

**Liverpool City Council Swimming Development Section
(Swim Liverpool)**

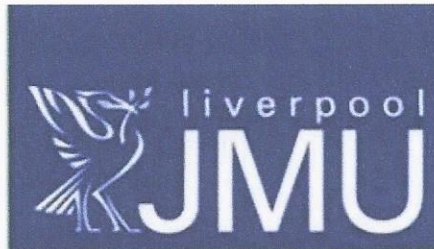
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Liverpool City Council
Swim Liverpool



Liverpool John
Moores University



City of Liverpool
Swimming Club

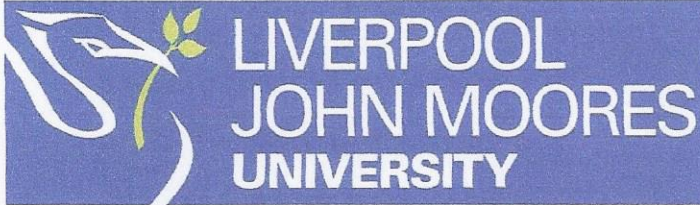
On behalf of the Liverpool City Council Swim Liverpool Training Scheme, I'm delighted to announce that we are once again in partnership with and working closely with Lecturers and Students from Liverpool John Moores University who will be coming attending training sessions and delivering seminars and workshops to swimmers and parents in a range of subjects including Psychology, Nutrition & Physiology plus a small project and partnership in Biomechanics. Over the years, our partnership is expanding into additional areas and different departments and we have a long term commitment and agreement with the university to work with them and support the students by providing work placements within our department and squad program.

Through this partnership we are tapping into additional knowledge, experience and expertise in a range of fields, which is adding to our overall program and increasing to the support services network offered to the swimmers and families via the squad and club partnership.

We will be arranging further meetings and workshops / seminars for parents and swimmers in the future and we would ask everyone to make every effort to attend, as the information you will receive is both valuable and beneficial to the children's long term development. To be able to fulfil your potential you have to take every opportunity of learning whether this is in the water through skills and technique improvements or by receiving information to increase your knowledge and experience, so that you can apply this in training and competition, remember, it's said that to reach your potential it takes 10,000 hours or 10 years of training, so through this time period, nobody ever knows everything and during a swimming career, you will only ever produce a perfect swim once or twice, so please take advantage of this partnership and opportunity to learn.

Regards

Ian Ingman & Mike Roberts



City of Liverpool Swimming Club newsletter

COLSC is pleased to announce that we again have a support programme for sport psychology delivered by current LJMU School of Sport and Exercise Sciences students and their graduates/Interns. The programme is directed by Dr Zoe Knowles, a HCPC registered practitioner psychologist and BASES accredited sports scientist at LJMU with 15 years of experience working with Olympic /Paralympic performers across a range of sports. Undergraduate students will be delivering educational workshops onsite between November and March handing over to postgraduate students who will continue this work with small group cluster meetings between March and the summer period. The club will also benefit from input from MSc student Michael Owen and MSc graduate Rhianne Walker who is hoping to embark on British Psychological Society Stage 2 training. If you wish to discuss the psychology programme please speak to one of the coaches, Michael or Rhianne when on site or e-mail Dr Zoe Knowles z.r.knowles@ljmu.ac.uk

COLSC has two dedicated groups of LJMU exercise physiology students based at the Aquatics Centre. One placement group is assessing the habitual dietary behaviour of the senior swimmers and providing feedback on how their nutrition could be improved with respect to the specific type of nutrition and the interaction with training and competition. This group will also be providing sports nutrition workshops for athletes, parents and coaches. The second placement group is focusing on the physiological parameters affecting swimming performance, and is providing swimmers of all ages with feedback that will likely inform training and competition. Both groups will be supervised by Dr Robert Erskine, Senior Lecturer in Sport & Exercise Nutrition R.M.Erskine@ljmu.ac.uk

The Biomechanics placement programme is providing selected swimmers with feedback on their start technique and performance. Video footage recorded during dedicated evaluation sessions with the swimmers is used to provide objective data on the swimmers' departure from the block, body position in flight, and entry into the water. This data allows the coach and swimmer work on specific markers for technique improvement. The students are supported by Dr Jos Vanrenterghem j.vanrenterghem@ljmu.ac.uk.

LJMU hosts a world class sport scholarship scheme that supports elite athletes in balancing their sport and academics while reaching their full potential in both arenas. You can find out more information about the LJMU Sport Scholarship scheme via <http://www.ljmu.ac.uk/sportscholarships/> or email Sport Scholarship Manager David McDermott d.mcdermott@ljmu.ac.uk

LJMU wish to thank COLSC for the support it has given their students and interns. The relationship is testimony to the welcome and experience given to our students/Interns from the coaches/parents/ swimmers who support and endorse this work.