



Club restructure!

We have now settled into the club restructure, which saw some squad changes, swimmer promotions and renaming of squads. The group changes were designed to have a positive impact on our young swimmers development, and to enable their progression from skill development through to competitive squads and ultimately onto the performance squads over time. If you have any questions about your swimmer and their development, please speak with the coaches, preferably before or after a training session.

Coach and volunteer updates

We are delighted to welcome John Bishop as a new volunteer coach for the club. John has coached swimming in Exeter for 10 years and is level 2 ASA qualified. John will initially coach sessions on a Tuesday and Wednesday in the pool, and has covered weekend sessions when Lucy and Garry have been at galas and swimming events. We look forward to working with John as we develop the club and it's swimmers further.

Congratulations also go to Sally Tovey who has completed her J1 training and can now support the club as an official at galas. Sally joins our great team of officials, Terry, Sue, Rebecca, Alison, Jim and Teresa who provide vital support to run all of the galas we enter and many more as well. Without such a strong team of officials we would not be able to host events such as the Arena league, Sparkler or Club championships. Gemma Owen is currently part way through accrediting her J1 training and we hope to welcome her to the officials team soon. If **YOU** are interested in becoming an official and supporting the club, please let us know and we can support your development along this route.

Devon Masters Championships

Five swimmers represented Tiverton Swimming Club at this year's Devon County Masters Gala at Exe Valley Leisure Centre in September. Facing competition from around the county, the squad of Graham Cridland, Rebecca Jenkinson, Lorna Burston, Lucy Boyd and Terry Fullick all put in fine performances and were rewarded with a total haul of ten gold medals, five silvers and one bronze.

Events & info

Club galas & Meets

Exeter

Invitational meet

Oct 22/23 and 29th SC
L3 in Pyramids

10th Sparkler open meet

Nov 6th SC L3 in EVLC,
Tiverton

Plymouth open Meet

Nov 19/20 SC L2 in Life
Centre

Yeovil Christmas Meet

Dec 17/18 SC L2 in
Millfield

Arena League 2016

Western Area division 2

October 8th

Horfield in Bristol we
came 3rd

November 12th

Horfield in Bristol again!

December 10th

Venue tbc

Team galas for

selected swimmers



Graham, Rebecca, Lorna, Lucy & Terry at the County Masters Champs

SW regional relay Championships

Two teams travelled to Millfield School to take part in the 2016 South West Regional Relay Championships. Swimming first, the girls 10/11 year old team put in a fantastic performance to win bronze medals in both the medley and freestyle relays. The medley relay saw Lucy Webber lead off in the backstroke leg, followed by Jessica Swanston in the breaststroke, Jodie Dilks in the butterfly and bringing the team home was Gemma Dilks in the freestyle.

Later that day, the boys 13/14 year old team swam brilliantly to claim silver medals in both relays. In a nail-biting medley final they fought hard to snatch the silver medal on the line with Robert Jones swimming the backstroke leg, Jack Aldridge the breaststroke, Sam Arrowsmith the butterfly and Kai Clayton the freestyle.

**Tombola donations
required ASAP!**

**10th Sparkler
fundraising**

The 10th Sparkler will be held on **Sunday 6th November** at EVLC pool. We need **tombola donations by Wed 2nd Nov (next week!)** to raise funds on the day.

Please bring in your donations and give them to any committee member to add to the tombola which will be run at the Sparkler! Many thanks for your help with making this a successful fundraising opportunity.

Sparkler raffle prizes

**10th Sparkler
fundraising**

Jo Skeel has been busy collecting sponsorship and raffle prizes for the Sparkler, from local businesses over the last 6 months. We have some fantastic prizes lined up, so please buy some raffle tickets!

Raffle tickets at £1 each will also be available to buy on Tues 1st & Wed 2nd Nov at poolside if you



Doing the double! Two Bronze medals for the girls and two silver for the boys teams

Arena league Round 1 gala

On October 8th a coach left EVLC at 2.15pm and took a team of TSC swimmers to race at round one of the National swimming league (most

wish to buy some in advance (see Sara).

1st prize an adult annual membership pass at Mid Devon Leisure (all 3 sites- Exe Valley, Lords Meadow & Culm Valley)

2nd prize Exeter City tickets

3rd prize Exeter Chiefs tickets

plus lots more great prizes:

A chocolate hamper, Stinky Vintage cheesy treats, a manicure at Heyford House, Cream Tea at the Bakehouse Cafe, Mrs Gills country cakes, tickets for Tropiquaria, Pennywell Farm, Bear Trail, River Dart Country Park, Diggerland, Pecorama.....**but that's**

not all, we also have vouchers for Tony Pryce InterSports, The Skylark, Tesco, Darling Buds florist, Usborne books, 10 adult swim passes and 10 child swim passes at Mid Devon Leisure..... its only £1 per ticket

... **and you have to be in it to win it!**

Long course training opportunities

commonly called the Arena league). TSC are in division 2 and we hosted gala 2 at Horfield swimming pool in Bristol at 5pm. The swimmers put on a fantastic team performance and we came 3rd in the gala with Dawlish taking first place and United Bristol second. There were many fast swims and PBs gained during the event, and the team put on a great display supporting each other and making a terrific noise cheering during the evening. Head coach Lucy was very proud of them all. The swimmers were all thrilled to make a stop at McDonalds to eat on the way back, and a tired but happy group arrived back in Tiverton at 10.30pm later that night. Many thanks also go to our fabulous TSC referees, starters & officials- Terry, Alison, Teresa, Rebecca and Sally who ran the gala as we were the host team. Thanks also to Tony D and Sam on the recording desk, collating the results, Sara as the gala announcer, Lucy and Garry, the coaches and team managers, Denise, Mandy and Emma for organising spectator entry and raising £76.50 for the club with a raffle, and to all of those club members who donated a raffle prize for us to take on the day. We received many thanks for hosting the event from the 7 other clubs competing against us, and look forward travelling to a more relaxed round two on Nov 12th at Horfield again. The R2 warm up is at 5pm, and West Wilts Force 5 are the gala hosts at this round.....



Most (but not all) of the Arenal league R1 team at Horfield Pool

Devon Intercounties gala selection

Congratulations to Jack and Sam who were selected to swim for the Devon county squad at the National inter-counties championships held in Ponds Forge in Sheffield on 23 October. This was a wonderful opportunity for the boys to showcase their fast swimming at this prestigious national team event. Devon entered the competition in Division 2 of the league this year, but swimming fast to achieve third place on the day, meant that the county team will now be promoted to Division 1 next year, much to the swimmers and coaches delight! Jack

Some of our performance squad swimmers have joined in long course training sessions with both Exeter SC and Dawlish SC currently being held in the new 50m Mount Kelly Swim Centre pool in Tavistock. These sessions have been made possible by the club networking with the Head coaches at both Exeter and Dawlish. The aim of these sessions is for swimmers to gain experience training in 50m long course pool in preparation for racing at the regional LC championships held in the spring of 2017.

New Backstroke starting wedge

The club has bought a WEDG.IE for swimmers to use in training. This new piece of kit is a backstroke start wedge and will be fitted to a starting block at EVLC for swimmers to learn how to use in competitive racing. The backstroke wedges are now available in Plymouth, Millfield and Hengrove swimming pools when Devon

swam in the 100m breast and Sam in the 100m fly, both swimming PB's and placing 6th in their individual events. They were then part of the medley relay, coming a very creditable 3rd place against the other county teams. The boys both had a fantastic experience, swam brilliantly and were described "as a credit to their club and their county" by Sue Haigh who was one of the team managers for Devon County ASA. Karen Fullick travelled to Sheffield as a Team manager, and Terry Fullick also represented TSC as one of the officials at the annual inter-counties event



Jack and Sam who raced at Ponds Forge in Sheffield for Devon County Team

Sparkler 10th Gala!

This year we are running the 10th Sparkler gala, and need parents to volunteer to run the event on the day. There is a list up at poolside where you can sign up for a job. There are 3

County and SWR swimming events are being held.

Regional camp selection

Following their success in racing at the SWRegional championships in May, three of our swimmers- Sam Ellis, Jodie Dilks and Gemma Dilks were selected to attend the South West Regional swimmer development camps for 11 year olds. In September they attended two days of swim training at Oxleys Leisure Centre in Sherbourne, Dorset. The development sessions focused on swimmers developing better streamlining whilst swimming, understanding why they should make good nutritional choices and also how to achieve an athletes "performance lifestyle".

Club Treasurer needed

Our Current Treasurer Tony Follett is looking to stand down in the next

sessions for the events, so you can mix and match and try out different jobs during the day. All help is much appreciated, as we are all volunteers who give our time and expertise to run this fun gala for our swimmers and the local swimming community. This year we have 17 clubs and over 220 swimmers racing for fast times. **So please COME ON DOWN TO POOLSIDE and VOLUNTEER!**

Good advice for those swimmers racing at the Sparkler on 6th Nov is....



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.



few months. This is an essential role for the club and we are looking for a new volunteer to step forward and take on this position. Full training will be given by Tony on how to manage the clubs finances, and ideally there will be a gradual handover of responsibilities to the new treasurer to ease them into the role. Please speak to any of the committee members or the chairman (Sara) if you are interested in the vital job for the club.

Codes of conduct

Have you read, agreed and signed the swimmer or parent code of conduct yet? These are being sent out across the club to all swimmers and parents, and are available on the TSC website to read. Please ensure you return your signed copies to the club Secretary (Natasha), and that includes the coaches officials, and committee members codes of conduct too.

TSC Twitter feed

We have a club twitter feed, which currently

has **369** 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 need your help

The club **needs more parents** to support the regular ongoing activities that we offer our swimmers. Do you have some time to support the club and keep it going? If so, please speak to any committee member and ask about how you can help, it would be much appreciated by all.

Please do come and join in and help us to keep this club going!

We 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 in our spare time to keep the club going for all of the swimmers!

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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