



Tiverton Swimming Club NEWSLETTER

October 20th 2014



Welcome

Welcome to the first edition of the Tiverton Swimming Club newsletter, well actually some older members may remember a paper version that ceased a number of years ago – so welcome to the first email edition! We plan to send these every quarter or sooner as needed, and the general aim is help improve club communication and keep you all up-to-date.

The Beach day

This year we had our first "annual beach day "on Sunday 31st August at Saunton Sands, fortunately it was a lovely Devon sunny summer's day and a good time was had by all who came along to join in the family fun. Highlights of the day included the club chairman being made to look like a mermaid.... check out TSC [Facebook](#) pages for photographic evidence of this! The beach games, cricket, football and rugby which were enjoyed by big and small and the delicious fish and chip supper that was had afterwards. Next year we may look at sea water polo.

Devon County Masters and Seniors Championships

These championships were held at Exe Valley

Upcoming Events

Galas

25th + 26th Oct - Frome L3 long course open meet

2nd Nov - Tiverton Sparkler L3 open meet

15th + 16th Nov - Taunton Deane & Millfield L2 open meet

National Arena League

8th Nov Round 2 - venue tbc

13th Dec Round 3 - venue tbc

Fun TSC Events

December - Santa Run

come and join in the FIRST annual Tiverton Santa Run on Sunday 14th Dec at the Leisure Centre race a 5km or a 2.5km or a short course dressed as your favourite festive fella!... and raise money for our club. Contact **Tony** or look on the [website](#) for more details

January - Presentation Evening

The annual presentation will be held on the Friday the 9th Jan. More

Leisure Centre pool on Sunday 7th September. In the Masters events Sue Haigh and Heidi Hunt won 5 gold medals each, Graham Cridland gained 3 golds and Judith McGregor-Harper bagged 2 gold, 2 silver and 1 bronze medal. Lorna Burston (aka Squirt) also won a silver medal.

Representing Tiverton at the seniors section of this meet was Ennea Miller-Hunt who won 2 silver and 2 gold medals in her races. To read more click [here](#)

South West Regional Championships

Congratulations to all of the swimmers who qualified and went to swim at the SW regional championships. The sprint races were held in Gloucester and Gemma Owen and Sam Arrowsmith travelled there to race against swimmers from all over the South West region. The long course races were then held in Millfield and TSC was well represented by Sam Arrowsmith, Phoebe Campbell, Ennea Miller-Hunt, Callum Stoneman, Finn Stoneman and Joe Zilch.

September CSA Race Night

Race night for CSA club swimmers was held on Wed 24th September. This regular event saw Reece Shoubridge, Jon Carpenter-Smith and Natalie Fitch all gaining their Freestyle bronze flash awards, with Reece later getting a bronze flash for her Backstroke and Natalie a bronze flash for her Breaststroke. Well done to all of the CSA swimmers who took part in race night, many gaining PB's during the evening events. CSA Flash badges will be on sale from 6.30pm on Wednesday nights in the lobby at £1.50

details to follow.

TSC Website

Have you looked at the club website recently? Log on to

www.tiverton-swimming.co.uk

Where you can check out the FAQ and "what to take to a swim meet" sections for advice on going to open meets and gala's and look at advice on what food and snacks to take to a meet.

The Sparkler countdown...

It's not long now until we host our annual club open meet - The Tiverton Sparkler. Sunday 2nd November will be the 8th year the club has run this Level 3 swimming event. The meet starts at 7.40am with a warm up for session one and an 8.45am start for the first event- the girls 200m butterfly. There are three sessions and 26 events to run through, so it is an all day event, finishing at 7.20pm in the evening. As you can imagine volunteers are essential to ensure the smooth running of this showcase event. If you are free on Sunday 2nd November and can help out with jobs from marshalling swimmers, selling programmes, team managers, runners, medal table, raffle tickets, sweeper uppers, or general helpers, then a list will be posted on the notice board soon for you to add your name to.

Swim Shop at Sparkler!

each. Race night results are posted on the TSC website and the next race night will be held on Wed 12th Nov

Barnstaple Sprint Meet

19 swimmers from Tiverton competed in the sprint meet hosted by Barnstaple swimming club at the end of September. They raced 50m in all four strokes against swimmers from clubs in Torridgeside, Barnstaple and Bude. Lauren Aitchison won a gold for Breaststroke, silver in Back and bronze for Freestyle. Sam Arrowsmith gained a PB and a silver medal for Fly and a gold for Breaststroke. Lucy Revolta gained 2 PB's and picked up a silver medal for Fly and a bronze for Backstroke. Finn Stoneman won gold for both Fly and Back and Molly Tovey collected a bronze for her Breaststroke. Gemma Dilks gained a PB and a silver medal in Butterfly, and Jodie Dilks a PB and silver medal for breast stroke in their first open meet. During the gala more PB's were also gained by Katie Walton, Jessica Swanston, Yasmin Smith, Bradley Follett, Jessica Fitch, Dylan Cleverly, Kai Clayton, Jon Carpenter-Smith, Oliver Bennett, Sophie Attwood-Groves, Sidonie Andrews and Jack Aldridge.

The Physio Room - Protect your shoulders when swimming!

by Roz Thomas – the club physiotherapist based at the Exe Valley Leisure Centre, Tiverton.

Being involved in competitive swimming means you are more than likely to have experienced some shoulder discomfort. The shoulder joint consists of a flat surface that the ball of the humerus rotates on. Due to its design it has the ability to move freely, and therefore relies heavily on good muscle (rotator cuff) control to ensure it is working efficiently. The

Fancy a new cossie, different trunks, reflective race goggles or need more training kit?

Then drop by the Swim Shop at the Sparkler on Sun 2nd Nov for all of your swimming needs!

Newsletter Feedback....

Tell us what you think about this newsletter, are there regular features you would like to see, or topics to include? Let us know the good and the bad and we can improve this for the next edition! send your comments to:

newsletter@tiverton-swimming.co.uk

About TSC.....

Tiverton Swimming Club has been in existence for 100 years and is managed by a team of dedicated volunteers. These volunteers include swim teachers and coaches and form the TSC committee. Roles include that of chairman, vice chairman, treasurer, secretary, fundraisers, membership secretary, Competition secretary, Welfare Officer, Swim 21 co-ordinator, a president and even the volunteer who is typing this newsletter! If you have any skills you could bring to the successful running of the club please contact a club committee member or grab the chairman for a chat..... [Parents your kids swimming club needs you!](#)

 **Forward to a Friend**

scapula also forms an important part of the shoulder complex providing the foundation for the shoulder joint to move freely on.

In most cases, should pain is caused by a poor stroke technique, sometimes due to a poor general posture that leads to the inability to execute a good stroke technique. Physiotherapists can quickly observe your posture and watch how you move, and then explain which muscles might be tight or weak and therefore causing you to experience shoulder pain.

Without expert advice and relevant exercises to correct the way you move, repetitive wear and tear of the rotator cuff tendons around the shoulder can lead to chronic shoulder pain.

Points to remember in a good stroke technique to prevent shoulder pain:

- Bilateral body rotation with your freestyle stroke
- Fingertip/flat hand placement of your hands into the water
- Good upper body posture with chest forward, back straight (not hunched)
- Working to develop a high elbow catch technique. (not pulling through the water with a straight arm)

For more advice, or an individual assessment and treatments, (including the option of ultrasound imaging of the shoulder), please contact Roz

Thomas www.rozthomasphysio.com

Tel: 07743 333539

At Tiverton Swimming Club we take Child Welfare seriously, please contact the Swimline, talk or [email](#) to Lucy Walton Welfare Officer about any concerns you may have.



 [Follow on Twitter](#)
 [Friend on Facebook](#)

[Unsubscribe](#)

[Update Subscription Preferences](#)

[View Email In Browser](#)

Copyright © 2014 Tiverton Swimming Club All rights reserved.

You are receiving this email because you or family member are a member of Tiverton Swimming Club.
Tiverton Swimming Club Exe Valley Leisure Centre Bolham Road Tiverton, Devon EX16 6SG United Kingdom

MailChimp