



Tiverton Swimming Club NEWSLETTER

September 2015



South West Regional gala results

Jake Stoneman and Phoebe Campbell represented TSC at the Regional Youth Championships held at The Life Centre in Plymouth in May. Jake swam a PB in the 100m breast and Phoebe swam in the 100m free, achieving a PB in the heats and then touching the wall in 5th place in the final, a fantastic achievement! Over two further weekends in May, seven of Tiverton's fastest young swimmers then travelled to Hengrove Park and Millfield pools to take part in the SW Regional Age Group Championships, swimming in a total of 38 events. Sam Arrowsmith qualified for 14 different events, and his best performances came in the 100m breast where he finished 5th in the region. He also made two other finals coming 6th in the 200m breast and 7th in the 200m fly. Jack Aldridge swam in the 50m, 100m and 200m breast, 100m and 200m back, and the 100m free and he notched up 5 PB's during the two weekends racing. Kai Clayton gained a new PB in the 50m free, Robert Jones also swam in the 100m back and 200m free and 200m back, gaining PB's in all of his races. Finn Stoneman returned to the regional arena, competing in the 50m, 100m and 200m back, the 50m and 100m fly and the 200m IM, gaining 4 new PB's. Oliver Bennet raced well in the 100m fly, in his first Regional Championships. Team mate William Goffey, raced in the 50m, 100m and 200m back and 100m breast, gaining 2 new PB times. Head coach Dave Clift commented "The hard work put in by these talented young swimmers has certainly paid off. They should be proud of their performances and next year's challenge for them is to achieve even more qualifying times and encourage their team mates to do the same with the aim of having a bigger pool of swimmers at the regional events".

Upcoming events & info

Galas & Meets

Oct 3rd & 4th - Exeter City combined L2/3 SC meet now to be held at Plymouth Life Centre

Oct 10th - Arena League Round one @ Hutton Moor pool from 5pm

Nov 8th - Sparkler all day!! L3 SC TSC meet at EVLC, Tiverton

Nov 14th - Arena League Round 2 - venue tbc

Dec 5th & 6th -Taunton Deane & Street L3 SC @ Hutton Moor- [closing date is 28th Oct.](#)

Dec 12th - Arena League Round 3 venue tbc

Dec 19th & 20th -Yeovil Christmas Meet L3 SC @ Millfield - [closing date is 7th Oct.](#)

Gala Entries

The Competition secretary, Sally Tovey will be at poolside every Wed and Sun to take gala entries, and answer any questions you may have about upcoming meets. Alternatively you can email compsec@tiverton-swimming.co.uk and payment can also be taken by bank transfer (BACS). Sally is only able to send entries to meets listed on the TSC club competition calendar (as



Kai Clayton, Will Goffey, Sam Arrowsmith, Phoebe Campbell, Robert Jones, Olly Bennet and Jack Aldridge at EVLC pool in May

Devon Development galas

25 young swimmers travelled to Plymouth for the Devon Development galas, held over 3 days in June at the Life Centre, racing in the 25m pool against swimmers from clubs across Devon. Eight of our swimmers were competing for the club for the first time. The team brought back 32 medals overall, and gained numerous PB times during the galas. Eleven of the swimmers were delighted to take home at least one medal after the three days of fast swimming. Sophie Attwood-Groves won 5 gold and 1 silver medal. Dylan Cleverly achieved 9 PB's for his 9 swims and also won silver for his 100m breast. Sidonie Andrews won 4 medals, taking gold in 200m back, silver in 200m IM, and bronze in 200m fly and 100m back. Jasmine Swanston won a trio of silver medals, for the gruelling 800m free, 200m fly and 100m back, whilst Jessica Swanston swam the 200m breast and picked up the gold medal. Team mate Lauren Aitchison took home four medals, winning two golds for 100m back and the 100m IM plus two silver medals for 200m IM and 100m breast. Swimming for the first time at Plymouth, Alexander Fewtrell won silver in the 200m IM,

they have been selected by the TSC committee and therefore will be supported by the coaching team).

9th Sparkler Gala 2015

It's not long until the 9th Tiverton Sparkler Gala. This is our annual showcase event and is a full day of swimming and fun for all. The entries are now full, so a busy day will be on the cards. The committee and additional volunteer parents are essential to run this event, [so please do get involved and help make it a great success for your children](#). A list with jobs/roles to do on the day will be posted on the club noticeboard - please sign up!! If you are not sure what is involved in a particular role, ask a Committee member for more information!

Young volunteers award

It is time to start the 2015/16 Young Volunteer Programme, and this year the Club are delighted to enrol four members into the programme. Devon ASA will run a training day at the start, and then the youngsters take part in the Aquatic Helper and leader training session, plus a club time keeping course. They have to complete 25 hours volunteering for the club, which includes arranging an event, helping teach pool side, spending time with a coach, producing a session plan, and learning about Swim 21 and other aspects of running a club. Many young volunteers in the past have gone on to qualify as teachers and it is a useful award to have on a CV for university/work.

Arena League

The National Arena Swimming League is due to start on October 10th and the first round will be held at Hutton

and Sam Ellis won the gold for 200m fly. Olivia Broom won gold for the 200m breast and Bradley Follett came home with six medals, winning the gold in the 200m fly, silver in the 100m fly and 4 further bronze medals. Lorna Burstn, (who also coaches the younger swimmers at the club), won 3 golds and a silver medal, achieving PB times in all of her races. Lorna then thrilled her Tiverton team mates by putting on an amazing display of racing at the final event of the weekend, winning the prestigious medley skins for the girls. President of the Devon ASA and Tiverton Masters swimmer Sue Haigh was delighted to present Lorna with the winning trophy.



The team for the Devon Development Gala (photo taken at EVLC).

Interclub Gala in June

The last weekend in June saw TSC compete at the 2015 Devon Inter-Club gala. 27 of the fastest club swimmers travelled to the Plymouth Life Centre to compete in this fun team event against 10 other swimming clubs. This annual meet, brings together swimmers from across Devon, including the big clubs of Plymouth Leander and Exeter City. The gala was started with a parade of club pennants held by 2 swimmers from each of the clubs, and this year Gemma Owen and Oliver Bennet represented TSC, carrying the team pennant around the poolside. The gala has 37 events and TSC swimmers were delighted to finish in the top three in ten of these events - boosting the team position. The final scores gave Tiverton 5th place overall, a great result for our small club, with Plymouth Leander winning the inter-club title and Exeter City placing second.

Moor pool in Weston-Super-Mare. TSC is in Division One of the Western League. The galas are team events and are run on the second Saturday of Oct, Nov and Dec, at venues to be announced. These league galas have been sponsored by Arena since 2009 and there are currently 400 teams participating in the three rounds nationally. The competition culminates in a National cup final in April, and Plymouth Leander Swimming Club have won this for the last four years! Swimmers for this team event will be selected by the Head Coach and asked to confirm availability for each round.

Devon County Championship- dates announced

The three weekends for the Devon County Championships have been announced as:

Jan 16/17 - block one

Jan 30/31 - block two

Feb 6/7 - block three

The qualifying times for the different events can now be found on the TSC website.

Entry times have to be achieved since 1st May 2015 at a licenced meet (level 1,2,3 or 4) and must appear on the ASA ranking list. See www.swimmingresults.org for the ASA rankings lists and swimmers individually recorded times.

Coach update

Steve Carder is the Interim Head Coach for TSC and leads training and development with the JPS and Comp squads. Lorna Burstn is the Development Coach for LTS, CSA and SD squads. We also have Lucy Walton, Teresa Smith and Garry Arrowsmith who are volunteer poolside coaches who you will also see regularly at training sessions.



The Interclub Gala Team in Plymouth, with Dave Clift at his last club event.

Fast Five - regional sprint meet

Four boys from TSC travelled to the GL1 Centre in Gloucester to take part in the Regional "Fast Five" sprint meet in July. All four of the boys had achieved regional swimming qualifying times during the year, which allowed them entry to this prestigious event. The Fast Five meet attracts the best swimmers from the South West Region, and includes swimmers from Wiltshire, Gloucestershire, Cornwall, Somerset, Dorset and Devon. The boys had to swim all 5 sprint events (each stroke at 50m and a 100m individual medley). Jack Aldridge finished an impressive 5th place in the 50m breast, Kai Clayton was on fine form and finished in 6th place in the free. Sam Arrowsmith swam brilliantly, and took 4th place in the fly, and also finished a fantastic 6th place in the BAGCATS (British Age Group Category Awards) at this event. Team mate Oliver Bennet, had a fast 100m IM race and was delighted to shave off 9.26 seconds from his PB time.



Jack Aldridge, Kai Clayton, Sam Arrowsmith and Olly Bennet at GL1 Centre.

Dave's news!

Dave Clift, our previous coach, who left in July has taken up a new position as a coach at Leatherhead Swimming Club in Surrey, we wish him well at his new club!

TSC volunteers request

The committee positions of **Treasurer** and **Vice Chairman** are still available - do you have the skills to support the club and ensure it's continued success? Please speak to any committee member if you are interested in finding out the volunteer opportunities available!

TSC club kit

Get your newly designed Club Kit from Tony Pryce InterSport in Tiverton. Look out for the stand with all of the teeshirts, hoodies, track pants and shorts, all with the Nike tick, new TSC logo and the familiar Tiverton "T" on them. With the Sparkler coming up in November, there is likely to be a big surge in buying new club tee shirts, so make sure you get yours in plenty of time!

TSC swim hats

Club hats are only available to buy at poolside for £6 each. If you would like one, please speak to Sally (comp sec) or Natasha (secretary) who can often be found on Sundays and Wednesdays at poolside.

TSC Facebook - join in!

Have you seen the TSC Facebook page? Become part of this swim community and get instant news, photo's and updates about the club and it's swimmers!

Have you got an interesting club story?

Do you have any interesting TSC club news, information or maybe a

Club Championships success!

TSC Club Championships were held over three Sundays in June and July, with the final Sunday being run as a level 4 licenced sprint meet. Many thanks go to the swimmers, officials, and volunteers who made these events such a success. Club championship course records were broken by 9 year old Isaac Reaves, Peter Smith, Alex Fewtrell, Jodie and Gemma Dilks, 10 year old Jess Swanston, Wilf Arrowsmith and Sam Ellis, 11 year old Sam Arrowsmith and 12 year old Robert Jones and Jack Aldridge. In the older section, 13 year old Finn Stoneman, plus Oliver Bennet and Will Goffey (both 14) and Jake Stoneman and Lauren Aitchison (both 15) set more championship course records, and for the 16 and over age group Callum Stoneman and Lorna Burston set new records too. Well done to the 64 swimmers who swam in the first two Sunday sessions and the 56 swimmers who took part in the sprint championships on the final Sunday!

Race Nights

There have been 2 race nights since the last newsletter- Rose Fawell and Peter Smith gained their breaststroke bronze flashes in July and Leo Muggeridge and Matthew Follett their freestyle bronze times at the race night in Sept- congrats to all four of you! The current race night results are posted on the club noticeboard and can also be found in the 'results' section of the TSC website.

Coventry Gala in July

This annual gala was the last event for the club before the summer shut down, and was great fun for the junior swimmers in the club. Coventry Swimming Club brought two teams to race against Tiverton swimmers in their home pool, and we were delighted to win the gala by 3 points, beating Coventry A and B teams. A Great result for the younger section of the club!

photograph that can be included in a future edition of this newsletter?

If so please send them to: newsletter@tiverton-swimming.co.uk for the next newsletter- thank you!

Newsletter on TSC Website

Previous editions of this newsletter are posted on the Club website. email any comments to: newsletter@tiverton-swimming.co.uk
We would love to hear from you!

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The young team swimming against Coventry teams in July (photo at EVLC)

Masters News

The Devon County Masters and Seniors championships was held at EVLC pool in September. Lauren Aitchison swam brilliantly picking up 5 gold medals, winning all of her events along the way. Club President Terry Fullick collected one gold, two silver and three PB's at his second competitive swimming gala since taking up swimming 2 years ago. Experienced Masters swimmers Sue Haigh and Rebecca Jenkinson swam well in their age groups and collected 7 golds and 3 golds respectively for their swimming events- Well done to the team this year!



Sue Haigh, Lauren Aitchison, Terry Fullick & Rebecca Jenkinson at EVLC

August also saw members of TSC Masters group take part in the pub to pub Bigbury to Bantham 2.5k Open water swim ...ending with a short sharp run up a very steep hill to the pub!! They couldn't enter as TSC so joined 'the rest of the world team'. As well as being part of the victorious team, the group took 3 individual medals- James Haigh was first overall with Graham Cridland taking third place in the men's event & Andrea Norris took second in the women's event.



Pictured on the front row L to R are club members Andrea Norris, Graham Cridland, Yasmin Bennellick, Fiona Verney and Sue Haigh

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.



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