, production of essential hormones, sugar levels and processing of carbohydrates, which impacts on muscle glycogen stores and insulin levels. A lack of sleep leads to increased fatigue and reduced muscle recovery. Fatigue reduces capacity of cells and nerves to send and receive messages leading to reduced reaction times. Not just reaction time for starts but alertness and cell regeneration which has a correlation with injury rates; reduced sleep has a link to higher injury rates for athletes. An athlete's stress levels, mood and mental focus are also impacted by their volume of sleep.

Sleep also aids in height development in age group athletes. Natural production of growth hormone is increased during sleep, interruptions to sleep or sleep deprivation can lead to a reduced maximum height achieved. There is a significant amount of research in this area. Athletes should consider how much sleep they are getting and work towards a full and healthy sleep pattern as part of their athlete behaviours.



Athletes from the UOAPS Club Championships



Stuart McIntosh and Mark Campbell

## Club visits

The 3rd quarter of club visits took place through August and September with Mark Campbell and Stuart McIntosh from the High Performance Sprint Squad taking sessions with squads across each of the clubs. The sessions ranged in content between clubs but all focused on technique, body position and some starts work. Excellent demonstrations and lots of fun learning taking place in the early season phase. Huge thanks to Mark and Stuart for their time and delivery.

## UOAPS Committee

The UOAPS Committee are looking for people to step into roles on the committee to share in growing and developing the club in a positive way. If you have skills you can lend to forwarding the club or supporting the athletes please speak to the club president Martin Shaw (UOApresident@gmail.com) for more information on positions and roles you could fill. The positions of Vice President, Secretary and Team Manager remain open and we are currently seeking people to take on these roles.

## Scottish National Squads

Congratulations to the UOAPS athletes who have achieved selection onto the Scottish Swimming National Squads Programme for 2019/20, UOAPS is represented at all levels of the programme:

Senior Gold: Gaia Alcaras, Hannah Miley, Conner Morrison

Youth Gold (YS): Kailyn Hall, Toni Shaw, Cameron Travis

Senior Silver: Yasmin Perry

Youth Silver (YDS): Ceri Gillespie, Holly Shand, Jon Taylor

Senior Bronze: Anya Slessor

DRP: Emma Bristo, Layton Burr, Amber Edgerton, Daniel Hall, Greg Hall, Logan Jackson, Lukas Johnson, Emma Jupp, Kieran Lennox, Calvin Macdonald, Anna McNeill, Jack Mitchell, Sienna Perry, Conrad Slessor, Erin Urquhart

## Farewell Jo

Over the 2018/19 Season our Treasurer and Team Manager Jo Bonnar has advised she is stepping down from both roles. Jo has been involved with UOA since the beginning. An incredible amount of work was put in behind the scenes by Jo over her time in both roles. Our heartfelt thanks go to Jo and we wish her well in all her future travels and endeavours.



Jo Bonnar and Lesley Beveridge

## Upcoming...

ND Distance Meet  
5-6 October, Fraserburgh

Garioch 200 Meet  
12-13 October, Inverurie

UOA Development Camp  
21-24 October, ASV

Carnegie Winter Meet  
26-27 October, Glenrothes

DRP Day 2  
27 October, ASV

Nifty 50's  
3rd November, ASV

ND Open  
9-10 November, ASV