



## Tiverton Swimming Club NEWSLETTER

April 2016



### New Head Coach

We were delighted to appoint Lucy Walton as the new head coach of Tiverton Swimming Club. Lucy has coached at the club for several years and is a level 1 & 2 ASA qualified swimming coach and plans to work towards the ASA level 3 coaching qualification. Lucy began swimming with Taunton Swimming Club as a child before moving areas and joining Tiverton Swimming Club where she swam until she was 15. After a short break she began swimming again whilst at Hull University with the university club. Lucy became involved with Tiverton Swimming Club again over three years ago through her daughter's swimming and thoroughly enjoyed becoming a volunteer coach for the different squads. Outside of swimming Lucy has interests in several other sports including rowing and running and is a level 2 rowing coach and is an ITEC level 3 sports therapist. Lucy is also a P.E curriculum specialist at Tiverton High School, and is well known to many of the children across the club. We welcome Lucy in this new pivotal role and look forward to the club continuing to develop and grow under her direction.



### Devon Counties relay gala

Two teams represented the Club at the 2016 Devon County Relay Championships which were held in the impressive 50m pool at the Plymouth Life Centre. The boys 13-14 year old team swam brilliantly to claim silver medals in both the medley and freestyle relays behind a very strong Plymouth Leander team. The medley relay saw Finn Stoneman lead off in the backstroke leg, followed by Jack Aldridge in the breaststroke, Sam Arrowsmith in the butterfly and then brought home by Kai Clayton in the freestyle leg.

### Events & info

#### Galas & Meets

##### Race Night

The next race night for CSA swimmers will be held on **Wed 27nd April from 6-7pm.**

Comp secretary Sally Tovey requires individual swimmers to register at poolside by 5.55pm that day to enter the races on the night.

##### South West Regional Youth Championships

The 2016 Youth Champs will be held over the early May bank holiday at Plymouth Life Centre for swimmers aged 15, 16 & 17yrs and over.

##### South West Regional age group Championships

The 2016 age group Champs for swimmers aged 11/12, 13 and 14yrs are being held at Hengrove on **14/15th May** and Millfield on **21/22nd May.**

##### Devon Development gala

Devon Development gala will be held at Plymouth Life Centre in



**The boys on the podium at Plymouth Life Centre with Sue Haigh, Devon County ASA President, John Bird, ASA National President and Ian Stuart, SW Regional ASA President and Garry.**

The girls 11-12 year old team also raced well to win a bronze medal in the medley relay, with Gemma Dilks swimming backstroke, Olivia Broom breaststroke, Jodie Dilks butterfly and Sophie Attwood-Groves freestyle. The girls couldn't quite match that in the freestyle relay but still finished in a very credible 5<sup>th</sup> place. The swimmers were then thrilled to meet Commonwealth champion Ben Proud and Olympian Antony James who both stayed behind to sign medals and T-Shirts after competing for the Plymouth Leander relay teams.



**The girls with Olympian Antony James at Plymouth Life Centre**

## Devon County Sprint Gala

Eight young swimmers competed in the Devon County Sprint Gala at the Plymouth Life Centre in which they had to compete in 50m sprints in all four strokes. Peter Smith

the 25m pool on [June 11 & 12th and 19th](#). Swimmers need to be aged 9 on the day to compete at this gala, and if you are interested in racing at the Devon developments, you need to **discuss which events it would be best to enter with your coaches**. This year, swimmers entering the gala will need to have race times recorded on the club database from either club time trials or previous galas in order to enter. If you are looking to achieve an entry time, please email [headcoach@tiverton-swimming.co.uk](mailto:headcoach@tiverton-swimming.co.uk) with your time trial request ASAP. For further details about this event speak to Sally Tovey, our Competition Secretary or look on the Devon ASA website [www.devonswimming.org.uk](http://www.devonswimming.org.uk)

## Devon Interclub Gala

This fun team gala will be held on [Sat June 18th](#) from 2pm at Plymouth Life Centre. This is for selected club swimmers, and is a great fun club event. Races at this annual event are based on age groups and include individual events, medley and relay races and a mixed boy & girl relay.

## TSC club championships

The next Club Championships will be held as a single day event on [Sunday 10th July at EVLC from 12.30-6.30pm](#)- Save the date as this will be a licenced level 4 meet which will allow swimmers with

was on fine form, finishing fourth and narrowly missing out on a medal in the breaststroke, as well as coming away with three personal best times. Team mate Jon Carpenter-Smith bagged four top ten finishes and secured three personal best times. Dylan Cleverley gained three personal bests, with Micah Partridge and Corbyn Spargo each gaining two. For the girls, Tyler Pike and Lauren Baker both gained personal bests in all four events and Cadie Yardley did likewise in three.



The competitors from the Devon Sprint Gala pictured at EVLC

## Aquae Sulis Meet

In February, Sam Arrowsmith travelled to Hengrove Leisure Centre, Bristol to compete in the Aquae Sulis Spring Grand Prix Level 1 meet. With seventy clubs from across the country taking part, competition was tough but Sam acquitted himself very well and gained personal best times in all his events. He won silver medals in the 50m breaststroke and 50m butterfly, as well as bronze medals in the 100m & 200m butterfly and 200m freestyle.

qualifying times (QT's) entry to Level 3 meets later in the year and to the county championships in early 2017.

## Save the date!

### 10th Sparkler open meet

The 10th Sparkler (our annual race gala) has now been approved and licenced as a level 3 open meet by SouthWest Regional ASA and will be held on **Sunday 6th November** at EVLC pool- put the date in your diary- It's going to be a fantastic club event this year!

## AGM minutes & reports

The AGM meeting was held on 23rd March at EVLC this year. The minutes of the club meeting plus the President, Chairman and Treasurers reports have all been posted onto the TSC website for members to read if they did not attend the meeting this year.

## Young Coach of the Year finalist

Lorna Burstons has been selected as a finalist in the Exeter Foundation Devon Sports Awards 2016, run by Active Devon. Lorna was nominated by TSC as the Young Coach of the Year. She will now attend a glitzy awards ceremony at Sandy Park on Friday 13<sup>th</sup> May, where Colin Jackson is the guest speaker for





### North Devon mini league series

The annual North Devon Mini league series kicked off in February with the first round at EVLC pool. The second round was hosted by Barnstaple swimming club and round three will be hosted by Torridgeside SC this coming weekend. The galas have been great fun for the swimmers and are an excellent introduction into competing at club team galas. The swimmers have individual events to race and medley and relay races across 4 age groups- 10 and under, 11 and under, 13 and under plus an open age group. The race series gives youngsters new to competing the experience of swimming in different pools in North Devon, and is great preparation for swimmers selected to race at the Devon Interclub gala in June and the National Arena league team galas in Oct, Nov and Dec each year.

the evening. Lorna is planning to take her Mum and Dad along with her on the night (they are both thrilled she has been shortlisted). Exeter College have also filmed Lorna in action coaching at the pool, to use as a video on the awards night.



### Eastern Devon Network Hub event

Twelve young swimmers aged 10 or 11 were offered an opportunity in March to attend a swimmer development day hosted by The Eastern Devon Network hub. The four boys and 8 girls from junior squads spent a day at Taunton Pool with 50 swimmers from other network clubs, arriving early on a Saturday morning for a full day of events. The day was the first time the Network hub have run such a day and it was a great success. They they all met and swam with Olympian Antony James who gave a motivational talk to the young swimmers during the busy day of swimming and land training. The day was made possible with Teresa Smith and Alistair Gibbins also attending the day as lane coaches for the club.

### Competitive START award

Category 2 competitive



The young team at the Barnstaple second round Mini League Gala in March.

## Exeter Easter Meet

Eight swimmers represented the Club in the Exeter City Level 1 long course meet at Millfield School over the Easter weekend. They raced against some of the best swimmers in the south west in preparation for the upcoming ASA regional championships. 12 year old Sam Arrowsmith had an amazing weekend, claiming the prestigious Top Boy award after winning six gold, three silver and two bronze medals in his eleven races. Jack Aldridge (12) won silver medals in the 50m and 100m breaststroke, bronze in the 200m individual medley and gained three further fourth places. Sprinter Kai Clayton (12) grabbed the silver medal in the 50m freestyle and finished fourth in the 100m. 10 year old sisters Jodie and Gemma Dilks also had a successful time, with Jodie winning gold medals in the 200m breaststroke, 50m & 100m butterfly, as well as silvers in the 50m & 100m breaststroke; and Gemma gained a silver medal in the 100m butterfly and a bronze in the 100m backstroke. Racing for the first time at a long course event, 11 year olds Sam Ellis and Olivia Broom both performed well against older swimmers and set some good times; as did Gemma Owen in the highly competitive 15 year old age group.

swimmers must demonstrate they are safe to dive into the pool from racing starting blocks, and need to reach the standard of the [Competitive Start award](#). The coaching team will arrange this opportunity for the swimmers new to competitive racing to gain skills and confidence in starting with racing dives in a safe pool environment. Swimmers who have not yet reached the standard of the Competitive Start award can still enter a gala, but are asked to start their races in the water, and not dive into the pool from the starting blocks.

## Race Night Feb 2nd March

Race night for CSA swimmers went well in March, the young swimmers had their 25m times recorded in all four strokes, and many improved and some gained their 25m flash times in different strokes. We had new swimmers and even little ones aged 6 swimming fast! Lots of poolside parents volunteered to timekeep and marshal the swimmers to the blocks. Alison and Teresa were starter and officials, Lorna was monitoring swims as the coach, Tony and Sally ran the Hytek recording desk and Nathan, Alistair and Jake directed the remaining parent volunteers with their new jobs. Then GCSE sport swimmers were filmed by Lucy racing 100m IM for their evidence of competencies in swimming as a sport. A big





**The 8 swimmers photographed at Millfield Pool, after eventually getting them all in one place at the same time- a major achievement in for the club photographer!**

### Weston Super Mare Easter Meet

Easter weekend saw ten swimmers take part in the Weston Super Mare Level 3 open meet at Hutton Moor Leisure Centre. Jessica Swanston aged 10 had a successful weekend and came away with a silver medal in the 50m breaststroke and a bronze in the 100IM with a 5 second personal best time. Jessica also claimed 4<sup>th</sup> in the 200m breaststroke, 5<sup>th</sup> in the 50m freestyle and secured several personal best times. Sister Jasmine added to the family haul by bagging bronze in the 100m butterfly in a tough 16 year old age group, whilst Lauren Aitchison also 16 claimed 5 top 10 places, narrowly missing out on a medal in the 100 m butterfly. 13 year old team mate, Finn Stoneman, was on top form winning silver in the 200m backstroke, bronze in the 50m butterfly and 5<sup>th</sup> in the 100m freestyle with a great personal best time. 10 year old Lauren Baker and Lucy Webber both swam well and gained impressive personal best times, with Lauren getting a massive 13 second PB in the 100IM. Tyler Pike aged 13 and Katie Walton (14) both had a good weekend swimming with each achieving personal best times. Jon Carpenter-Smith (12) and Dylan Cleverley (14) came away with some incredible personal best times, Carpenter-Smith with a 17 second PB in the 200m freestyle and Cleverley with 16 second PB in the 400m freestyle.

thanks to all who volunteered and who made it happen on the night.

### TSC volunteers request

The club **needs more parents to volunteer** to support the regular ongoing activities, 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 to support the club, such as time keeping, officials training, social secretary, LTS support worker, poolside helper, swimming coach or teacher development .... **don't just sit on the poolside** - come and join in and help us to keep the club going! We can offer free Category 3 ASA membership and DBS checking for anyone over 16 who volunteers their time and commitment at the club.

### Have you looked closely at the TSC website?

There is lots of information, including pool training times, current competition calendar, FAQ, what to take to a swim meet, competition advice, nutritional advice, codes of conduct, twitter feed, competition qualifying times, archived newsletter, press releases, club constitution, squad progression criteria and squad expectations all on the



Some of the WSM Easter Meet swimmers- unfortunately a few are missing from this photo taken at EVLC

## We won an iPad Air!

In February, we completed the ASA annual club survey, and were then entered into a prize drawer to win an iPad Air. This national survey saw over 350 clubs take part, so we were delighted when TSC was the first name pulled out of the hat! Emily Taylor, the ASA South West Regional Club Development Officer came down to the pool one Sunday evening to meet us and present the club with the iPad Air. The new iPad will be used to support the coaches, using swimming Apps available to manage galas, teams, training and coaching sets, plus we can video swimmers and use this to improve strokes, starts, turns and finishes for club members. This photo below and a write up was then featured on the ASA website and in the May 2016 edition of Swimming Times magazine (see it on P.12)!



TSC website- have a browse and let us know if there is any other information you would find useful to add to the website.




## Newsletter on TSC Website

Previous editions of this newsletter are posted on the Club website.

email any comments to:

[newsletter@tiverton-swimming.co.uk](mailto:newsletter@tiverton-swimming.co.uk)

We would love to hear from you!

-  [Forward to a Friend](#)
-  [Follow on Twitter](#)
-  [Friend on Facebook](#)

[Unsubscribe](#)

[Update Subscription Preferences](#)

[View Email In Browser](#)

may have.



Copyright © 2014 Tiverton Swimming Club All rights reserved.

\*|LIST:DESCRIPTION|\*

\*|LIST:ADDRESS|\*