

Sliema Swimming Monthly



The Monthly News Letter Launch

The Swimming Section at Sliema ASC is for the first time launching its own news letter in order to keep constant contact with swimmers, swimmer's families and supporters.

The Sliema Swimming Monthly will be a monthly newsletter which will feature important club news, interviews with club swimmers, club coaches, club administrators and swimmers parents. It will also feature news articles related to the swimming world.

Through the columns of this issue I would

like to invite readers of this news letter to contribute to the news letter itself. If you come across any interesting article which you might think that it is useful to

all our community please go ahead and email the link to:

sliemaswimming@yahoo.com



Andrea Agius Breaks 200 Breast National Record

Andrea Agius lowered his own national record in the 200 metres breaststroke during the second day of the 14th Luxembourg Euro Meet which attracted competitors from 28 countries.

The Sliema ASC swimmer clipped 0.47 seconds off his own mark when he covered the distance in 2

minutes 27.83 seconds. Agius was one of the seven swimmers in the Maltese squad competing in these championships.



He has been in consistently good form in these last two years during which he set new national marks in four individual events, and was also in each of the four record-breaking relay squads. Well Done Andrea

(Article From: Times Of Malta 29/1/12)

SLIEMA A.S.C. Swimming Section

Special points of interest:

- > Sliema Swimming Monthly News Letter Launched
- > New National Record: 200 Breast Andrea Agius
- > A Meeting With the Team Manager: Mario Cachia
- > Active Children Excel in School
- > Freestyle Breathing

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MARIO CACHIA



QUOTE OF THE MONTH

When the earth floods from global warming, the swimmers will rule the world



An interview with Mario Cachia

Name: Mario

Nickname: Have quite a few actually..

Full Time Job:

In charge of Project Development of solar parks in Europe and the Middle eastern region with a major solar company.

CO Owner of Alternative Technologies Ltd, a local company specializing in Renewable energy products and service as well as Sports timing equipment. Engineering Consultant.

Swimming Job:

Swimming Team manager

Years in Swimming:

Over 40 years.

Type of music: Soft Rock

Favourite film: Top Gun

Favourite Food:

My Spaghetti Bolognese and Roast Beef.

Favourite Drink:

Dr. Pepper and Chianti Classico.

Favourite Colour:

Though I am born and bred Sliema, I have to admit it is Red.

Favourite Swimmer? Why?:

Mark Spitz. He was the first person that made an impression on me in swimming, and he looked like my dad too.

Favourite Athlete? Why?:

Lionel Messi, because he is always a joy to watch and notwithstanding his stature and fame, he still plays football with the joy

of a young kid.

Personality admired:

Has to be Mother Theresa. She did not have riches or servants or palaces or luxurious cars. Yet she still managed to make a huge impact on humanity.

A dream you have:

To work on an engineering job in outer space.

An achievement in life:

Has to be my family.

Something that defines you:

Perseverance

A quote you have:

If you have nothing nice to say to or about someone, then say nothing!

Freestyle Breathing Technique

Developing a good breathing technique is perhaps the biggest challenge for beginner and intermediate swimmers. Problems with breathing can easily knock on into other parts of the stroke. For

instance, breathing can cause scissor kicks, poor body position, cross-overs and lop sided strokes.

Many swimmers have a problem with their stroke technique that is related to their breath-

ing without realising that their breathing is the cause of the problem. Follow the link to get 7 tips to improve your breathing technique. http://www.swimsmooth.com/breathing_beg.html

Active children top in class

February brings about lots of stress on parents and swimmers alike as the pressure of schooling is clearly visible on everyone. However studies show clearly that active children do well in school. The following is an article published on the Times of Malta which goes into this aspect of exams and physical activity.

Schoolchildren may be able to boost their classroom performance by getting out on the playing field, a study suggests.

A review of previous research found evidence that physical activity can improve academic achievement in children and teenagers.

Scientists in the Netherlands pooled data from 14 studies with sample sizes ranging from 53 to

12,000 participants aged between six and 18.

The authors, led by Amika Singh, from Vrije University Medical Centre in Amsterdam, wrote "According to the best-evidence synthesis, we found strong evidence of a significant positive relationship between physical activity and academic performance."

"The findings of one high-quality intervention study and one high-quality observational study suggest that being more physically active is positively related to improved academic performance in children."

Exercise may help mental faculties by increasing blood and oxygen flow to the brain, reducing stress and improving mood, said the researchers in the jour-

nal Archives of Paediatrics and Adolescent Medicine.

Physical activity could also boost levels of growth factors that help generate new nerve cells and assist the "rewiring" of neurons.

The researchers added: "Relatively few studies of high methodological quality have explored the relationship between physical activity and academic performance."

"More high-quality studies are needed on the dose-response relationship between physical activity and academic performance and on the explanatory mechanisms, using reliable and valid measurement instruments to assess this relationship accurately."



Our Active swimmers

"we found strong evidence of a significant positive relationship between physical activity and academic performance"

Swimming Life In Pictures



We are on the Web
www.sliema-asc.org.mt

Forthcoming Events:

Entries Deadline Tuesday 7th February
Time Trials February 11th (CANCELLED)
Entries Deadline Tuesday 28th February
Time Trials March 3rd Warm Up 13:00
Entries Deadline Tuesday 20th March
Time Trials March 24th Warm Up 13:00

Sliema A.S.C.
Swimming Section



Born In January & February



Wishing all our swimmers born
in January & February a Special
Birthday.

Jake Vella

Kimberly Catania

Jonathan Sultana

SLIEMA A.S.C.
Taht il-Fortizza
Ghar id-Dud
Sliema SLM 1604

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Super Star Profile

Name: Michael Phelps
The Baltimore Bullet

Physical Attributes:

- Height: 193 cm,
- Weight: 88 kg
- Arm span: 200 cm



Achievements:

- Only swimmer to ever break seven world records at one meet
- youngest member of 2000 Olympic Games team
- youngest male Olympian since 1932
- Swimmer of the year 2001 (USA Swimming) plus more ...
- He broke five world records at the 2003 world championships
- Athens Olympic Results, 2004 (6 Gold, 2 Bronze)
- Beijing Olympic Results, 2008 (8 x gold + 7 World Records)

Quote:

I think that everything is possible as long as you put your mind to it and you put the work and time into it.

