



Welcome to our April 2020 Newsletter! A little sooner than anticipated, but given the events of the past few weeks we wanted to keep in touch and keep you updated on the activities that the Club has been a part of. We hope that you and your families are staying safe and well and we look forward to “splashdown” in the not too distant future.

As always, if you have any suggestions on what to include in the next newsletter, please email (secretary@marlboroughpenguins.com). And, don't forget that the website is also fully up and running with lots of useful information and for up to date news feeds please follow @MPASC1958 on Twitter.

CHAIRMAN'S UPDATE – PETER SEWARD:

You might think that everything to do with Marlborough Penguins and swimming has stopped, given the necessary ‘closure’ of the Club in the current circumstances. Far from it! In the last few weeks we seem to have been as busy as ever and there is plenty to tell you about in this latest newsletter. You can also read extracts from a message sent out by Jane Nickerson from our parent body, Swim England (page 4), which outlines some of the excellent initiatives coming from them.



We are delighted to let all members know that our Head Coach, Rich Smith, recently gained his Senior Coach qualification after 18 months of hard work. The Club has already benefitted from Rich's developing knowledge and experience, and we look forward to that continuing when we return to ‘normal’. In the meantime, Rich has been putting together and leading a comprehensive programme of virtual land training for our swim squads as well as leading training meetings for the coaching team.

In addition to this, the club has recently circulated an activity sheet aimed at our Learn to Swim members and a regular Friday evening online Social is proving to be very popular; all members of the Club are invited, so please do join us one evening. (Look out for an email issued every Wednesday from Marlborough Penguins ASC entitled “Friday Night Socials”).

The club's workforce has also been involved in developing their skills and knowledge during the lockdown; making use of online CPDs available from Swim England and for seven of our workforce, completing their essential Safeguarding training online. As well as this, we have just completed our submission for reaccreditation as a SwimMark Club; Swim England's quality standard for swimming clubs.

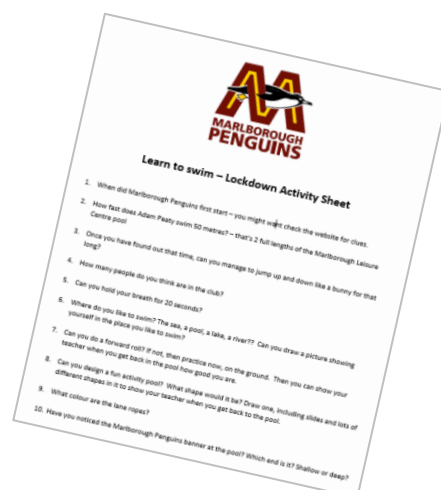
Looking to the future, the Club's Committee is planning for our return to swimming. I have attended two online meetings with other Chairpersons from around the South West to make sure we are aware of current developments and to enable us to start planning for “splashdown”; our return to the pool! As you can imagine, we are planning for a variety of scenarios so that we are ready to get our swimmers back into the pool as safely and quickly as possible. We are determined that our return to swimming will be as soon as possible, and we are delighted that we have been granted a licence for our annual open meet in October - please save the date of 17/18 October.

And to top it all, we are looking forward to an article appearing soon in the local Gazette and Herald, which will highlight many of the recent successes of the Club, in particular our recent adaptation to not being poolside!

I wish you all the very best at this difficult time and hope that we will see you again soon, in the pool, when we are able to return.

NEWS FROM HOME – LEARN TO SWIM GROUPS:

For our learn to swim groups, it's a little more difficult to deliver land training that is suitable for all ages. So to keep the team amused and busy, we have created a Learn to Swim Activity Sheet; hopefully testing the swimmers' knowledge, skills and agility! We'd like to encourage as many of you to take part as possible, and we will announce the winners by email. As the future of our club, we are keen to keep the children (and parents) involved and motivated, so please let us know if you have any ideas regarding how we may be able to do this.





OUR MEMBERS' SAFETY – WAVEPOWER 2020-2023 ADOPTION, WHISTLE BLOWING & ZOOM CODE OF CONDUCT

We continue to keep our policies and codes of conduct up to date. Over the past month, we have adopted the new Swim England Wavepower policy (2020-2023) dealing with Child Safeguarding policies and procedures, as well as the Whistleblowing policy. In line with our move to online land

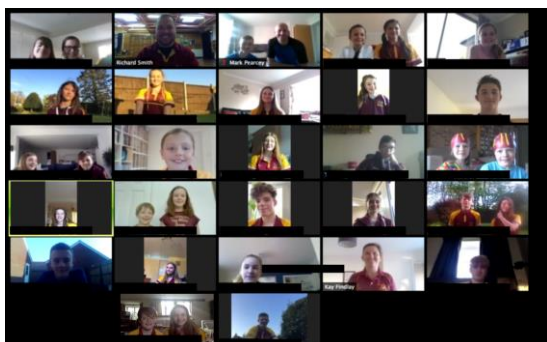
training, we have also introduced a Zoom Code of Conduct to ensure we are protecting all of our members whilst training from home. All of the clubs policies can be found using the following link;

<https://marlboroughpenguins.com/about-us/club-policies/>

COACH'S CORNER – HEAD COACH, RICH SMITH

I hope you are all staying safe and keeping well. With lockdown being extended, I wanted to share some information about fitness and nutrition that is important for you as we start to think about returning to the pool.

Fitness: It's really important that you try and keep fit whilst out of the pool. We typically say that the fitness lost by having 1 week out of the pool takes 3 weeks to regain. With 5 weeks already out of the pool, if you are not staying active, this equates to 15 weeks to regain your fitness.... and we're still counting. To help with this, we are running online training sessions Monday - Thursday evening and Saturday lunch time via Zoom. These are designed to keep your fitness up, work on your core and will help reduce the time it will take to bring your fitness back up. These are open to all swimmers that are in Penguins Progression squad (1/2 hour lengths) and up, all the way to our Masters squad. We even have a few parents joining in and enjoying it ☺ I encourage you to join some / all of these if you can.



Nutrition: Nutrition is important at all times, but particularly whilst you are unable to train as much as you are used to. For example, if you were training 4 times a week for 6 maybe 7 hours, plus games and PE at school, your body needed lots of energy to cope with that demand. Depending on what activity you are doing now, you may only be doing a couple of hours of exercise a week .. And therefore you don't need to eat as much to fuel your body.

Whilst on lockdown, you may also want to have a think about cooking or learning to cook with healthy foods (see page 3 for some ideas). After swim sessions you should be eating within 30 minutes and focusing on the 3 R's; Refuel, Re-hydrate and Re-build. Find some

recipes that are quick and easy, full of protein, have some carbohydrates in with some 'good fats'. If you learn to make it now, you'll be a pro by the time we get back to the pool!

Stay safe and I hope to see you soon, Rich.

NEWS FROM THE POOL (MIKE WOOTTON) – WILTSHIRE MASTERS, ROUND ONE :

The first round of the Wilts Masters took place on the 14th March. We had 6 swimmers compete and returned with 10 individual medals and 3 relay medals. After the first round, the girls are 5th in the table with 15 points, the boys are 6th with 11 points and Penguins are 5th overall with 28 points. With the next round unlikely to take place (6th June), we hope we are all back in the pool in time for the final round in September (26th). If not, the world famous "Push and Glide" in November could be our next competition in the pool, with Mike looking to win again for the 7th consecutive year!

Tamara Turchet	1 Gold	Carolyn Lucas	1 Silver
Lynne Blunden	1 Gold, 2 Silver	Peter Seward	3 Gold
Mike Wootton	1 Silver, 1 Bronze	Carolyn, Mike, Lynne & Peter; Mix Med Relay	Silver
Tamara, Jenn, Lynne & Carolyn; Med Relay	Silver	Jenn, Lynne, Carolyn & Tamara; FC Relay	Bronze



ALL WORK & NO PLAY? NO WAY!

Whilst the land training offers a great opportunity to keep on top of the swimmers' physical health, Rich & Mark Pearcey (Swim Squad Coach) have also instigated "virtual" social evenings to ensure that all club members are able to keep in touch and socialise; a key element in keeping on top of our mental health. Friday night, 7.30pm onwards, is the club's social evening; open to all members & their families.

So far, we've had 3 quizzes, 1 treasure hunt and even "Penguins Got Talent"; where we were entertained by a whole host of talented Penguins, including musicians, Rubik's cube experts, magicians, dancers and comedians. The events are low key and a fun way to end the week - we would love to see even more Penguins and their families on Friday evenings, so please do join us using the zoom link that Rich circulates every Wednesday.

What do Penguins eat for lunch? Ice Burgers!

I recently went on a barging holiday .. I didn't have a boat, I just liked pushing people into canals

Why did the vegetarians stop swimming? They didn't like meets!

What's a Penguin's favourite relative? Aunt Artica!

SWIMMERS' SNACKS – HEALTHY (YET TASTY!) RECIPE IDEAS

It's hard enough to stay healthy at the best of times, but with the biscuit barrel within easy reach at the moment, it seems to be harder than ever. We've included some "healthy" snack ideas; designed to give our swimmers some much needed energy whilst being healthier than many other options. Enjoy!

Banana & Oat Cookies

Ingredients

150g oats
2 bananas
2 tbsp Peanut Butter (avoid if allergic)

Method

Mash up bananas, stir in oats & peanut butter. Use ice-cream scoop to dollop on a baking tray (space apart as they will spread)
Bake at 190 degree (180 fan) for 15 minutes
Place on a rack until cool.



Overnight Oats Recipe - Base

50g oats
10g chia seeds (optional)
100ml milk (enough to cover oats) you can use water or milk alternative such as soya, oat, coconut

Mix together and put in fridge overnight.

Add the following to the base recipe:

Chocolate Banana

Base recipe ** use chocolate milk or tsp cocoa powder to base recipe
Top with chopped banana & sprinkle of chocolate chips

Bircher

Base recipe ** use muesli rather than plain oats in base recipe
Top with 2 tbsp Greek yoghurt, dried fruit & nuts & drizzle with 1 tbsp honey

Mixed Berry

Base recipe ** add frozen berries to base recipe
Top with 2 tbsp Greek yoghurt and a handful of fresh berries

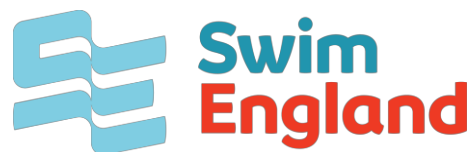
Apple & Cinnamon

Base recipe ** add 1 tsp of cinnamon to base recipe
Top with sliced apple & sprinkle of cinnamon

Tropical

Base recipe ** add 2 tbsp Coconut yoghurt (or Mango yoghurt) to base recipe
Top with sliced kiwi & mango, sprinkle with seeds





SWIM ENGLAND – Extracts from a message from Jane Nickerson, CEO of Swim England

I hope that you and your friends and family are staying well during these difficult times as we all do our bit to reduce the pressures on our fantastic NHS. I want to take this opportunity to say thank you to those of you who are key workers – whether you work in the NHS, schools, supermarkets, delivery, agriculture, small businesses or any of the functions that are keeping our country going. Thank you from everyone at Swim England for all that you are doing.

I know for many of our members, this will be the longest period out of the water for years and this will be a tough adjustment for all of us in the swimming community. I hope this email will help keep you informed about some of the actions we're taking here at Swim England to look after our people and to continue to serve you, our members.

I'm very proud of the huge effort that has been made to keep our staff safe whilst continuing to look after our members and partners and I would also like to thank all of our staff and volunteers who are working night and day to keep things going for our sport.

We're producing content that includes guidance and advice on staying fit and healthy <https://mxm.mxmf.com/rsps/m/Jsxhk8iuacdHYPHlcMfsj-9ReohkHbdrR2PTJOTszl8> - both physically and mentally. We're creating training plans that can be used by athletes from all our disciplines and giving clubs tips on how to keep engaging with members. Do keep an eye on the Swim England social media channels -Facebook <https://mxm.mxmf.com/rsps/m/Jsxhk8iuacdHYPHlcMfsj1W4NUaKlqCp3f0-ZUTNbEc>, Twitter <https://mxm.mxmf.com/rsps/m/Jsxhk8iuacdHYPHlcMfsj5Xa8nPohpuy-sbXc01G6ykand> Instagram <https://mxm.mxmf.com/rsps/m/Jsxhk8iuacdHYPHlcMfsj-FJYlogsYQsvADGHPVsv2ofor> the latest content.

We have produced a document to answer some of the most frequently asked questions <https://mxm.mxmf.com/rsps/m/Jsxhk8iuacdHYPHlcMfsj8QC6al65duLnN2OowBKmVc> we've received and we'll continue to update this as the situation develops.

We're also working hard to be ready for whenever we are able to return to some kind of "normal" again. You can listen to a podcast here <https://mxm.mxmf.com/rsps/m/Jsxhk8iuacdHYPHlcMfsjza-OMtKH4pfr6EReunoi9cwhere> we outline some of the plans we have in place.

It has been said many times these last few weeks but these are challenging times and I hope that you and your family are able to stay safe and well and hopefully we will all be back in the water as soon as possible.

Thank you for being a Swim England member and for your continued support.

