



NEWSLETTER JANUARY 2010

Welcome Back

Welcome back after the Xmas break with our new look Newsletter. This will now be produced on a word document with a view to emailing it to as many people as we can hence saving time, paper and money. If you not yet signed up to receive newsletters and updates by email please contact Lorna Murphy on lorna@hgreen.eclipse.co.uk

Fees 2010

You should have received your letter regarding next year's fees. If you have not yet received one please speak to Lorna Murphy or one of the committee members. It is extremely important that we receive your ASA Fee by 1st February to ensure that each swimmer is covered by insurance. This is a huge administrative task so please help us by increasing your Standing Order and paying the ASA fees on time. Many thanks.

Cancelled Swimming Club Sessions

The Club apologies for the cancelled sessions, both before and after Christmas. These have all been due to circumstances beyond our control with the extreme weather conditions. We will endeavour to run every session we can providing the Leisure Centre is open and it is safe for our teachers and lifeguards to get to the pool.

Please watch our website closely where any cancellations and/or confirmation of sessions going ahead will be posted. For those of you who have provided us with an email address we will also try to email you to inform you of recent updates. Unfortunately it is impossible to contact every single member especially when there is short notice of any changes. Please remember all our volunteers also work and have been busy dealing with the effects of the extreme weather, leaving no time to make individual contact about swimming club arrangements. If you are unable to access the website and have not given us an email address then you may ring 07850 483 504 to find out if a session is running.

Again our profuse apologies for any inconvenience caused. Thank you for your patience.

TSC Committee

Photographs

During the Club Championships in November 2009 photographs were taken of the swimmers that competed and are available for sale to help raise money for Tiverton Swimming Club. The sizes available are 6x4 @ £1.00, 7x5 @ £2.00 & 10x8 @ £3.00. If you are interested in taking a look at the photos, please see Tracey Whittle or Andy Abraham during training sessions.

Wednesday Night—Badge Night

Congratulations to the following swimmers who have recently passed their Bronze Award:- Ella Paramor, Timon Chapman, Kieron Butt, Charlotte Prentis, Harry Johnson, Libby Morton and Laura Cox.

AGM 2010

This year's AGM will take place on 7th February at 5pm in the Exe Valley Leisure Centre

Grant Award

We have just been awarded a £2,000 grant from the Co-operative Community Fund. A huge thank you to Michelle Tyrrell for hard work in achieving this. If you know of any other award body we could approach please speak to a committee member.

Disco And Presentation Evening - Saturday 30th January 6.30pm - 9.30pm

A warm invite to all swimming club members and their families to this special evening being held at Moorhayes Community Centre. It promises to be a great evening with a disco, games for the younger children early in the evening, food, and the Community Centre Bar will be open for parents. There will also be the presentation ceremony for those swimmers who won Tiverton Swimming Club cups and trophies at the Club Championships in November. Just come along and bring a donation towards the food [a list will be going up on the notice board]. Everyone is welcome and we look forward to seeing you.

Website

Have you seen the revamped Tiverton Swimming Club website? It is great. Please visit and find out all there is to know about the Club and all the up to date news. Explore our links and if you buy online through the website the Club will receive a donation.

It is your Club and we are delighted to receive all your comments to help us improve our website.

Our Webmaster is Ian Jones. A big thanks to him for all his work.

www.tiverton-swimming.co.uk

Press Releases – Your Help Is Needed!

We have built a good relationship with the Gazette newspaper and have been submitting articles most weeks about galas that our swimmers have competed in and more recently articles about the swimmers that will be competing in the Devon County Championships. These articles are on the last two pages of the newsletter in case you missed any.

There are a number of stories that we could put forward to the Gazette including events that are attended by members of the swimming club but are not necessarily just swimming events e.g. biathlon, triathlons, etc. We would also like to hear from any of our swimmers that compete at a higher level, including seniors. We will need details of the events and your results/times achieved.

For all our Wednesday night badge swimmers, please let us know when you have achieved your Gold award, etc.

We are also interested in events which the Young Volunteers participate in or are looking to take part in so that we can put forward a story before and after the event.

If anyone has anything that they are doing that maybe of interest please let us know, no matter how small it may appear. Just email the details and a contact number to tracey.whittle@tiscali.co.uk.

Thanks for your help.

Competition News

Happy New year to everyone from Andy & Tracy.

Anyone interested in competing this year who hasn't done so before please feel free to ask either of us any questions you might have

Please visit our New website for a full list of up and coming Galas (subject to change). A printable version is available

North Devon Mini League - Torridgeside

A team list is on the notice board, please tick if you can make it. These mini leagues are always great fun to do so don't miss out on an exhilarating night.

Exeter Level 1 Millfield

We have 9 swimmers competing in a level 1 gala at Millfield on the 23rd/24th January, Good luck to all of you.

Devon County Championships

All entries are in and sent off

This year we have had more swimmers than ever before who have achieved qualifying times for this county championships, some swimming in them for the first time.

These are held over a number of weekends through February and March with the first being on February 7th in Plymouth.

Some will be held at Tiverton so please be aware the pool will be closed for club training sessions on the 13th/14th Feb and the 6th/7th March.

Good luck to all who are competing in these events, train hard.

BELIEVE & ACHIEVE!!

Recognition for volunteers

Sally Saupe, Jim Loosemore and Karen Fullick were thanked for their dedication and commitment for their services to the community by the Chairman of Mid Devon District Council, Councillor Frank Rosamond at a recent reception at Tiverton High School.

With their guests, Lyn Olsen, Mary Loosemore and Terry Fullick they enjoyed an evening of entertainment from the School band and a buffet. Other representatives from local youth organisations, schools and the local councils were present.

Between them they have given many years of service to the club.

Changes In The Rules

Having just completed a seminar on the new rule changes I thought that it would be useful to share some of these with you. The most significant rule change is around what swimmers can wear when competing. These changes have been made following the recent massive improvements to the world records and performances using the full body suits. I have copied the new rule below and the changes come into effect from the 1st of January 2010.

GR 5 SWIMWEAR

GR 5.1 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

GR 5.2 All swimsuits shall be non transparent.

GR 5.3 The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.

BL 8.2 In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

BL 8.3 From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

In conclusion swimmers and parents of swimmers should ensure that they have an appropriate swim suit for competitions as you will be prevented from swimming if your suit does not fit the above rules.

FINA approved suits will be marked by the manufacturers with an approved stamp and swimmers looking to progress beyond club competitions would be well advised to invest in one. As the rule states 'all swimsuits shall be made from textile fabrics' this has been interpreted that the rule will not allow you to use suits which include a zip.

There are also a number of minor changes mainly around wording. Do not be surprised if you get allocated lane 0 at an open meeting as all 10 lane pools (New Plymouth pool!) will be numbered 0-9. You must stay in your lane throughout your race and you can't have any tape on the body unless approved by FINA. This last change includes taping fingers together when one is broken for example or the taping of muscles after strains, often seen in other sports.

Finally the rules regarding breast stroke have been rewritten to provide better clarity, especially for the start and turns and the use of the single butterfly kick. I have copied this rule below as there have been a number of recent disqualifications where the kick has been used incorrectly.

SW 7 BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

After a start or a turn, the kick, if used, must take place during the first arm stroke. Use of a butterfly kick at any other time is not permitted.

It is important that you understand these changes and I am happy to answer any questions that you may have.

Terry Fullick

Sparkling Performance for Tivvy Swimmers

Tiverton swimming club swimmers put in a Sparkling performance at this year's Tiverton Sparkler on Saturday which was supported by the Tiverton Gazette and Mole Valley Farmers.

Two hundred and twenty six swimmers from 12 South West swimming clubs competed for awards in the third annual Tiverton Sparkler held at Exe Valley Leisure Centre, Tiverton. The 23 strong Tiverton team recorded 52 personal best times with fantastic performances from all of the team.

Emily Abraham had five personal best times, coming first in the girls' 9 years 200m breaststroke, 200m freestyle, 200m individual medley and 50m backstroke. Emily also took 2nd place in 200m butterfly and 4th place in the 200m backstroke.

Sophie Whittle flew into third place in the girl's 9 years 200m butterfly, taking a staggering 36.3 seconds off her personal best time. Sophie also had personal best times in 200m freestyle, 200m individual medley and 200m backstroke.

Other 9 year olds, Rosemary Jones and Gemma Owen had excellent swims with Rosemary taking over 6 seconds off her 50m freestyle time and Gemma taking nearly 3.5 seconds off her 50m breaststroke. Jake Stoneman also aged 9 years took fourth place in a close race in the boy's 200m breaststroke.

Will Klinkenberg came third in the boy's 10 years 50m butterfly and fourth in the 200m freestyle taking nearly 17 seconds off his personal best time. Ross Clarke also aged 10 years took first place in the boy's 50m breaststroke with a personal best time of 49.14 seconds. Leo Holmes competed in the boy's 10 years 50m freestyle with a time of 43.16 seconds.

Caitlin Tyrrell aged 11 years achieved personal best times in each of her four races, 200m breaststroke, 50m, 100m and 200m freestyle. Whilst Chloe Henry also aged 10 years knocked more than 22 seconds off her personal best time in the 200m breaststroke and over 6.5 seconds off her time in the 100m breaststroke.

Lucy Abraham aged 12 years had a personal best time in each of her 6 races, taking nearly 21 seconds off her 200m freestyle time and over 15 seconds off her 200m back. Lucy came third in the 100m breaststroke and was fourth after a close race in the 200m breaststroke.

Jade Clarke had personal best times in the girls 12 year's 100m backstroke, 200m freestyle and 200m individual medley. Heather Murphy also aged 12 years had a personal best time in the 100m and 200m freestyle. Adam Clewer achieved third place in the boy's 12 years 200m breaststroke in a personal best time of 3:43.77 and was fourth in the 100m breaststroke. Matthew Hodson also aged 12 years took fourth place in the boy's 200m breaststroke.

Top Gunn swims his personal best in Tiverton Club Championships

72 swimmers aged from 6 to 57 years competed in 19 events for awards in this year's Club Championships held at EVLC.

The club swimmers recorded 168 personal best times with fantastic performances from all of the team.

Josh Gunn 11 years achieved personal best time in all eight races, knocking an incredible 37.36 seconds off his 200m freestyle, 23.84 seconds off 400m freestyle and 15.91 off 50m breaststroke. Josh won 6 gold's, one silver and a bronze.

Adam Clewer age 12 years took gold in all his 14 races achieving four personal best times and Lorna Burston age 14 years also took gold in all her 11 races, achieving three personal best times. Callum Stoneman age 13 years took 9 gold's, Jake Stoneman age 9 years and Charlie Beeson age 15 years both achieved 8 gold's, Charlie also took silver in the boys' 50m freestyle and had eight personal best times.

Sarah Carder age 16 years, Jess Lepper age 13 years and Emily Abraham age 9 years all won gold in seven races, with Sarah also achieving two silvers. Emily knocked 22.6 seconds off her personal best time in the 400m freestyle.

Lucy Abraham age 12 years and Caitlin Tyrrell age 11 years both took gold in five of their races, with Lucy also getting seven silvers and Caitlin five silvers. Joseph Zilch age 15 years took four gold's and four silver's in his eight races, achieving a personal best time of 4:58.40 in the boys' 400m freestyle.

In her first Club Championships, Sophie Whittle age 9 years swam in 11 events winning four gold's and seven silvers. Sophie knocked an amazing 31.33 seconds off her personal best time in the 400m freestyle and achieved a further four personal best times. Jessica Whittle age 12 also competed in her first Club Championships achieving silver in the girls' 100m individual medley and bronze in the girls' 200m breaststroke and 200m backstroke. There were some excellent performances from our younger swimmers in their first Club Championships with Hannah Johnson and Noah Buckley both age 8 years and Finn Stoneman aged just 7 years all taking two gold's each. Finn also won silver in the 25m freestyle and 25m breaststroke, with Hannah and Noah taking silver in the girls' and boys' 25m backstroke. Rachel Gunn age 8 years achieved silver in the girls' 25m free and 25m breast and Joseph Andrew age 8 years took bronze in the boys' 25m free, 25m back and 25m breaststroke.

Head Coach, Steve Carder, said "It was great to see so many friends and family come along to support the swimmers this year. The 168 personal best times are testament to the dedication and commitment of the team. There is always great competition between the swimmers for the fantastic array of awards and trophies at the Club Championships. An awards ceremony will take place in January to recognise the achievement of our top swimmers. The Tiverton Gazette trophy will be presented to the best newcomer along with a further 64 trophies being awarded to the best swimmers in each stroke and age group."

Tivvy swimmers focus on Devon County Championships

Back from the Christmas break, Tiverton Swimming Club squad members step up their training in readiness for the Devon County Championships which will be held at Exe Valley Leisure Centre, Tiverton and Central Park, Plymouth during February and March.

Tiverton Swimming Club squad member Callum Stoneman, aged 13 years, trains for ten hours each week and has qualified to compete in five events which include the 1500m freestyle with a time of 20:43.83s, 400m and 200m freestyle, 200m and 100m backstroke.

Emily Abraham, aged 9 years, will be competing in the 200m breaststroke with an entry time of 3:41.09s which is well within the qualifying time needed of 4:15.00s. Emily will also be competing in the 200m backstroke, 200m freestyle, 200m butterfly, 200m and 100m individual medley, all with excellent qualifying times.

For 11 year old Chloe Henry this will be her first Devon County Championship competition and will be racing in the 200m butterfly with an entry time of 3:54.91s. The qualifying time for this event is 4:00.00s.

Head coach, Steve Carder, said "The squad have stepped up their training regime in preparation for the Devon County Championships which take place throughout February and March 2010. Seventeen of our squad members have achieved qualifying times and should be participating in one or more events. I am pleased that we have some new swimmers qualifying this year and have every confidence that the squad will achieve some excellent results."

Next week we will be featuring three more swimmers who have worked hard to achieve the qualifying times set by the Devon County ASA.

Tivvy swimmers prepare for Devon County Championships

Eighteen Tiverton Club squad members have qualified to compete in the Devon County Championships in 2010 which will be held by Tiverton Swimming Club at Exe Valley Leisure Centre and by Plymouth Leander at Central Park, Plymouth during February and March.

Tiverton Swimming Club squad member Will Parr aged 15 years has qualified to compete in eight events which include the 50m Breaststroke, Backstroke, Butterfly and Freestyle with times of 38.46s, 32.99s, 30.41s and 28.81s. He will also swim in the 100m IM, 100m Butterfly and Backstroke and 200m Freestyle with times of 1:11.50, 1:10.09, 1:13.30, 2:17.52.

Other Tiverton Swimming Club squad members, Adam Clewer aged 12 years will be competing in the 200m Freestyle with a qualifying time of 2:37.37 and Caitlin Tyrrell aged 11 years will enter the 100m Breaststroke with a time of 1:41.40.

Head coach, Steve Carder, said "The squad have continued to show commitment and have worked hard during training sessions in readiness for the first of the Devon County Championships taking place on Sunday 7 February 2010 at Plymouth. All qualifying times must have been achieved since 31 May 2009 and therefore time trials have been carried out over the last few weeks for our swimmers to gain any remaining qualifying times needed to compete."