



Tiverton Swimming Club NEWSLETTER

April 2017



Club changes in committee members

TSC held its AGM at Old Heathcoat Community Centre on Monday 27th March, where members, parents, coaches and volunteers gathered to discuss the club events of the past year and look at the club plans for the year ahead. At this meeting we said farewell to Natasha Attwood-Groves and Anna-Marie Southcott who have both served on the committee for the last 2 years. Natasha has been our club secretary, working tirelessly to ensure the day to day running of the club goes to plan, and has given an enormous amount of her time and goodwill to the club and it's members. Anna-Marie has been our membership secretary, ensuring new members are registered with the ASA and updating our club "Team Manager" database with swimmer squad details, again giving up lots of time to run this hidden part of the club. Tony Follett, the treasurer for the club over the last 16 months has also decided to stand down, and we thank him for his hard work controlling the finances for the club. These changes in our volunteer workforce meant we had 3 new members to nominate and appoint to the committee during the AGM. Donna Webber will be our new club secretary, Ian Davies the new treasurer and Lyndsey Baker the new membership secretary. The other nine committee members have agreed to remain in post and would like to thank Natasha, Anna-Marie and Tony for their commitment to the club and also welcome the new volunteer parents who have now joined the committee - we look forward to working with them. The Club Chairman, Sara Dilks would like to thank everyone who took the time to come along to the AGM, it was much appreciated. Details of the reports and minutes from the meeting have been emailed out to all club members, and can also be found on the club website www.tiverton-swimming.co.uk

Events & info

Club galas & Meets

SW Regional youth champs

Sat 29th, Sun 30th April &
Mon 1st May at Plymouth Life
Centre

SW Regional age group champs

Sat 13th & Sun 14th May at
Hengrove in Bristol

SWR Age group champs

Sat 20th & Sun 21st May at
Millfield school

Junior Team gala

Sunday 28th May at EVLC
from 4-7pm

Cardiff International meet

Sat 27th & Sun 28th May in
Cardiff

Devon Development gala

Sat 10th & Sun 11th June at
Plymouth Life Centre

Devon Interclub gala

Devon County Distance Championships

Four club swimmers entered the Devon Counties Distance Championships held at Plymouth Life Centre at the end of Feb. Racing in the 800m event for the 12 year old girls, Jodie Dilks came 4th in a time of 11.13.34s and Gemma Dilks 5th in 11.21.66s. As both girls had only swum this event once before, they were delighted with their new pb's. Our club captain Gemma Owen is a more experienced distance swimmer and raced a long course pb of 10.34.12s in the 800m to come 8th in the over 16's age group. Swimming even further for the boys, Sam Arrowsmith raced in the 1500m event achieving a pb of 18.53.54s and placed 4th in the 14 year age group. Head coach Lucy Walton was very pleased with the performance of these four swimmers, as long distance events are difficult races to pace and are not swum very frequently during year.

Devon Counties Relays Championships

Three teams represented TSC at the 2017 Devon County Relay Championships which were held in the 50m pool at the Plymouth Life Centre.

The boys 14-15 year old team put in a fantastic performance to claim silver medals in both the medley and freestyle relays behind a very strong Plymouth Leander team which won every event in the competition. The medley relay saw Ben Broomfield lead off in the backstroke leg, followed by Jack Aldridge in the breaststroke, Sam Arrowsmith in the butterfly and then brought home by Robert Jones in the freestyle leg. The girls 12-13 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 Jessica Swanston freestyle. Lucy Webber then came into the team for the freestyle relay to help them finish in a very credible 5th place.

The 10-11 year old girls, who were competing together for the first time, swam their hearts out to finish as the 5th fastest team in their age group and showed that they are the ones to look out for in the future, with Emma Declerk swimming the backstroke, Sydney Boyde breaststroke, Lauren Baker butterfly and Cadie Yardley freestyle.

Next year, we would like to take more teams of swimmers with us to race in the relays and also see if we can enter our club swimmers in the schools relay events which are held at the same time.

Sat 17th June at Plymouth Life Centre

Devon Development gala

Sun 18th June at Plymouth Life Centre

CSA Race Night

Date tbc May/June 6pm at EVLC

March Race Night

The first CSA Race night of the year went well, and the young swimmers enjoyed racing against the clock to swim their fastest times in all four strokes. Our thanks also go to the parent volunteers who made the event run smoothly namely 6 timekeepers, 4 swimmer marshals, 2 on hytek recording desk, our referee, starter, judge and a results runner to help make it all possible. We would like to see **more CSA swimmers at the next Race night**, and avoid running empty lanes, so if you know you cant make it to race night, **please email the competition secretary a few days before to let her know you wont be there** and she can amend the race list in advance. Email Sally Tovey on compsec@tiverton-swimming.co.uk

ASA = Swim England

The ASA have created a new



The relay team swimmers photographed at EVLC in Feb.

Swindon Tigersharks & Millfield meet in March

Eleven swimmers aged from 11 to 16 travelled to Swindon to race at the Tigersharks combined level 2 and level 3 open meet swum short course in a 25m pool. Over a very busy weekend they produced a magnificent 34 personal best times between them and came away with a bumper haul of medals as all eleven swimmers were delighted to win medals. The medal results reported below have been taken from the club twitter feed as we have not been given a medal breakdown report following the gala (so apologies if you spot a clanger in this medal update). There were four boys racing from Tivvy, Dylan Cleverley had a fantastic weekend meet winning golds in 100IM, 100 breast, 200 back and 200 free plus silver medals in 50 back 100 Free and 50 breast. Ollie Bennet raced hard as well, taking silver in 50 back and 200 free, and three bronze medals in 100 fly, breast and free. Young Wilf Arrowsmith was also delighted to win a silver medal in 100 breast and a bronze in 100IM and Rob Jones took home a silver in 200IM and bronze in 100 breast when he raced at the meet.

For the girls, Katie Walton had a great weekend, winning golds in 100 free, 100IM, 100 fly and 50 back and 50 breast (also getting a speeding ticket for this race). She also took

brand and are now called **Swim England**. Look out for the change in name and logo which will be phased in soon. More details can be found on the website www.swimming.org along with a new strategy to get a nation swimming.

TSC website updated

The TSC Club website has been updated - go and have a look at what's on the website and let us know if there is other information you are looking for, so we can add this too.

see www.tiverton-swimming.co.uk

Junior team gala update

We are planning to run the **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. The gala is aimed at club swimmers under 13 who would like to race as a team and gain experience in competitive racing. The junior squad coaches will be making team selections soon... watch this space and **SAVE THE DATE!**

Club Constitution

the silver in 100m breast and 50m fly and set lots of new pb times. Not to be outdone, Jess Swanston also received a speeding ticket for her 50 back and gold medals in 100 free and back, silvers in 400IM and 200 free and a bronze in the 50m fly. Back in racing form, Sophie Attwood-Groves won a trio of medals, with gold in 200 back, silver in 100 back and bronze in 100IM. Olivia Broom also picked up a medal trio with gold in 100IM, silver in 50 back and bronze in 100 breast over the weekend. Amy Stewart was another swimmer gaining a speeding ticket with the 100 fly and a gold in 50 fly and silver in 100 breast as well. Megan Sharp raced alongside her friends winning gold in 100 fly and a bronze in 100IM and Lucy Webber was delighted with a gold in 50 breast and two bronze medals in 200 free and 100 fly over the weekend, setting new pb times. Head coach Lucy Walton and Team Manager John Bennet , who spent the weekend at the poolside, were delighted with all of the swimmers performances and great racing over the weekend. The swimmers also had fun staying overnight in Swindon and racing at the two day meet.

On the same weekend four other swimmers took part in the Millfield School Level 1 Long Course meet (swum in the 50m pool), which saw Gemma Dilks win gold medals in the 100m and 200m butterfly. Jodie Dilks matched that feat in the 50m butterfly, as well as claiming silvers in the 400m individual medley and the 200m butterfly and a bronze in the 200m individual medley. Sam Arrowsmith claimed silvers in the 100m and 200m butterfly and Jack Aldridge came away with bronze medals in the 50m breaststroke and the 200m backstroke. Garry Arrowsmith was the poolside coach at the Millfield gala and Sara Dilks Team Manager, and were both impressed with the four swimmers racing spirit over the weekend. On the Sunday, Olympian swimmer James Guy was supporting friends swimming at Millfield and a few of our swimmers got to meet him and have a brief chat with their sporting hero.

updated

The Club constitution has been updated by the committee at a meeting in March and then agreed by club members at the AGM. The swimming club is a Community Amateur Sports Club (C.A.S.C.) and changes to the constitution included altering the AGM date to occur in March and ensuring equal opportunities are fully described within the document. The agreed final version can be found on the club website.

New Terms and conditions

TSC has also updated it's club Rules (Terms and Conditions) to define the membership options available and explain different sections of the club. This document has been emailed out to members and can also be found on the Club website. One big change to the group discount offered is that every family group of three or more swimmers will receive at 10% reduction across all three (or more) swimmers monthly squad fees. This change will take effect from April 2017.

AGM free month's swim

The winning draw ticket in our



March madness and medals galore for our club swimmers who competed at the Swindon Tigersharks and Millfield meets.

Masters update

It is a successful season for our Masters Swimmers so far this year. The Swim Wales Masters and Seniors meet on the 4th & 5th March was held at the Welsh National Pool in Swansea as a long course event. At this meet Sue Haigh swam in the 65-69 age group claiming gold in the 200m freestyle in 2:53.64, and three new **British records** (and golds) in 400m, 800m and 1500m freestyle events. Sue's time of 5:53.43 in the 400m free also set a new **European record!** Judith McGregor-Harper also raced at this event and placed 3rd in her age group in the 1500m in 24:40.05s. Sue then raced at the Royal Navy Masters meet held at Millfield on 12th March in this short course event, setting a new **European/British** record again in 400m Freestyle in 5:40.12 and again setting a new **British** record in 200m freestyle of 2:41.42. Congratulations to Sue and Judith who have both bounced back into the competitive Masters swimming arena following injuries last year.

Team Manager training

Eight of our club parent members attended an ASA training course held at EVLC on 12th March led by Jane Easton, an accredited ASA tutor. The volunteers learnt about the role of

competition **to win a free gift** in a prize draw for those who attend the AGM was held by the Jones family.

Congratulations go to them as they have won a free month's swim for their youngest club squad member!.

TSC Twitter feed join in!

Go on..... follow us on twitter [@tivyswimming](https://twitter.com/tivyswimming) or read the live twitter feed also posted on the club website. [If you send the club a tweet, we can re-tweet it to our 425 twitter followers and other club members will see it on the website!](#)






Newsletter on TSC Website

Previous editions of this newsletter are posted on the Club website and are archived in the newsletters tab if you would like to read them.

email any comments to:

newsletter@tiverton-swimming.co.uk

We would love to hear from you!

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

Team Manager within ASA swimming clubs, and how to manage groups of swimmers attending meets and galas. Module 1 Team manager enables parents to take children and swimmers to local meets and ensures they have the correct skills and knowledge to support the teams within our club. All Team Managers are TSC and ASA members and have been DBS checked to work with children. The eight parents who completed the training are Teresa Smith, Donna Webber, Alix Stewart, John Bennet, Mark Aldridge, Sally Tovey, Sara Dilks and Tony Dilks, who have all now Team Managers for the club - Our thanks and congratulations to them all!

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.



[Unsubscribe](#)
[Update Subscription](#)
[Preferences](#)
[View Email In Browser](#)

Copyright © 2014 Tiverton Swimming Club All rights reserved.

|LIST:DESCRIPTION|

|LIST:ADDRESS|