



TIVERTON SWIMMING CLUB

NEWSLETTER



ISSUE 15

MARCH 2009

SQUAD SWIMMERS

Please note there will be no swimming on Easter Sunday 12th April nor early morning swim on Easter Monday 13th April.

COMIC RELIEF

Congratulations to one of our Tuesday night swimmers, Tom Harris who swam an impressive 120 lengths for Comic Relief and raised just under £1,000. Well Done Tom.

COMPETITIVE START AWARD

This award is mandatory for all squad swimmers. It ensures that swimmers can carry out correct dives in shallow water. There will be another session taking place. Please keep an eye on the board for the date. Certificates for those who completed course are available from Lorna.

YOUNG VOLUNTEERS

From this month the Young Volunteers will be having their own page on the newsletter, with their own articles and write ups. They are doing an excellent job promoting the Club and the sport so please assist them if they approach you for an interview!

LAND TRAINING

Land Training started on Sunday 29th March and will be taking place every Sunday at 4.00-5.00pm in the Dance Studio followed by regular training session. You will have been given your log book so please remember to fill it in and bring to each session.

WEDNESDAY NIGHT—BADGE NIGHT

IMPORTANT: A huge thank you to all those people who have changed their Standing Order. The increased fees took effect from 1st February 2009 and to date there remains a few outstanding swimmers in this session who have not increased their fees. A back dated payment will be requested as well as a gentle reminder to increase the fees.

Please remember that the Club is run by volunteers who like yourselves have very busy lives, the Committee can organise voluntary swimming teachers, make sure your child is insured to swim in the pool, make sure there are sufficient lifeguards for sessions, make sure your child receives their certificates at the end of their Awards, organise distance nights, Xmas parties etc etc but the one thing they cannot do is increase your Standing Order so please bear this in mind and with a little bit of help from yourselves, you can make their lives a bit easier. Thank You.

There will be a distance night on Wednesday 6th May. This gives swimmers the chance to swim as many lengths as they can with the aim of reaching 64 lengths which is the equivalent of swimming one mile. For those children who have already completed this, your challenge will be to swim as many lengths as you can in the time allowed.

Please also read the notice on next page about the timekeepers course. It is a good way to get involved in the Club without committing too much of your time. Why not give it a try?

FRIDAY NIGHT—LEARN TO 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
(last chance for re-enrolment and payment)

Please note 8th May is last chance for re-enrolment and payment. If payment is not made by that date you will forfeit your place within the Club and the place will be given to the next swimmer on the waiting list. There are two re-enrolment nights and there will be no exceptions for swimmers who have not paid.

Please also read the notice on next page about the timekeepers course. It is a good way to get involved in the Club without committing too much of your time. Why not give it a try?

COMPETITION NEWS

The competitive season is about to begin with Avalon being the first meet the weekend of the 4th/5th April. All those entered need to check on the competitions board where a print out of all the entrants and their races are on display, if you spot any mistakes with your entry please inform Andy or Tracy.
Good luck to all of you who have entered.

We also have the Barnstaple mini league on the same weekend (Saturday 4th April) so please check to see if your name is on team selection and confirm if you can race asap.

April 18th/19th - Taunton Deane level 2 - 4 swimmers are entered, again please check your races are correct, a print out will be on the notice board soon. Good luck

The closing date for the Clevedon & Chard level 3 open meet which is Sunday 29th March.

Devon Interclub - Once a year we are invited to race this exhilarating competition, Steve has selected a team to represent the club, if you have been selected we need to know by Wed 25th if you can race so please check and let us know if you are available.

Warm up times for the Devon sprints are 9am

Warm up times for the Devon Relays are session 1 9.30am & session 2 12.45pm

Please keep checking the notice board as lots of information and galas will be going up in the next few months.

Keep up the hard work and GOOD LUCK

Andy & Tracy

TIVERTON SWIMMING CLUB CLUB TIME KEEPERS COURSE

EXE VALLEY LEISURE CENTRE
Sunday 19th April 2009

By completing this course you will become qualified to officiate at club galas as a time keeper.

Starts at 4.00pm with a theory session followed by a practical lesson during time trials. Finish at approx 6.00pm.

Cost Nil!

If you are interested please put your name on the poster on the notice board. The first course will be limited to 10 but if there is the demand I will run a second course. You must be ASA registered see Lorna if in doubt.

Terry Fullick

Eight Week Stroke Improvement Course.

Just a quick note to all triathletes and swimmers wanting to improve their stroke. Tiverton Swimming Club will be running an eight week course specialising in stroke improvident, efficiency and turns with a triathlon bias all with a dedicated coach. Places are limited and demand is expected to be high.

Want to find out more...

Call Sally on 07805937409 or email Ian Jones on ianjones@tinofbeans.co.uk