

Sliema ASC Nursery News Letter



**SLIEMA A.S.C.
Nursery**

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2014 Time Trials

In the first three months of the year the Sliema ASC swimming team took part in three time trials that were organised by ASA. These were held at the National Pool complex on the 11th of January, the 8th of February and the 8th of March. It is always a great pleasure to witness that hard work by our swimmers finally pays off in these events. A good number of personal bests were achieved by our team. Now the focus of our swimmers turns to the second most important meet of the season; The Easter international meet. Photos of the events can be found on page 5.



Bowling Party



A number of Sliema Aquatic Sports Club swimmers and waterpolo junior players, boys and girls were recently entertained for an afternoon at the Eden Leisure Super Bowl followed by a meal at McDonald's.

With both swimming as well as waterpolo having now become all-year-round sports, coaches Patrick Cachia, Kenneth Camilleri, Erik Valter and Kevin Casaru led the club's juniors to

a well deserved fun afternoon, following months of training in preparation of time trials and winter tournaments.

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Why Swimmers Are Smarter Than You

Motivation Corner



Middle school may have been a lot easier if you had spent a little more time in the pool. New research out of Australia says that children who are taught to swim at an early age hit certain physical and developmental milestones faster than kids who learn later in life.

Over the span of 3 years, researchers surveyed the parents of more than 7,000 children aged 5 and under and found that the age kids learned to swim correlated with when they began accomplishing certain skills. In pre-school, early swimmers had better visual-motor skills (like cutting paper and drawing lines and shapes), but also fared better as they got older (i.e. understanding directions, math, and writing and reading skills).

Turns out, some of what you learn in the classroom (or in your day-to-day experiences) is similar to what you learn in a pool, says lead study author Robyn Jorgensen, Ph.D., a professor and senior fellow at the Griffith Institute for Educational Research. There's a strong synergy between language and action with swimming that's essential for many cognitive and motor skills, she adds. Kids learn at an early age to hear language and make connections with their bodies (for example,

counting to 10 while kicking).

And it doesn't take long to see the effects, either: When researchers observed swimming lessons, they found that the kids' eyes blinked in preparation for the ready cue—"one, two, three, go!"—a clear sign that young kids can understand language and react accordingly even if they can't communicate everything clearly.

Your move: Sign your kids up for lessons—and keep 'em going. In Jorgensen's study, the earlier the child started and the longer they remained in the swimming lessons, the greater the gains, she says. And it wouldn't hurt to jump in the pool yourself: Besides the added benefit of challenging yourself through switching up your workout, water is about 1,000 times denser than air, so a swim workout can be tougher on you. You'll burn almost the same amount of calories each minute as you would biking—but you can kiss dodging traffic or worrying about your joints goodbye. Haven't been in the water since high school?

From: <http://news.menshealth.com/why-swimmers-are-smarter/2012/11/27/>

Upcoming events:

Hold on to your breath. We're going to hold a **sleep-over**. 2 – 4th May 2014 at Buskett for our swimming teams and waterpolo youths up to 15 years. Fully animated program included. Kindly contact John Attard (79050897) or Darren Saliba (79212016) for more details.

Paintball: We will be shortly organizing a paintball afternoon for the older members of the Sliema youth section. Paintball, an exciting game where opposing teams will try to mark each other with paint expelled from an air powered paint marker. Look out for the date announced shortly!!!

Joke corner:



From the waterpolo desk

February and March were busy months on the waterpolo calendar. Besides that training was intensified in view of the coming national championships, the senior winter league and the U17 winter league kicked off the hectic months ahead.

The Under 17 winter league is being contested amongst 5 clubs, namely Exiles, Neptunes, San Giljan, Sirens and Sliema. Expectations are high and the team is delivering. As at the time of writing, our Under 17 squad holds maximum points with 3 wins. The team, under the control of newly appointed Hungarian coach Erik Valter, demonstrated superiority in all 3 games, scoring no less than 32 goals and conceding just 16. The results were as follows:

Sliema vs Neptunes	10-6
Sliema vs Exiles	9-3
Sliema vs Sirens	13-7

Sliema are leading the classification with 9 points from 3 games, San Giljan 6 points from 2 games, Neptunes 3 points from 2 games, while Sirens and Exiles are yet to win the first points. Our final game will be played on the 06th April against San Giljan. We urge supporters to come and join us at the National pool complex at 11.30 hrs.



Training as usual for our Under 15 and Under 13 teams. Our boys have been carrying out an extensive build-up under experienced coaches Kenneth and Patrick. It is expected that tournaments will be held for these age groups around May. The group's waterpolo sessions are being held at the National Pool complex every Tuesday at 18.00 until 19.30, Saturdays between 14.00 to 15.30 and Sundays from 9.30 to 11.00 hrs. Additional swimming sessions take place on the other days. For more details, please contact John Attard either by email on prisma@maltanet.net or on mobile 79050897, Adrian Meli on mobile 79370304, or the coaches directly on site at the above-mentioned timings.

The winter league as a competition platform for our youths. Besides Nicholas Bugelli, who features with the senior team of Sliema during the current winter league campaign, a number of other athletes are currently on loan to first division sides and effectively playing in the winter league. Sliema youth players Edward Meli, Mark Fenech, Aleandro and Michele Mifsud, Zach Sciberras and Daniel Borg Millo are regulars in the teams of Otters, M'Xlokk, and M'scala. This invaluable experience will bear dividends when the players will join their respective Sliema squads later on this season and the many seasons yet to come.

Our program – Summer 2014. We will shortly be announcing our Swimming and waterpolo training programs for the coming Summer season. Our programs will feature specialised training for all ages starting from children as young as 5 years old. Please look out for our brochure which should be circulated towards the end of April.



Senior team corner:

Sliema Aquatic Sports Club has announced the signing of Alexander Attard Littschwager and Jurgen Borg, both from Sirens ASC. In addition, the blues have completed the signing of goalkeeper Keith Schembri from Marsascala SC. This announcement follows the previously reported departure of five Sliema players to Valletta United. David Abela, Daniel Paoella, Michael Spiteri Staines and Nicky Bonello Ghio all signed for Valletta on a season's loan, whilst Michael Cordina moved on a permanent basis. Michael Rizzo has recently also moved to Valletta United.

At the time of writing, the senior squad has managed to obtain maximum points from its 3 winter league outings. Victories over Valletta, Exiles and Sirens have secured top placing. However, key games against San Giljan and Neptunes will be deciding

this year's champions. We wish the senior team and coach Paul Privitera the best of luck.

Waterpolo in Pictures



Time Trials in Pictures



We are on the Web
www.sliema-asc.org.mt
 Join us on Facebook:
<https://www.facebook.com/SliemaAscWaterpoloSwimmingSummerSchool>

Calendar:

Curry Night @ Sliema Pitch - 4th April;
 Time Trials - 5th April and 24th May;
 U17s vs San Giljan - 6th April;
 International Easter Meet - 24th to 27th April;
 WL : Sliema vs San Giljan - 27th April
 WL : Sliema vs ASA U/19 Selection - 2nd May
 Nursery Sleepover - 2nd to 4th May
 WL : Sliema vs Neptunes - 17th May

Sliema A.S.C.
 Nursery



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Advertise On the Newsletter

The Sliema Nursery Newsletter is reaching all the members of our club. We are offering the opportunity to companies to advertise in this news letter. The prices are very reasonable and the money raised will help in the running of the Nursery and to further develop our youths.

For more information contact:

sliemaswimming@yahoo.com

Super Star Profile

Full name	Melissa Jeanette Franklin
Nickname(s)	Missile Missy Missy the Missile
Nationality	USA
Born	May 10, 1995 (age 18)
Height	6 ft 1 in (185 cm)
Weight	165 lb (75 kg)

father nicknamed her "Missy the Missile."

Missy" Franklin was born in Pasadena, California in 1995. She learned to swim at age 5, and quickly made a splash on the national scene, then went on to success at Duel in the Pool. Franklin competed in her first Olympics in London in 2012, and won four gold medals: one for the 100-meter backstroke, one for the 200-meter backstroke, and a two more as part of the 4-by-200-meter relay and 4-by-100-meter relay teams. Franklin's



CAREER HIGHLIGHTS

At the 2012 Olympic Games, won gold in the 400m medley relay, setting a world record in the process; took gold in both the 100m back (with a best time of 58.33) and the 200m back, setting another world record of 2:04.06;



took gold in the 800m free relay and bronze in the 400m free relay as well...Qualified for the 2012 Olympic team by finishing first in the 100m back (setting a new American record) and 200m back, and second in the 100m free and 200m free ... Won five medals at the 2011 FINA World Championships, including three gold in the 200m back, 4x100m medley relay and 4x200m free relay ... Won the 100m free and 100m back and finished fourth in the 200m IM at the 2011 ConocoPhillips National Championships ... 2010-2011 USA Swimming Grand Prix Series champion ... Claimed a silver medal in the 200m back at the 2010 FINA Short Course World Championships ... At the 2010 ConocoPhillips National Championships, she finished second in the 100m

and 200m backstroke and earned the Kiputh High-Point Award for the top female swimmer at the meet ... Was the youngest member of the U.S. team at the 2010 Mutual of Omaha Pan Pacific Championships