



## January Newsletter

Dear Henley Swim Member

First of all, welcome to our first Henley Swim bi-monthly newsletter and on behalf of the Henley Swim team I would like to wish you a Very Happy and Prosperous 2012.

This newsletter will bring you all the latest news on this year's events. Over the coming months we will provide you with some useful tips to help with your training and preparation for your open water swims, and will also make sure you're aware of any discounts and offers from the companies that will be working with.

### UPDATE ON EVENTS



#### News Bulletin – April Entries

We are delighted to be able to announce that a number of places have been reserved for this event, which is this year scheduled to take place at 4.30am on Sunday 24<sup>th</sup> June, over the boomed course of the Henley Royal Regatta.

Following the success of our inaugural lottery ballot, which took place at the end of December and attracted entrants from as far afield as the USA, South Africa and Australia, entries will open at the beginning of April, on a first come first served basis. Places are limited, however, so make sure you put a reminder on your phone if you're not one of the lucky swimmers who have already secured a place, as they are sure to sell out quickly.

However, if you have already entered this event, why not take advantage of the onsite camping facilities and camp the night before so that you can enjoy our Saturday evening Pasta Party...

#### Camping

Located right next to the event location, the Glebe Campsite facilities prove to be a very popular option for those travelling from further afield, or if you who want to stay a little longer in bed before the early start to this event!

This is bookable in advance on [www.templeislandmeadows.com/henley-swim.asp](http://www.templeislandmeadows.com/henley-swim.asp) from 20th February, at an advance booking price of £10 per person per night. Campervans can be booked in advance for £15 per night.

#### Pasta Party

This popular evening event will once again be held on the Saturday evening prior to the event, between 5 and 8pm. The venue will be open from 4pm for anyone who would like to register for the event early, to save time on the Sunday morning.

Although the menu hasn't been finalised as yet, we can tell you that it is likely to be in the style of an "all you can eat" Italian Pasta evening, including a choice of 3 sauces and a soft drink. The cost will be £10 per head when pre booked or £12 per head on the evening.

For those who will be camping, we can also offer an early bird "Sleep & Eat Pass" for £18 per person, once again bookable on line, at the above link.

A cash bar and general cafe with snacks will also be available within the Food Court and Barn Bar Garden area.



Just in case you weren't already aware, don't forget that this event is part of the



It is the third race of this exciting new initiative, which features seven races across England, Scotland and Wales, and includes lake, river and sea swims over various distances. To find out more about the UK's first open water national ranking series and how you could take part, click here [2012 Open Water Swimming National Ranking Series](#) or view the series YouTube advert at the following link:- [www.youtube.com/watch](http://www.youtube.com/watch)

If you have already entered or our planning on entering this event, why not make a weekend of it!

### Camping

Glebe Campsite is situated very near to the beautiful Temple Island Meadows, which makes this an ideal base for visiting Henley during this very busy weekend, which includes the Masters Regatta and the Henley Festival.

Pitches are bookable in advance on [www.templeislandmeadows.com/henley-swim.asp](http://www.templeislandmeadows.com/henley-swim.asp) from 20th February, at an advance booking price of £10 per person per night. Campervans can be booked in advance for £15 per night.

### Or if you'd prefer a bit of luxury, why not try...



These "transient hotel" facilities will be situated in a prime river front location, just opposite Temple Island Meadows, for the duration of this event.



Henley Swim is delighted to be able to offer a **special 10% discount** on any Saturday and Sunday night advanced online bookings for this luxury accommodation option.

Please click on the link below to view the facilities of this unique concept, which blends the romance and thrill of camping with the luxury and service you would expect at a top boutique hotel.

[Pop-up Hotel Information & Online Booking](#)

## OTHER NEWS



We are delighted to announce that Swimovate has offered a number of their PoolMate Pro watches as prizes for this year's Henley Swim events.

This automatic lap counting watch, with motion sensors and pc link is water resistant to 50m. To find out more about this watch can aid your swim training, visit the link below.

Swimovate has also very generously offered a **20% discount off all their products** for our swimmers.

To take advantage of this offer, visit [www.swimovate.com](http://www.swimovate.com) and quote the following voucher code with your order - HNLY567.





**getbuzzing**

Henley Swim is pleased to announce that a full sized GetBuzzing bar will be featured in our Goodie Bags at all this year's events.

This bar will certainly help you reap that much needed energy without the added preservatives or inevitable come down of a high sugared chocolate bar. They are rich in protein and carbohydrate, which complements a well-balanced diet by releasing energy at a much slower rate, to keep you going for longer.

Available in nut free Banana, nut free Berry and Original NUTTY, there is bound to be at least one flavour you'll want to get your teeth into!

## REGULAR FEATURE – SB SPORTS MASSAGE Tips & Advice for your swim training



### Stretching & Warm up

When preparing to swim it is crucial to include a program of stretching and a warm up and cool down period within your training. Rolling your shoulders and circling your arms will help to warm you up before entering the water.

A good stretch for before or after your swim, to open out your pectoral muscles on the front of your chest is the following: Stand in a doorway, or near to a wall. Extend your arm out to the side, palm facing forwards and hook your fingers on the door frame or wall. Lean your body forwards into the stretch, bracing your arm against the wall – feel the stretch and hold for 10 seconds. Repeat the other side. You can also carry out the stretch with your arm out to the side as before, but with elbow flexed (think 'L' shape). Brace the elbow and forearm against the wall.

It is also important to stretch the back and shoulders – bring your straight arm across the front of your chest and brace it with the hand of the other arm, repeat both sides. Extending the arm above your head and reaching it down your back, whilst using the other hand to pull your elbow across and down, will stretch the triceps muscles on the back of your arm – crucial for the pull phase of front crawl.

### Training Tip

Keep yourself hydrated throughout your training – dehydrated muscles do not perform or recover well, and can become injured more easily.

If you don't feel any of these stretches are helping with your aches and pains during your training, please get in touch with us! We will also be at every race to help fix you after your superb swim efforts. We can be contacted at any time on [info@sbsportsmassage.co.uk](mailto:info@sbsportsmassage.co.uk)

## HENLEY OPEN WATER SWIM CLUB

This club has been founded to offer a safe environment for open water swimmers of every ability to train and develop their open water skills; whether they are on the build up to their next triathlon or are just working towards their first open water swim event. You can now download an application form to join; two membership types are available:-

Standard Membership for £20

Racing Membership for £50 – which includes an entry into The Henley Mile.

For further details, visit [www.henleyswim.com/howsc](http://www.henleyswim.com/howsc)

That's all for this edition of the newsletter, however, if you have any questions about our events, or if there's something you'd like us to feature in our next newsletter, which will be published in March, please do let us know by emailing [georgina@henleyswim.com](mailto:georgina@henleyswim.com).

Kind regards and good training!

The Henley Swim Team