



## Tiverton Swimming Club NEWSLETTER

February 2017



### Club presentation evening on 7th January

TSC held its annual presentation evening at Moorhayes Community Centre where members, parents, coaches and volunteers all gathered to celebrate the achievements of the past year, with Club President Terry Fullick handing out the awards. A great night of awards, food, drinks and dancing was had by all! Thank you to everyone who came, donated food and raffle prizes and to those who organised it and cleared up at the end of the night too. We raised £105 for the raffle on the night.



We had an excellent disco and dance moves were demonstrated by our resident club DJ Alex Wilcox, he certainly knows how to make the moves! and as you can see, they had great fun on the dance floor after the awards were handed out.

The first award recipients were from our youngest swimmers in the Learn to Swim (LTS) section of the Club, where **distance award certificates** were handed out. The youngsters had to swim as far as they could one Friday night in December, and were all thrilled to receive their ASA awards and badges achieved on the night.

### Events & info

#### Club galas & Meets

##### Devon County Long distance champs

Sat 25th Feb at Plymouth Life Centre

##### Devon County Relay gala

Sat 4th March at Plymouth Life Centre

##### Swim Wales Masters & Seniors meet

4th & 5th March at Swansea National Pool

##### Royal Navy Masters

12th March at Millfield

##### Tigersharks Swindon

##### L2&3 meet

Sat 18th & Sun 19th March in Swindon

##### CSA Race Night

Wed 29th March 6pm at EVLC

**25m** Jessica Miller, Katie Williams & Madison Pike  
**50m** Alex Rushton, Amber Duthie, Feriera Duthie, Harvey Pratt  
**200m** Dyllan Smith, Eric Pickering, Lois Rowland, Harley Ewings, Micah King  
**400m** Jasmine Duncan, Jezimae Partridge  
**600m** Jacob Lawrence, Kitty Webber  
**800m** Freya Harris, Leo McGregor-Harper  
**950m** Cari Evans  
**1150m** Maddie Biss  
**1350m** Callum Yardley  
**1600m** Nea King

#### Junior squad awards

Youngsters were also awarded trophies for their swimming and training during the year and Alex Rushton was named **LTS** top boy and Jezimae Partridge top girl; with Callum Yardley and Cari Evans getting the top boy and girl trainer awards.

From the Competitive Swim Award (**CSA**) training group, AJ Demir was named top boy and Rose Smythe top girl, with Corbyn Spargo and Nea King winning the top trainer awards on the night.

#### CSA Race night winners in December:

Medals were also awarded to the top three fastest swimmers who competed at the CSA Race night in December. There were three age categories; **8 and under**, **9-10** and **11 and over** at this event. Well done to all of the swimmers who raced on the night, lots of personal best times were also achieved in the pool!

#### Medals were awarded to the following girls:

Girls 25 free **gold** to Emily Miller, Bethany Lawrence and Rebecca Panton  
 Girls 25 free **silver** to Isla Reaves and Brooke Scoble  
 Girls 25 free **bronze** to Phoebe Green and Grace Baldwin  
 Girls 25 back **gold** to Emily Miller, Bethany Lawrence and Rebecca Panton  
 Girls 25 back **silver** to Isla Reaves and Grace Baldwin  
 Girls 24 back **bronze** to Lotte Declerk and Nea King  
 Girls 25 breast **gold** to Isla Reaves, Grace Baldwin and Rebecca Panton  
 Girls 25 breast **silver** to Lotte De Clerk and Bethany Lawrence  
 Girls 25 breast **bronze** Rose Smythe and Nea King  
 Girls 25 fly **gold** to Lotte Declerk, Elysia Partridge and Rebecca panton  
 Girls 25 fly **silver** to Isla Reaves and Grace Baldwin  
 Girls 25 fly **bronze** to Emily Miller and Bethany Lawrence.

#### City of Wells Long Course L3 meet

Sat 8th & Sun 9th April  
 at Millfield pool.

#### Exeter & Taunton Deane Long Course L1 meet

Sat 15th and Sun 16th April at  
 Millfield pool

#### Meet entry closing dates

The club closing date for entries into the **Tigersharks** meet is 22nd Feb, so get your entries to Sally before then!

The **City of Wells** meet has a club entry closing date of 1st March..don't be late sending your entries to Sally.

#### Club Championships 2017



We are planning to hold our annual club championships as a Level 4 licenced meet on Sunday 16th July from 12 noon until 7pm. Swimmers please save the date and parents, timekeepers, marshals please **put this in your diary** as we need as much help as possible

### Boys race night medals

25 free **gold** to Murray McCombe, Leo Muggeridge and Finnian Batsford

25 free **silver** to Jasper Newnes, Jack Anderson and Leo Wojewoda

25 free **bronze** to Callum Yardley, Kai Perrott and Jacob Chambers

25 back **gold** to Jasper Newnes, Jack Anderson and Finnian Batsford

25 back **silver** to Murray McCombe, Leo Muggeridge and Jacob Chambers

25 back **bronze** to Callum Yardley, Matthew Follett and Leo Wojewoda

25 breast **gold** to Murray McCombe, Leo Muggeridge and Jacob Chambers

25 breast **silver** to Jasper Newnes, Matthew Follett and Finnian Batsford

25 breast **bronze** to Oliver Webber, Joseph Webber and Leo Wojewoda

25 fly **gold** to Murray McCombe, Matthew Follett and Finnian Batsford

25 fly **silver** to Jasper Newnes, Leo Muggeridge and Leo Wojewoda

25 fly **bronze** to Callum Yardley, Corbyn Spargo and Jacob Chambers

### Next up were the girl and boy age group winners from the Club Championships:

These trophies were won at the club champs held in July and went to swimmers in the different age groups who scored the most points swimming in their combined races.

7 year olds and under: Lotte DeClerk and Oliver Webber

8 year olds: Sydney Boyde and William Chambers

9 year olds: Cadie Yardley and Freddie Brassey-Barlow

10 year olds: Jodie Dilks and Peter Smith

11 year olds: Jessica Swanston and Sam Ellis

12 year olds: Olivia Broom and Sam Arrowsmith

13 year olds: Tyler Pike and Jack Aldridge

14 year olds: Katie Walton and Dylan Cleverley

15 year olds and over: Lorna Burstons and Oliver Bennet

to run this event successfully on the day.

### Club helpers & officials



A big thank you to all of the parents and officials who volunteered for jobs at the Devon County Championships in Plymouth in January. We have to support Devon ASA each year to ensure the smooth running of the championships, and we were proud to offer lots of our club officials at the different sessions, plus parents who volunteered for warm up marshal, program duties, swimmer marshal, swim down marshal jobs during all three weekends. A big thank you also goes to coaches Lucy and Garry and team managers John and Emrys for supporting the children at poolside during the three weekends of racing.

### March Race Night

We will be placing a list up on the club noticeboard soon for parents to volunteer for jobs that need to be filled on race night. We will need 6 timekeepers, 3 swimmer



The award-winning swimmers and their trophies & certificates at Moorhayes CC.

### **Most Improved squad swimmers**

Next we focused on swimmers in the more competitive squads in the club, and the trophy for the most improved boy was awarded to Dylan Cleverley who has worked hard this year to make swimming gains and Jessica Swanston, another young swimmer who has also worked hard to improved her skills, to achieve SW Regional qualification times, taking the honour for the girls.

### **New Club Captain**

This year the Head Coach created a new honour for a senior swimmer at the club. This award goes to a swimmer who will be a role model for youngsters at the club, assist at galas and be a link between swimmers and their coaches. Gemma Owen, who is also a young volunteer at the club and is training to be a J1 official was named as the new TSC club captain this year!

The main award of the evening, the prestigious title of **Swimmer of the year** was presented to Katie Walton, who the coaches felt had shown great dedication and commitment to training despite some setbacks the previous year and was now reaping the rewards of her hard work with several county championship qualifying times.

marshals and a results runner to help make the night run smoothly. **Please sign up if you can help out** at this fun club night being held on Wed 29th March from 6pm.



### **Land training**

We have started to offer strength and conditioning sessions (often called land training) to swimmers in the older competitive squads. This enables the coaches to train our swimmers with a view to their long term athletic development (LTAD). The sessions are being introduced on a Sunday evening before swim training and aim to improve our swimmers strength and fitness, using their own body weight as a means of training. We hope to move outdoors to "land train" in the warmer weather.



### **Mini League update**

The club will not take part in



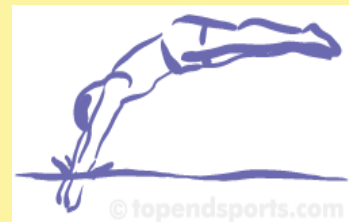
Terry and Swimmer of the Year Katie at Moorhayes Community Centre in January

Finally, we got to the last award of the evening and club stalwart Jim Loosemore was presented with an **outstanding service award** in appreciation of the many years that he has spent supporting the club on poolside guiding the swimmers and acting as an official for TSC. Jim is a legend at TSC and his volunteering work for the club has been simply amazing in the last 30+ years! Thanks Jim from all of us, you are a star!



Terry and Jim at Moorhayes CC in January

the North Devon mini league this year, as we are unable to provide sufficient team members to race in the in the Open and 15 year old age groups in this local league. However, the committee have decided to set up a new team gala event for youngsters in the club, aimed at swimmers aged 13 and under to enable them to get a flavour of racing as a team. We are planning to run this **junior team gala** with other clubs on Sunday 28th May, hopefully with two Tiverton teams and four other local swim clubs to get the competitive team spirit going..... watch this space and **SAVE THE DATE!**



### Competitive start award

With the onset of gala season, the coaches (Teresa, Lorna and Lucy) have been assessing younger swimmers in their deep diving skills, with a view to them completing the competitive start award. This CSA award is a requirement for swimmers who must reach a

## Yeovil Christmas meet

In the weekend before Christmas, a group of 19 young swimmers came away with a fantastic haul of 19 medals and 72 personal best times when they took part in the Yeovil level 3 Christmas meet at Millfield School. This meet was the last chance to gain qualifying times for the Devon County Championships.

13 year old Kai Clayton was in great form, romping home with gold medals in the 50m butterfly and the 100m backstroke, as well as silver in the 200m freestyle. Not to be outdone, 11 year old Jessica Swanston also claimed two golds, finishing ahead of the field in the 50m breaststroke and the 100m individual medley.

Emma Declerk (9) swam brilliantly and was rewarded with a full set of medals, claiming gold in the 200m backstroke, silver in the 50m breaststroke and bronze in the 50m backstroke.

16 year old Gemma Owen came away with silver medals in the 100m and 200m individual medleys, as well as bronze in the 50m backstroke and the 100m freestyle.

For the 15 year olds, Oliver Bennet took silver in the 100m and 200m butterfly and bronze in the 100m breaststroke; whilst Katie Walton was unlucky not to win a medal after finishing fourth in three of her races.

Olivia Broom (12) took silver in the 100m individual medley and there were bronze medals for Dylan Cleverley (14) in the 400m freestyle, Arabella Boyde (10) in the 100m individual medley and Lucy Webber (11) in the 200m backstroke.

Lauren Baker (10), Jon Carpenter-Smith (13) and Yasmin Smith (14) recorded an incredible six personal best times each, there were four each for Peter Smith (11) and Megan Sharp (12), three for Sophie Attwood-Groves (12) and two each for Micah Partridge (12) and Emily Peters (13).

Amy Stewart (12) did well to finish sixth in the 100m backstroke despite carrying a shoulder injury which forced her to pull out of the rest of her races.

certain standard to enable them to dive safely from blocks in races. Swimmers who don't meet this diving standard will be advised to start their races in the pool by their coaches.

## Backstroke Wedge

The club has purchased a backstroke wedge training aid (Wedg.ie) to enable swimmers to improve their backstroke starts in competitive races, it has proved to be a great training aid and is popular with the swimmers who have used it in squad training sessions.



## New caps with names

TSC has ordered new club swimming caps with individual swimmer names on them- look out on poolside at meets and events and spot the swimmers with their names added underneath the classic Tiverton 'T' logo! We will place another order for these caps in the future if you would like to buy one too (they cost £10 per



Yeovil Christmas Meet swimmers

## Devon Counties Championships

TSC enjoyed another successful year at the Devon County Championships in January this year. Eighteen swimmers gained the qualifying times to take part at the event which was held over 3 weekends in the Plymouth Life Centre. Between them they filled 52 final places, bagged 25 medals and gained numerous personal best times and club records. 11 year old Jodie Dilks reached thirteen finals, bringing home gold in the 50m breaststroke as well as four further silvers and two bronze medals, sister Gemma also performed brilliantly in qualifying for eleven finals and claiming two silvers and three bronze medals. In the same age group, Jessica Swanston and Lucy Webber gained three personal best times each, with Jess also reaching the 200m breaststroke final. For the 12 year olds, Micah Partridge, on his county championship debut, and Olivia Broom both claimed personal best times in the 50m backstroke.

Sam Arrowsmith (13) did superbly well to reach the overall championship final for the 200m butterfly, as well as making it into ten age group finals where he won five silver and two bronze medals. Jack Aldridge (13) did not disappoint in qualifying for seven finals and taking gold in an exciting 200m breaststroke final. Jack also took silver in the 200m butterfly and bronze in the 50m breaststroke. Robert Jones (13) swam brilliantly to make the 200m freestyle final and claimed personal best times in all seven of his events, with Kai Clayton (13) doing likewise in five of his.

There were three personal best times for Finn Stoneman (14) which helped him make the 50m and 100m backstroke finals. 15 year old Katie Walton achieved four Pbs and was unlucky not to pick up a medal when finishing fourth in the 100m butterfly final.

Oliver Bennet (16) qualified for two finals and brought home gold in the gruelling 200m butterfly and Gemma Owen (16) claimed a

cap). However, if you would like a TSC swim cap without a name on they are available to buy at poolside for £6 each.



## 2017 AGM date

We will be holding our Annual General Meeting at **7.15pm on Monday 27th March** in Room 3 at the **Old Heathcoat School Community Centre** (OHSCC) at 81 King Street, Tiverton, EX16 5JJ. There is ample parking outside this centre. Come and hear about the club successes in 2016, meet the committee members (old and new volunteers) and enter a competition **to win a free gift** in a prize draw for those who attend the meeting on the night.

**AGM**  
Annual General Meeting

**Swimmers and their adult chauffeurs are all welcome to join us at the AGM meeting, so put the date in your diary.**

bronze in the same event, as well as making two other finals and posting ten personal best times.

Four of our younger swimmers, Emma Declerk (9), Bethany Moakes (10), Arabella Boyde (10) and Cadie Yardley (10) all performed well at their first county championships, with two personal best times for Bethany and one for Arabella. Head coach Lucy Walton was delighted with the swimmers performances both in and out of the pool, as they demonstrated that they were all a credit to the club. Lucy wants to take even more swimmers to the counties in Jan 2018, so hard work and commitment to training is needed by those swimmers who would like to qualify for the counties next year.



Most of the Devon Counties swimmers (some missing) at EVLC pool in Feb.

### 3rd Dartmoor Sprint meet

Twenty nine young swimmers travelled to Parklands Leisure Centre in Okehampton to compete in the 2017 Dartmoor Sprint Meet. Many were taking part in their first competitive gala which included the 100m individual medley and 50m sprints in all four strokes. Their efforts did not go unrewarded as a total of twenty six medals were won and a host of personal best times set.

9 year old Emma Declerk put in an outstanding performance, bringing home gold medals in the breaststroke, backstroke, freestyle and individual medley, as well as silver in the butterfly, which earned her the overall top girl award. Her 7 year old sister Lotte added to the family haul by claiming bronze in the butterfly.

Also celebrating were 10 year olds Lauren Baker and Cadie Yardley who both won gold medals in the butterfly, with Cadie adding a bronze in the individual medley.

Sydney Boyde (9) was on top form, adding to the medal haul with silvers in the backstroke, breaststroke, freestyle and individual medley; with Freddy Brassey-Barlow (10) doing likewise in the backstroke, breaststroke and individual medley and taking bronze in

### Club fundraiser still needed

We are looking for a new volunteer (or two) to step forward and take on the role of club fundraiser. We need someone to steer us along the fundraising route and make it top of their "to do list" Please speak to the Chairman (Sara) if you are interested in this vital job for the club, we do need help and someone's time to take this forward for the club.



### TSC Twitter feed join in!

We have a club twitter feed, which currently has **407** followers, and we would like to see this reach **500+** 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

the freestyle.

Arabella Boyde (10) came away with silver in the backstroke and bronze in the freestyle and there was a silver medal for Peter Smith (11) in the breaststroke.

Bronze medals were won by Yasmin Smith (15) in the backstroke and individual medley, Emily Peters (13) in the breaststroke, Wilf Arrowsmith (11) and Lucy Webber (11) in the backstroke and 6 year old Callum Yardley in the individual medley.

There were also several other top ten finishes and many personal best times from Tyler Pike (14), Micah Partridge (13), Grace Baldwin (9), William Brassey-Barlow (11), Rose Fawell (11), Chloe Muggeridge (12), Leo Muggeridge (10), Emily Miller (7), Megan Sharp (12), Corbyn Spargo (10), Harri Davies (10), Phoebe Green (8), Louisa Gibbins (11), Bethany Lawrence (10), Elysia Partridge (10) and Oliver Webber (7).



Club swimmers competing at the 3rd Dartmoor Sprint meet in Okehampton in Feb

## Have YOU ever thought about becoming an official?

by Terry Fullick, Club President

Officials are trained volunteers who are required at every swimming gala and at the six lane pool in Tiverton, we need a minimum of 16 volunteers to successfully run a licenced event.

- 1 x Referee
- 1 x Starter
- 1 x Chief Timekeeper/Inspector of Turns (Judge 1)
- 2 x Place/Finish Judges (Judge 2)
- 2 x Stroke Judges (Judge 2)
- 6 x Timekeeper/Turn (Start end, Judge 1)
- 3 x Turn Judges (Turn end, Judge 1)

Whilst some of the roles could 'double up' this is still an awful lot of

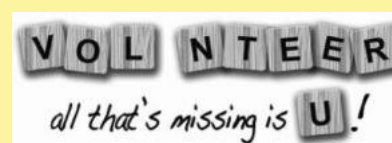
website, **or send the club a tweet, and we can re-tweet it to the members!**



## 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.



## 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!

'manpower' to put on a swimming event!

We are lucky at Tiverton in that we have at present, 8 nationally qualified officials including 2 referees and a number of trained 'club' timekeepers, this allows us to spread the workload at open meets and provide an annual licensed club championship. That said, we are always looking for more volunteers to join in, especially club timekeepers.

As a club we are required to provide at least one official at every race meet we enter (level 1, 2 and 3). In addition we require enough timekeepers, 10 in total, to be able to run our club championships each year as a level 4 meet in order that the times can be used for entry into county galas and added to the ASA rankings site.

We have already been approached by 2 new parents looking to get their Judge 1 qualification allowing them to officiate at all meetings, including National Championships, and I am looking to run another club timekeeper course (Max 10 places) to ensure we have enough trained timekeepers to run our club championships later in the year. Further details can be obtained from the British Swimming website:

<https://www.britishswimming.org/browse-sport/swimming/officials/officials-qualifications-training/>




Please contact either myself (Terry Fullick) or Sara (chairman) and we will let you have more information.

In brief the club timekeeper training is a course held locally at the pool consisting of one classroom session and a practical where you time 20 races, which I would hold at a 'race night' held at the club.

The Judge one course is a classroom lesson, workbook and a number of mentoring sessions with qualified officials followed by a one to one assessment. There are NO exams!!!

Perks, other than the satisfaction of helping and being a member of a great team, include expenses for level 3 meetings and above, food and drink provided at meetings, the occasional free tee shirt (I now have a wardrobe full!) clip board or drinks bottle and of course you get one of the best viewing points at the gala to see your children swim!

Please let me know if you are interested in either becoming a national Judge 1 official or a club timekeeper. The only qualification required is that you are registered with the club and need to be 14 or over to be a Timekeeper or 15 or over to become a Judge 1. My contact details are [terryfullick@fsmail.net](mailto:terryfullick@fsmail.net)

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Referee

Terry Fullick at EVLC pool at the 10th Sparkler

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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