

OPEN WATER SWIMMING

SOEE OWS 1

August 2016

Newsletter Open Water Swimming

The purpose of this newsletter to include you in the next 5 years, on our way to the next races.

We want you to take with us once every two months in to the open water swimming. Training Tips, race tips, how to recruit new athletes for open water swimming.

We want to grow the open water swimming with you.

Strategy Open water swimming

We made a plan; **Strategy Open water swimming 2016-2020**

This plan is based on the new strategy of Special Olympics.

For 2016 we have set the following goals

- * Look where there are already competitions
- * Setting up a calendar
- * Setting up a newsletter with tips / training every months

“If there is a dream or a goal that you want you have to go for it 100%. Give all you have for the goals that you have.” – Alia Atkinson

In this newsletter

- Why a newsletter
- Strategy plan 2016
- Competitions
- Training tip
- New rules



Competitions

We know that there is a lot going on in the open water! Great to hear and to know. We would love to make a list of it and make a sort of calendar where and how many open water swimming competitions there are for Special Olympics.

Did you know you can invite 4 other programs without doing a bid with SOEE?

When you are doing a Special Olympics competitions, please let us know so we can make a calendar of it. Our email stands next to here.

Training tip

Train the way you breath.

You can use the way you breath to stay on the right course.

Breath to the right, breath to the left and breath at the front.

'The last one also knowing as sighting. (look to one point)



New rules

Did you know there are new rules? You can find them in this link;

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Open-Water-Swimming-Sports-Rules.pdf>

Contact

Open water swimming

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"Let me win. But if I cannot win, let me be brave in the attempt."

Jennifer had a talk with Aisling Beacom, an open water swimmer who participate in WSG 2011 Athens and a recently Special Olympics event in Ireland.

My name is Aisling Beacom and I live in Wicklow Town in Ireland. Because I live near the sea, and there was no swimming pool in my town when I was growing up, I learnt to swim in the sea. I became an open water competitor at a very early age. In 1997 I joined Special Olympics and did pool swimming. After Special Olympics Summer World games came to Ireland in 2003, I helped my Mom to set up a Special Olympic club in our town. The club is called Blue Dolphins and through it I have competed in Swimming, Basket Ball, Bowling, Floor Ball and Golf. But swimming has always been my favorite sport, especially OWS.

When it was decided to include open water swimming in the World Summer games of 2011 in Athens, I was invited to compete. I was very proud to represent my country and got a silver medal in the 1,500m OWS. When I came home I wanted to get more athletes involved in OWS so I helped my coaches Pam (my mom) and Jenny to organise the first pool session. We started with a small number of athletes but bit by bit the numbers grew. Each summer we organised an event in the sea in Wicklow.

We now have a very good programme in our region and we had lots of new swimmers this year. Because I've done all my water safety training in the sea and I am an assistant swimming teacher, I was able to help with the athletes training, especially water safety. All the athletes were encouraged to do their survival water safety course in the sea in Wicklow. We held a competition in July and we had 5 athletes swimming the 1,500m and 10 in a shorter distance of 450m. Some of those who competed in the 450m will hopefully progress to 1,500m next year. We hope to have another region join us in the programme next year so it is very exciting times! We hope you like our photos!

<https://www.flickr.com/photos/95638172@N08/sets/72157668895739894>

We love to hear more story's of competition in open water, but also the training you are doing. If you have any story, please send this to Wendy, she can add it to the next newsletter.