

# TIVERTON SWIMMING CLUB

## NEWSLETTER



ISSUE 13

JANUARY 2009

### COACH'S CORNER

#### HAPPY NEW YEAR TO EVERYONE

The training this season to date has been the best since I arrived at the club. We are all moving in the right direction well done everyone.

I am very grateful for all the support that the swimmers are now receiving on pool side from all the volunteer assistants which is enabling all of us to do a better job coaching. We are now entering an important time for many of our swimmers preparing for the County Championships. Those of you who have not achieved a qualifying time for these championships do not feel that you have failed. You have not and we will be working hard getting ready for the development galas later in the year.

Every swimmer is important to the club as was shown in the National League program this year. Yes we were relegated again this year but that does not matter. What I have noticed is that we have improved as a team which to me is far more important.

I would like to say well done to all the Young Volunteers who have done so much in a short period of time. The rest of us also have a lot of work to do to support these youngsters. We need to ensure that we build on their success.

2009 is going to be a great year for Tiverton Swimming. Have fun. Steve

### FEE INCREASE

A recent review of finances indicates that fees now need to rise to sustain us through next year. You should hopefully have received a letter from Lorna Murphy indicating these rises.

We have also introduced a new fee structure which is designed to accommodate the different ways in which swimmers use the Club both competitively and for personal fitness. However it has to be emphasised that we want to encourage swimmers to train as many sessions as possible and this is the reason for making two swims or more the same fee. The annual membership fee has also increased to £25 to cover the Amateur Swimming Association's fee which includes the swimmers' insurance and overall administration costs.

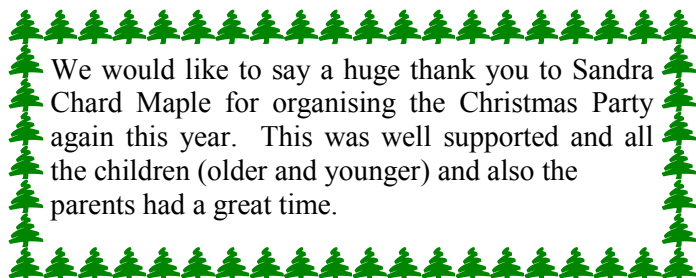
The fee increase takes place from 1st February 2009.

As you are all aware the Club is run by volunteers and it is a very busy time of year administratively. It would be greatly appreciated if you could ensure that you have taken steps to increase your Standing Order before 1st February (any outstanding fees will be requested). Also payment of your annual membership should be given to either Lorna or Anneli by 1st February at the latest. This allows us time to pay the ASA fee. Failure to comply with this will mean that the Club will automatically be suspended and swimmers will not be insured.

Many thanks for your support in this matter.

### 2009 AGM

This year's AGM will take place on WEDNESDAY 4TH FEBRUARY AT 7.00pm. If you are interested in joining the Committee or finding out more about the Club please do come along.



We would like to say a huge thank you to Sandra Chard Maple for organising the Christmas Party again this year. This was well supported and all the children (older and younger) and also the parents had a great time.

## **CLUB CHAMPIONSHIPS—2008**

The Club Championships took part on 23rd and 30th November and proved to be very successful. This year there were a lot more events that took place, especially in the longer distances which gave swimmers a good opportunity to try out these events in their own pool before entering competitions.

It was great to see so many of the youngsters taking part. There are rather a lot of results to publish in the newsletter however they are on the Club website [www.tiverton-swimming.co.uk](http://www.tiverton-swimming.co.uk). Well done to everyone who took part.

As you may remember, medals and certificates were handed out on the night with no trophies presented. There were more events and as a consequence there is not a trophy for every single event. However, it is important to continue presenting donated trophies some of which are up to 40 years old. Those events where there are trophies have been sent away for engraving and will be handed out to the individuals concerned. A list will be provided in next month's newsletter.

## **COMPETITION NEWS**

Andy Abraham has now taken over as Competition Secretary with the help of his wife Tracy. A competition calendar will be on the noticeboard within the next week or so however there are a few things coming up to let you know about. A big event for our swimmers is the Devon County Championships. They are organised by the Devon ASA and take place in February and March. There will therefore be no swimming on Sunday 8th February, Saturday 7th March and Sunday 8th March as these events will be taking place at Tiverton pool. The following swimmers have achieved the required times and we wish them all good luck.

Lucy Abraham, Jade Clarke, Heather Murphy, Rachel Ayshford, Meg Callahan, Jess Lepper, Lorna Callahan, Sophie Thomas, Alicia Parr, Jake Stoneman, Adam Clewer, Callum Stoneman, Tomos Emanuel, William Parr, Joseph Zilch, Ashton Farrant and Dominic Fullick

Other dates for your diary:

North Devon Mini League:

24th January—Torridgeside

22nd February—Crediton

15th March—Tiverton

Please see noticeboard for team selection. If your name is on the board, it is hoped that you will be able to swim for the Club. Can you please mark on the sheet as soon as possible if you can or can't swim so that we can try and get together a full team. Thanks for your support.

## **WEDNESDAY NIGHT—BADGE NIGHT**

Happy New Year and welcome back after the Xmas break. Hope you are all ready to work hard and have fun achieving your awards. Hopefully you will have received your letter regarding fee increases. We have tried to keep this to a minimum and the monthly fee for Wednesday Badge nights is now £16.50. This will take effect from 1st February 2009.

In the past Tiverton Swimming Club has paid the Amateur Swimming Association's annual membership however this year it has been agreed to pass this cost on to the swimmer. This is a one off fee of £10.00. Again this should be paid by 1st February 2009 (cheques made payable to Tiverton Swimming Club).

As you are all aware the Club is run by volunteers and it is a very busy time of year administratively. It would be greatly appreciated if you could ensure that you have taken steps to increase your Standing Order before 1st February (any outstanding fees will be requested). Also payment of your annual membership should be given to either Lorna or Anneli by 1st February at the latest. This allows us time to pay the ASA fee. Failure to comply with this will mean that the Club will automatically be suspended and swimmers will not be insured.

**CONGRATULATIONS** to the following swimmers who have recently completed their Silver Award: Millie McLearn, Phoebe Killen, Rebecca Milne, Blade Medland, Megan McMillan and Zoe Williams.

## Success for the Fun Gala

First off, on behalf of all the Young Volunteer's, I would like to thank everyone who took part or was involved with the fun gala. It was a great event and ran surprisingly smoothly! I would also like to thank the following businesses who sponsored the event:

Angels Fly South : St John's Holiday Club : Boots : Tony Pryce : Curiosity : J & A Cameras, Tiverton Music Shop and Exe Valley News and Cards.

Overall Team Blue were the winners with 30 points. They were miles ahead of Team Green, who came second with 22 points. Thirdly was Team Pink with 18 points and were closely followed by Team Yellow, who had 14!

The events ranged from pyjama races to waiter races and I believe everyone thoroughly enjoyed themselves. One member of Team Pink said, "I can tell it's a Fun Gala! It's really making me laugh," and it seemed as if this feeling was spread right across the pool.

We (The Young Volunteer's) will hopefully be involved with more and more at the swimming club and may even run another Fun Gala next year. Thank-you again to everyone, whether watching, sponsoring, participating or organising!

Jack Wakefield, Young Volunteer

## FRIDAY NIGHT—LEARN TO SWIM

Happy New Year and welcome back from your Xmas break. The new course starts on Friday 9th January with some new swimmers so welcome to you all.

As you are all aware the fees have increased for the course to £35 for 15 weeks, this we feel is still very good value for money. In the past Tiverton Swimming Club has paid for the swimmer's annual membership fee to the Amateur Swimming Association which amongst other things includes the swimmer's insurance in the pool. However this year it has been agreed that this fee should be passed on to the swimmer. This is a one off payment of £5.00 and should be paid as soon as possible to Jackie Ell or a member of the committee who will be in the foyer on Friday 16th January. Failure to pay this fee will mean that your child will not be insured and will therefore not be allowed in the pool.

It should also be re-iterated that we have a waiting list for Friday night swimmers and if payment is not received on first night of course then the swimmer's place will be allocated to another swimmer. **NO PAYMENT NO SWIM.**

Some future dates for your diary in 2009:

10th April Good Friday No Swimming

17th April Assessment Night

24th April Re-enrolment Night

1st May Distance Night (subject to change)

8th May First night of Second Course and last chance for re-enrolment and payment.



Can you guess who's wearing the new Tiverton Swimming Club Track Suit sponsored by Mole Valley Farmers?

The Young Volunteers have done a superb job in securing sponsorship from Mole Valley Farmers which has allowed us to buy the track suits. We are ordering a variety of sizes and they will be available to buy soon at a very reasonable cost of £15.00. Watch the noticeboard for more details.

## The Starter

I hope you have found the previous articles on timekeepers and judges useful and that they have given you an insight as to what goes on at a gala. This month it is the starter.

Having successfully completed your timekeepers' and judges' training you can then take on the training for the role of starter, probably the 2<sup>nd</sup> most important official at the gala.

The starter controls the race once the swimmers are called up onto the blocks for the start by the referee. The control of the race is usually handed over by the referee raising their arm as a signal to the starter.

The starter then gives the instruction 'take your marks'. For those of you lucky enough to take part in the Olympic Games, World Championships and other FINA events this will be given in English so no need for phrase books!

Once the swimmers have settled the starter will start the race with a signal. This can be by a horn, gun or whistle. Contrary to popular belief you can't be disqualified for moving at the start of the race only for starting before the signal. Some swimmers especially those using the sprint start tend to rock backwards before the signal which is acceptable but any forward movement can be interpreted as starting. Therefore it is always wise to remain still once the command 'take your marks' has been given. The starter determines whether a fair start has taken place and will notify the referee should there be an infringement of the rules.

Please remember don't start before the signal, as 1500m is a long way to swim to find out that you were disqualified at the start!

Next month the Referee. Terry

## Are you looking for a challenge?

If the answer is yes do you train at least twice a week. Well I have the perfect challenge for you. It is called the "swim your channel challenge sponsor swim". It consists of swimming from England to France via the four different routes. Each route is a different length and you have to swim the route you choose in the pool. All you do is count the lengths you do in training and add them up over the 30 day period you have to complete the challenge. There will be a trophy for the furthest distance swam by any girl or boy, there will also be 2nd & 3rd place medals for each boy and girl.

For more information look at the notice board or see me (Ashton Farrant) for details and sponsor form.

Last month we started with our profiles of swimmers—here are another two this month.

IN THE FAST LANE WITH:	HEATHER MURPHY	JACK WAKEFIELD
AGE:	11	15
FAVOURITE FOOD:	PASTA	CHEESE & ONION PIE
FAVOURITE TV PROG:	EASTENDERS	GAVIN & STACEY
FAVOURITE FILM:	MAMMA MIA	HOT FUZZ
FAVOURITE HOBBY (NOT SWIM):	RUNNING	WATER POLO
FAVOURITE HOLIDAY:	DISNEYLAND FLORIDA	FRANCE WITH SCHOOL SCOTLAND WITH FAMILY
MOST ADMIRERD SPORTSPERSON:	REBECCA ADLINGTON	CHRISTINE OHURUOGU
TOP SWIMMING GOAL FOR 2008:	IMPROVE MY ARMS ON BUTTERFLY	BEAT JOE ZILCH ON AT LEAST ONE PB!
FAVOURITE SWIM STROKE:	FRONT CRAWL	FRONT CRAWL

## COMMUNICATION

It is a very busy time at Tiverton Swimming Club at the moment and whilst we try and keep you up to date with the Newsletters, things do occur in between these, so please keep an eye on the noticeboard or you could miss out on an important Event. There are spare copies in the pockets beside the noticeboard or keep an eye on the website—[tiverton-swimming.org](http://tiverton-swimming.org). If you have anything you would like included in the newsletters please email Lorna on [lorna@hgreen.eclipse.co.uk](mailto:lorna@hgreen.eclipse.co.uk).

**STARTER**