



Welcome back after the summer break!

I hope you have enjoyed some fun in the sun during the summer break. Normal swimming club training restarted at EVLC at 6am on Monday 15th Aug and we are now preparing for the start of the new season's swimming- see you at the pool!

Coach and teacher updates

We are delighted to welcome Claire Richardson as a new volunteer coach for the club. Claire has coached swimming in America and Portugal and is a level 2 ASA UK qualified swimming coach and has a level 3 coach qualification in USA. Claire has been coaching Barnstaple Masters swimmers before moving areas and joining us at Tiverton and will coach swimmers in the Skill Development and Masters squad. We would also like to congratulate another of our volunteer coaches, Teresa Smith who was awarded the ASA level 2 certificate in coaching swimming award in April, after completing her training and final assessment. We have waved goodbye to Steve Radford, one of our volunteer swim teachers who has been a regular feature at the Friday night Learn to Swim sessions, and thank him for his time and commitment to the club. Alison Williams who currently volunteers teaching swimming on Sunday evenings, will switch sessions and move to join the Learn to Swim team on Friday nights from September.

SW Regional Championships

The club had a record number of twelve of its best young swimmers qualify to compete at this year's ASA South West Regional Age Group and Youth Championships and between them they reached seven finals and gained 37 personal best times. Only around 5% of the fastest swimmers in the six counties of the South West gain the qualifying times to compete at this prestigious event, so for a club of Tiverton's size this is a tremendous achievement and just reward for all the hours of hard work put in by everyone.

At the Age Group Championships 13 year old Jack Aldridge was in fine form, setting personal best times in eight different events and in the process qualified for all three breaststroke finals, where he finished 7th in the 50m & 100m and 8th in the 200m. In the same age group

Events & info

Club galas & Meets

Devon County Masters Champs

Sept 11th Exe Valley Leisure Centre, Tiverton

SW Regional Relays

Sept 18th at Millfield for selected girls, boys and mixed relay teams

Frome Autumn open meet

Oct 22/23 SC L3 in Millfield

10th Sparkler open meet

Nov 6th SC L3 in EVLC, Tiverton

Plymouth open Meet

Nov 19/20 SC L2 in Life Centre

Dec meets TBC

Arena League 2016

Western Area division 2

October 8th Horfield in Bristol at 5pm we are the HOSTS at this gala!

November 12th

December 10th

Team galas for selected swimmers later venues and times TBC

Save the date!

10th Sparkler open meet

Sam Arrowsmith also set eight pb's and reached two butterfly finals, finishing 5th in the 100m and 7th in the 200m. Making up a talented quartet in that age group were Kai Clayton, who set pb's in the 50m butterfly, 100m & 200m freestyle and Robert Jones who did likewise in the 200m freestyle. 14 year old Finn Stoneman set pb's in the 50m & 100m backstroke and 11 year old Sam Ellis managed the same feat in all three butterfly events and reached the final of the 200m, where he finished in 6th place. 10 year old Jodie Dilks set five pb's and was unlucky not to reach a breaststroke final after finishing as second reserve in both the 100m and 200m. Gemma Dilks (10) gained a pb in the 100m backstroke and Olivia Broom (12) did likewise in the 200m breaststroke. Jake Stoneman (16), Oliver Bennet (15) and Will Goffey (15) all competed at the Youth Championships, with Stoneman setting a pb in reaching the 100m breaststroke final, where he finished in 10th place and Goffey setting pb's in the 100m freestyle, 50m breaststroke, 50m & 100m backstrokes.



SW Regional champs swimmers

Devon County Development gala

Sixteen swimmers travelled to Plymouth Life Centre to take part in the Devon Development Gala, many of whom were taking part in their first competitive meet. The team was in fine form, bringing home a total of thirteen medals as well as gaining numerous personal best times. Katie Walton led the way by bagging seven medals and gaining eight personal best times. She brought home silver medals in the 100m butterfly, 100m, 200m and 800m freestyle and bronze in the 100m breaststroke, 100m individual medley and 400m freestyle. Dylan Cleverley was also in fine form, gaining pb's in all ten of his races and winning silver medals in the 200m individual medley and the gruelling 1500m freestyle, as well as bronze in the 400m freestyle. Guy Cridland was really unlucky not to win a medal after finishing fourth in all five of his races in personal best times. Micah Partridge had four great personal best swims and was rewarded with a silver medal in the 200m individual medley and bronze in the 100m individual

The 10th Sparkler (TSC's annual open meet) has 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. The meet pack is available from the club website including details of the promoters conditions, including the no faster than and no slower than times for swimmers to enter. **This year all of the competitors entry times must have been achieved during licenced meets and also be logged onto the ASA ranking site.** The closing date for the Sparkler is October 6th.

Tony Pryce loyalty card

The club now has a loyalty card with Tony Pryce Intersport in Tiverton. If you would like to contribute to this please ask the cashier to add your sales points to the TSC club card- it's a way of raising funds for the club and is much appreciated thanks!

Young Coach of the Year!

Lorna Burston won the Exeter Foundation Devon Sports Awards 2016, Young Coach of the Year award! Lorna was nominated by TSC in recognition of her time volunteering to teach swimmers in LTS, CSA and SD in the club, she is poolside on Wed, Fri and Sundays. Lorna received her award from Colin Jackson at a glitzy awards ceremony at Sandy Park on Friday 13th May. Exeter College have also filmed Lorna in action coaching at the pool, to use as a video on the awards night and this clip can be seen on <https://www.youtube.com/watch?v=IE9O0RnaxNE&feature=youtu.be>



Dylan Swim 22

Dylan Cleverley swam 22 miles over 3 months

medley. Also celebrating was Jessica Swanston who gained pb's in four races and came away with a silver medal in the 200m breaststroke. There were strong performances also from Lucy Webber who achieved a tremendous eight personal best times, with Wilfred Arrowsmith and Cadie Yardley claiming six each. Tyler Pike, Jon Carpenter-Smith, Sophie Attwood-Groves and Peter Smith each managed pb's in three events; with Emily Peters, Megan Sharp, Bethany Lawrence and Leo Muggerridge all gaining one each.



Devon Development gala swimmers

Devon Interclub gala

In June, we sent fourteen of our fastest swimmers to the Plymouth Life Centre to compete in the 2016 Devon Inter-Club Gala against ten other clubs from the county. The day began with the traditional parade of club pennants carried by two swimmers from each club and this year it was Sidonie Andrews and Jack Aldridge who were given the honour of representing Tiverton at the head of the parade. In a competition that is dominated by Plymouth Leander who won 20 of the 38 events, we were delighted to come next on the wins list, finishing first on six occasions, which helped us to an overall position of sixth place.

The 11 and under team was represented superbly by Gemma Dilks, Jodie Dilks, Wilfred Arrowsmith and Sam Ellis who all gained personal best times and teamed up to win the mixed medley relay. Sam Ellis also won the 50m freestyle and 50m butterfly, with Jodie Dilks doing likewise in the 50m butterfly and 50m breaststroke. Gemma Dilks finished first in the 50m backstroke and third in the 50m freestyle. Sam Arrowsmith, Kai Clayton, Jack Aldridge, Sidonie Andrews and Olivia Broom competed in the 13 and under team, with all swimmers gaining personal best times. Sam Arrowsmith secured second place in the 50m butterfly and third place in the 50m backstroke, whilst Jack Aldridge and Kai Clayton raced strongly to finish second in the 50m breaststroke and third in the 50m freestyle respectively.

(the equivalent of crossing the channel) and raised over £1000 for Diabetes UK this summer. Following his mammoth swim Dylan was nominated and selected as a finalist in the Mid Devon Pride Young Hero of the year award. The glitzy awards ceremony took place at Padbrook Park in June, and during the evening Dylan won the Young hero of the Year award and then the **overall** Mid Devon Pride Hero of the year award too! A fantastic achievement for Dylan and well deserved after all of his hard work swimming in the pool and tireless fundraising- Well done Dylan TSC are proud of your achievements too!



Blundell's summer swimming

In previous years the club squads have swum in August at the open air pool at Blundells School. We had planned to swim there again this summer, but the 30m pool is undergoing planned maintenance, which meant that we were unable to use the facility in August. We hope to return to Blundells pool next year for some more alfresco swimming.

Swim 21

Each year the club reviews its policies and procedures and submits information to a National Swim 21 Panel as part of an annual Swim 21 Health Check. Sue Haigh is the club's swim 21 co-ordinator who leads this process and again for the 8th year running we have been awarded Swim 21 accreditation for the club.



Wavepower 2016-19

The 15 and under team was made up of Finn Stoneman, Oliver Bennet and Katie Walton, helped out by Sam Arrowsmith, Jodie Dilks and Gemma Dilks. Oliver Bennet swam well to claim third place in the 100m butterfly, gaining personal best times in all three of his races. Katie Walton and Finn Stoneman were also in top form, with both of them achieving fantastic PB's.

Representing the Open category with some great performances were Rebecca Jenkinson and Gemma Owen, with the help of Kai Clayton, Jack Aldridge, Finn Stoneman and Oliver Bennet.



Devon Interclub team at Plymouth life centre

Fast 5 Regional sprint gala

Four boys travelled to the GL1 Centre in Gloucester to take part in the South West Regional "Fast Five" sprint meet. All four boys had achieved regional swimming qualifying times during the year, which allowed them entry into this prestigious event where they swim 50m sprints in all four strokes and the 100m individual medley. Twelve year old Sam Arrowsmith was in fine form, finishing 5th in the butterfly and 6th in the breaststroke in a personal best time, which helped him to a fantastic 6th place overall. Also swimming well was Jack Aldridge (13) who claimed 4th place in the breaststroke, as well as gaining two personal best times to help him finish 13th overall. Kai Clayton (12) swam an incredibly quick freestyle to finish in 2nd place and he achieved personal best times in all five events to secure 16th place overall. Eleven year old Sam Ellis put in a great performance to claim 3rd place in the butterfly and gained two personal best times to end the day in 21st position.

The ASA support swimming clubs with child safeguarding processes and they have recently updated their "Wavepower" document in March. Information for parents about Wavepower can be found at <http://www.swimming.org/asa/clubs-and-members/information-for-parents/>. As TSC follows this safeguarding guidance, we are in the process of updating policies and procedures, which will be posted on the website once completed.

Summer shut down is over!

As we have now finished the 3 week summer shut down for the club, we would like to thank everyone who has coached, volunteered, swum and supported the club so far this year- the committee hope you all had a good rest and enjoyed some summer sunshine and we look forward to getting back together for the start of the new swimming season in September!

TSC Twitter feed

We have a club twitter feed, which currently has 338 followers, and we would like to see this reach 400 if we can! The twitter feed gives information on what's happening at the club, other swimming updates and also posts gala results on the day of competition, so you can follow the club swimmers progress at meets. Either follow us on twitter @tivyswimming or you can read the live feed as it is also posted on the club website.



TSC volunteers request

The club **needs more parents to volunteer** to support the regular ongoing activities, do you have some time 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



Fast

5 sprint swimmers at GL1 centre in Gloucester

Masters news!

On Sunday 15th May two TSC Masters swimmers, Rebecca Jenkinson (53) and Lucy Boyde competed in the annual Royal Navy Masters 25m Open meet at Millfield. It was Lucy's first adventure into competitive swimming but no one would have known as she came 3rd in 50m breast (43.8), 2nd in 50m fly (38.1), 3rd in 100m free (1:13.7) and 4th in 50m free (33.1) in her Masters age group. A fantastic achievement for a first timer! Rebecca has competed at this meet on several occasions and holds various masters five yearly age group meet records. This year she swam in three events and gained a 1st in 50m free (30.8), 1st in 100IM (1:20.7) and 2nd in 50m breast (40.1). Rebecca is competing in 50m free and two backstroke events at the European Masters Championship at the London Aquatic Centre at the end of May."

Outdoor swimming fun!

Masters swimmers and Guy and Gemma O have had a great time competing at open swim events this summer- as you can see by the big grins on their faces, the annual Burgh Island swim was a great success!

training, social secretary, LTS support worker, poolside helper, swimming coach or teacher development **Please do 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. *Everyone involved at the club is a volunteer, whether they are a parent, coach, longstanding club member or an official, and we do this to keep the club going for the swimmers!*

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 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

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Burgh Island swimmers

The next outdoor swim race was the Bantham Pub to Pub open swim and run! Andrea was the third lady to finish and the first Tivvy swimmer, beating Graham on the run up the hill to the pub!



Bantham swimmers after the fun day!

Club Championships 2016

The Club champs took place on Sunday 10th July at EVLC and saw 73 swimmers compete in a licenced Level 4 meet. The day was a great success, with many fast times being swum by the club swimmers. The youngest swimmer competing was 6 years old and the oldest 21 and was a good introduction to competitive gala's for many youngsters who entered their first club champs this year. To make this day a licenced meet, the club needed many volunteer officials, with 2 referees, a race starter, a chief time keeper, 3 stroke judges, 6 timekeepers, 2 turns judges, 2 place judges, 2

poolside marshals, Hytek desk/timing experts, 3 team managers, coaches, announcer, runner, medals table, refreshments, Raffle and program sellers and a meet manager. All together we had **34 brilliant volunteers** who gave up their Sunday to enable the club to run the event as a L4 meet- a **HUGE THANK YOU TO ALL OF THEM**. We raised £152 selling raffle tickets and programs on the day, so thank you to everyone who donated drawer prizes, it was much appreciated.



Giant inflatable fun!

The club ended the season by offering two giant inflatable fun sessions for swimmers in CSA, SD, JPS, Comp, Club and Endurance squads. The young swimmers all had great fun clambering and sliding over the multicoloured obstacles. Teresa, Lorna and Yasmin also had fun, getting in the pool during the CSA inflatable session to support the smaller and younger swimmers in this group- Thanks!



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



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