



# Tiverton Swimming Club NEWSLETTER

July 2017



## Club champs are coming soon!!

On Sunday 23rd July we are holding our annual swimming club Championships gala. We have licenced this event again this year to Level 4 which means times gained at this event will allow swimmers access to meets at galas in the autumn, including the Devon County Championships, and will be recorded on the Swim England rankings database. Details of the entry forms and race schedule have been emailed out to all club members, and can also be found on the club website and the poolside noticeboard.

Head coach Lucy Walton has advised before entering any of the butterfly or Individual Medley events, please speak to your squad coach and check it is suitable.



Please be aware that at a licenced L4 meet, if strokes and turns are not swum correctly during the race, a swimmer could be disqualified, and no time will be recorded for them for that race. However, we would still like to encourage swimmers to enter a variety of events with different strokes and distances - so think about racing 50m, 100m **AND** 200m events. Swimmers in Skill Development squad, Competitive, Non-competitive, P1 and 2 should be entering 100m and 200m events as well as the sprint races (50m) at the club champs.

**The closing date is July 16th**

## Events & info

### Club galas & Meets

#### CSA Race Night

Wednesday 5th July at EVLC from 6-7pm

#### Club Champs

Sun 23rd July at EVLC

#### Clevedon Sprint meet L3

October 1st at Hutton Moor pool, Weston-Super-Mare

#### New season comp calendar

**Clevedon** L3 sprint meet Oct 1st

**Exeter** L2 meet Oct 7th & 8th in Plymouth

**Sparkler** L3 Nov 5th in Tiverton

**Arena** League R1 Oct 14th

**Arena** League R2 Nov 11th

**Arena** League R3 Dec 9th

These are the initial planned supported meets but look out for more new dates and galas on the website and by email as they are confirmed.

### Carne alpha meet

Tiverton Swimming Club brought home 15 medals when eight of their young swimmers competed at the Carne Alpha Level 3 short course meet in Wiltshire in March. Nine year old Sydney Boyde swam brilliantly and was rewarded with a gold medal in the 200m backstroke, silvers in the 100m individual medley and 50m butterfly and a bronze in the 50m freestyle. Katie Walton was also in fine form, winning gold medals in the 100m individual medley and the 50m breaststroke, silvers in the 50m butterfly, 100m butterfly and 100m breaststroke, as well as a bronze in the 50m freestyle. Oliver Bennet swam consistently well to earn five bronze medals in the 50m and 100m butterfly, 50m and 100m breaststroke and the 100m individual medley. Arabella Boyde finished in fifth place in the 100m individual medley and sixth in the 50m freestyle; and Harri Davies, Louisa Gibbin, Megan Sharp and Emily Peters all swam well to gain thirteen personal best times between them. Head coach Lucy Walton was delighted with the swimmers at this meet, who are all working hard to improve their competitive swimming and swim their very best. Well done to them all!



Carne alpha and Millfield Easter Meet swimmers

### IMPORTANT NOTE for Devon County Champs entries

We have been advised that the closing date for entries into the Devon Counties Champs in Jan/Feb 2018 will be brought forward to around the first weekend in December. Races on the Rankings from 1st March 2017 can now be used to enter the County Champs. Once this new date has been officially confirmed, we will let you know the Counties entries closing date and send out the new set of DC age group qualification (QT) times for 2018.

### Volunteers needed for Club Champs

We need parents to help out at the Club Champs on **Sunday 23rd July**, a volunteer help list has been posted up on the noticeboard, please have a look and **sign up for a role**. The Championships are run entirely by parents and club members who volunteer on the day to make it possible to hold a licenced level 4 meet and run it smoothly.



Without our army of parent helpers we may not be able to run these events in the future, and we now

## Millfield Easter meet

At the Exeter City & Taunton Deane Level 1 long course Easter meet, held in Millfield 50m pool, Jodie Dilks claimed gold in the 100m breaststroke and bronze in the 200m. Jack Aldridge also bagged a hat trick of bronze medals in the 50m, 100m and 200m breaststroke and Cadie Yardley just missed out on a medal when finishing fourth in the 200m freestyle. Numerous long course personal best times were also set, with seven of them coming from Jessica Swanston who was on a roll! There were six for Robert Jones, five for Olivia Broom and Lucy Webber, four for Sam Arrowsmith, three for Gemma Dilks and Gemma Owen and two each for Oliver Bennet and Amy Stewart. Team coach Garry Arrowsmith was very pleased with the swimmers performance at this meet, where they raced hard against many top clubs from across the country.

## LTS Distance night

Twenty three of our youngest club swimmers swam as far as they wanted to at a Learn to Swim "Distance night" on Friday May 26th. Starting with swimming a width, Tilly swam 12.5m. Then swimming lengths in the pool we had:

Elliott and Isaac Groom both swam 25m

Abbie Randall, Isla Taylor, Jessie Miller and Katie Williams all swam 50m

Imogen Heathcock, Owen Blake and Madison Pike swam 100m

Feriera Duthie and Charlie Bury swam 150m and Harvey Pratt swam 200m

Dyllan Smith and Harley Ewings both swam 400m and Eric Pickering swam 500m

Amber Duthie and Jezimae Partridge both swam 800m (32 lengths)

Jacob Lawrence swam 1000m (40 lengths) and Cari Evans

swam 1450m (58 lengths) Leo McGregor-Harper, Freya Harris and

Jasmine Duncan all swam an amazing 1 mile! Congratulations to all of our young club swimmers, gaining certificates and badges after a very successful and fun distance night we are very proud of you all!

## SW Regional Championships

Eight young swimmers qualified for this year's ASA South West Regional Age Group Championships and between them they reached twelve finals, won two silver medals and gained 39 personal best times. Jack Aldridge was in fine form, setting six pb's and reaching four finals where he finished 5<sup>th</sup> in the 100m breaststroke, 6<sup>th</sup> in the 50m, 7<sup>th</sup> in the 200m and 8<sup>th</sup> in the 200m butterfly. Sam Arrowsmith gained seven pb's and just missed out on a medal when finishing fourth in the 200m butterfly final. Jessica Swanston gained

need parents to join in and help the club out. If you have any questions about roles on offer at the club champs please ask Sara, Donna, Sally, Lyndsey or any other committee member who can explain what we need you to do to **support your swimmer**. We are currently training more time keepers for the club - look out for our 8 parent and 1 young volunteer who will be assessed on their time keeping ability at the next race night on 5th July, in time to put their skills to use at the club championships.

## Club kit on sale!

Tony Pryce in Tiverton is having a sale and there is currently 25% off TSC club uniform. If anyone would like swim t-shirts, shorts, hoodies or sports trousers go and have a look. Remember you can add on the loyalty points to the TSC club card if you mention it at the till, and the club will benefit from the points as they add up.





pb's in the three breaststroke events at her first regional championships and Robert Jones gained pb's in the 200m freestyle and 100m breaststroke. Jodie Dilks achieved some fast swims to notch up fourteen personal best times and qualify for six finals. She won silver medals in the 200m butterfly and 200m breaststroke, as well as finishing fourth in the 200m individual medley, 100m breaststroke, 50m and 100m butterfly. In the same age group Gemma Dilks set seven pb's and was unlucky not to pick up a medal when finishing fourth in the 200m butterfly final. Olivia Broom and Amy Stewart raced well and were right on their personal best times after qualifying for the 50m breaststroke event. Head coach Lucy Walton and team coach Garry Arrowsmith were both thrilled with the swimmers great performance at the Regional Championships.



Regional swimmers Rob, Sam, Jack, Gemma, Olivia, Jodie and Jess

### Masters swimmers news

It has been a successful season for our Masters swimmers so far this year. Adding to her new British records we reported in April's newsletter, Sue Haigh has now also set a new European record swimming in the 400 IM at Gloucester in the 65 years age group. Sue is now training to race at the World Masters Championships being held in Budapest in August - we wish Sue all the best in this exciting international competition.

### Race Night in July

The next race night is planned for Wed 5th July from 6pm. This is an ideal opportunity to **practice your strokes, starts, turns and finishes** in time for the club champs coming up at the end of July. We would like to see **more CSA swimmers at the next Race night**, and avoid running empty lanes, so if you know you can't make it to race night, **please email the competition secretary a few days before to let her know you won't be there** and she can amend the race list in advance. Email Sally Tovey on [compsec@tiverton-swimming.co.uk](mailto:compsec@tiverton-swimming.co.uk)

### New club coaches

We are really excited to welcome Sally Tovey and John Bennet to our team of coaches. These volunteer parents have now qualified as Swim England (ASA) Level 1 coaches, following a training course and poolside assessment in Saltash last month. Ensuring we have a great selection of coaches to run our training sessions is vital for the club and we would like to train more. Essentially no coaches=no swimming for our members! Look out for Sally and John on poolside soon! **and remember our coaches all give their time voluntarily to train your swimmers, they spend hours on poolside for free and are not paid for their time at the club.**



Sue Haigh's New British and European swimming Records!

#### Report from Stuart Veen, TSC Master swimmer

This is a report on a triathlon event that I participated in recently. The event was the European Middle Distance Triathlon Championships held in Herning Denmark. Triathletes from 33 European nations took part, each nation were entitled to have 20 athletes in each age group category, however not all nations had their full complement of athletes in each age group. I was part of a 250 strong Great Britain team and had been selected to represent GB in the 55-59 age based on results from previous middle distance races. This was not the first time I have represented GB at age group level, in fact this was my 6<sup>th</sup> time. Last year I represented GB at the European Middle Distance Triathlon Championships in Austria and the World Standard Distance Championships in Cozumel, Mexico.

The swim took place in Lake Fuglsang on the outskirts of Herning, this involved a single loop swim of 1.9KM. We were set off in waves of approximately 250 athletes in our respective age groups. On completion of the swim I entered Transition (T1), where I discarded my wetsuit, quickly crabbed my transition bag, put on our cycle helmet, un-racked my bikes exited transition and mounted my bike to start the single loop 90KM (56mile) bike course around the Danish countryside. For the most part it is a flat and fast course except for the scenic hill by the name of Trehøje, however despite the lack of hills the bike course presented other challenges namely from the weather as there was quite a strong head wind and with no hedges the wind came at you from every angle. There were aid stations at

#### New club Fundraising officer

We are delighted to welcome Graham Yardley to the team. Graham will be our new fundraising officer, and is already planning ways we can make the Sparkler a bumper fundraising opportunity this year. If you have any ideas, sponsorship information or would like to help the club out with fundraising, please have a chat to Graham or you can email him on [fundraising@tiverton-swimming.co.uk](mailto:fundraising@tiverton-swimming.co.uk).

#### Summer Shutdown

The club will shut down for 3 weeks in the summer from Sunday 6th August and reopen for the new season on Tuesday 29th August. This time out will allow swimmers to recharge their batteries, have a great time over the school holidays and give our amazing volunteer coaches a well earned break from their regular training sessions at the pool.

#### Blundells open air pool

Some squads will be training at Blundells open air swimming pool for 2 weeks in July and August this year. Swimmers in Skill Development, Competitive, Non-competitive, P1, P2, Endurance and Masters squads will train outdoors

approximately 30 and 60 km, with fresh water, gels and the energy drink.

Following the bike I entered T2, racked my bike grabbed my transition bag removed my helmet and put on my running shoes to start the final leg, the half marathon around the streets of Herning. Which involved 4 loops of 5,2km. The city streets were packed with spectator's with music playing which created a great atmosphere to race in. The GB support was fantastic and helped to keep me going throughout the 21K run. I finished in a time of 4hours 52mins, coming in 9<sup>th</sup> place in my age group and also the second GB athlete in my age group. My splits were as follows:

- Swim 33mins, Bike 2 hours 38mins, Run 1 hour 34mins

**Next Up:** As a result of my performance at this years Europeans Championships I have earned automatic selection for GB for next year's championships in Ibiza. In the meantime on the 1<sup>st</sup> July I am competing at the National Triathlon Championships at Ripon, which is a qualifier for the World championships which are taking place in Rotterdam this September, again representing GB. On the 16<sup>th</sup> July I am taking on my 11<sup>th</sup> full distance Ironman, at Ironman UK Bolton this involves a 3.8Km swim, 180Km bike and a full marathon to finish. The Ironman is probably one of the toughest single day endurance events and as a result anything can happen as they say in Ironman!



Team GB at European Middle Distance Triathlon Championship- can you spot Stuart?

this summer. Head coach Lucy expects squad swimmers to continue their training until the summer shut down on 7th August as normal. The pool temperature is cooler outdoors, so swimming with wetsuits is fine. The training will take on a different format, and for those who have swum at Blundells in previous years it is great fun! More details of the squad times and sessions will be sent out soon. Our younger swimmers in Learn to Swim, Club and CSA squads will continue their swim training at EVLC pool as normal until the summer shutdown.

### **Sue in the Swimming Times this month!**

Sue's successes were also described in this month's Swimming Times! Page 21 of the July edition has an article celebrating the British Masters records that are continuing to fall and Sue is mentioned in their write up. A copy of this article has been posted on our club noticeboard at the pool.



## Junior Team Gala

TSC held our first Junior team gala for young club swimmers who raced against 5 teams under the age of 13 on Sunday 28th May. We had two Tiverton teams- the Tivvy Tornadoes and Tivvy Torpedoes who competed against teams from Exeter, Dawlish, Honiton and Exmouth. The gala was a huge success, introducing many of our young club swimmers to team racing and the excitement, friendship and fun that brings to the poolside. Exeter Swimming club won the most points at the gala, taking the trophy home with them. We were delighted with the young teams competitive racing, many of them swimming up an age group. After the racing our two Tivvy teams jumped into the pool for a splash about to end their afternoon of racing.

A big thanks go goes to the parent volunteers who made the event happen, with our club Officials Terry Fullick and Alison Williams as referees, Teresa Smith as starter, plus Jim Loosemore, Sue Haigh and Yasmin Smith. Tony Dilks and Ian Davies worked on on Hytek recording, Sara Dilks announced, Team Managers Donna Webber, An Jansen, Jenny Miller and Lucy Boyde, Coaches Nathan Muggeridge and Lorna Burston all organised the teams. Lyndsey Baker who ran the raffle and raised £65 for the club. We hope to have another team event for the junior club swimmers in the Winter season this year..... watch this space!



Our young Junior Torpedoes and Tornadoes at EVLC- Great fun!

## Devon Development Gala

Twenty three club swimmers took part in the Devon Development Gala at the Plymouth Life Centre, some of whom were taking part in their first competitive meet. The team did exceptionally well by bringing home a total 38 medals and gaining countless personal best times. Leading the field was Sydney Boyde who put in a fantastic performance to win gold medals in the 100m and 200m freestyle,



## Funsplash events

We are planning some funsplash events for the squads to end their swimming training before the summer shutdown.

Learn to swim will have fun in the pool on Friday 4th Aug at EVLC, CSA have a splashabout on Wed 2nd Aug at EVLC and the older squads will have theirs on Wed 2nd Aug at Blundells pool. More details will be emailed out confirming these fun sessions soon.

## TSC swimmer going to English Nationals!

Jack Aldridge has had a fantastic season this year culminating in achieving an invitation to race at the English National Championships

200m backstroke, 100m individual medley and 100m breaststroke, as well as silver in the 100m butterfly. Katie Walton was also in fine form, taking golds in the 200m individual medley, 100m breaststroke and 200m butterfly. Katie also qualified to take part in the skins event, an exciting knockout competition in which she came first, winning herself a cash prize in a thrilling pool race. Sophie Attwood-Groves swam well to win golds in the 100m and 200m freestyle, 100m and 200m backstroke and the 100m individual medley. Emma Declerck had an incredible gala and was rewarded with gold medals in the 200m backstroke, 100m individual medley and the 100m breaststroke, silver in the 200m breaststroke and bronze in the 200m freestyle. Yasmin Smith was at her best in winning gold in the 100m and 200m backstroke and silver in the 200m freestyle. Also celebrating was Dylan Cleverley who took gold in the gruelling 1500m freestyle, silvers in the 400m freestyle, 200m breaststroke and the 100m backstroke, as well as three further bronze medals. He also qualified for the exciting skins event in which he finished a brilliant fourth place. Micah Partridge claimed gold in the 100m breaststroke and Jon Carpenter-Smith did likewise in the 1500m freestyle, with both of them knocking chunks off their personal best times in several events. Lucy Webber was in amazing form and bagged silver medals in the 200m freestyle and the 100m backstroke, as well as bronze in the 200m backstroke, 400m and 800m freestyle. Cadie Yardley added to the medal haul with a silver in the 400m freestyle and a silver in the 200IM, and Megan Sharp took bronze in the 200m butterfly. There were also strong performances from Louisa Gibbins who achieved a fantastic seven personal best times, with Arabella Boyde claiming six. There were five each for Emily Peters and Lauren Baker; four for Lucy Revolta; three each for Wilfred Arrowsmith, William Brassey-Barlow, Freddie Brassey-Barlow, Bethany Lawrence and Harry List. Elysia Partridge swam well to earn a pb in the 100m individual medley and Holly Baker narrowly missed out on a medal in both of her events on her return to competitive swimming. Head coach Lucy Walton was thrilled with the swimmers performances, every one swam a personal best time and we had two of the club's swimmers racing in the exciting "Skins" event- Well done to everyone who swam at the 2017 Devon Developments, you were all fab!

A thank you also goes to Coaches Lucy and John Bishop, and Team Manager Donna Webber, our brilliant officials supporting the club plus all of the fabulous parents who volunteered for poolside jobs to help run the Development gala this year, it was much appreciated.

**THANK YOU!**

being held in Ponds Forge in August this year. Jack will compete in the 100m breaststroke in the boys 14 year age category.



Huge **CONGRATULATIONS** to Jack, who is flying the flag for TSC (we haven't had a swimmer race at the English National Championships in the last 5 years so are incredibly proud). The English Nationals Championship event will be live streamed from the pool at Ponds Forge in Sheffield, so you can watch Jack race on Wed 1st Aug from your sofa in Devon! See twitter for more details of the live streaming in the next few weeks.

### **Regional Pathway Training programme**

Following their success in the pool competing at the South West Regional Championships, Jodie and Gemma Dilks have both been selected to swim in the Swim England South West Regional pathway training programme for swimmers aged 12 years. The girls will spend three days at the regional camps being held in





Some of our Devon Development Gala swimmers

### Devon Interclub gala

A team of swimmers raced at the Devon Interclub gala in Plymouth in June. This fun event saw 13 clubs from across the county race in the 25m pool at the life centre in the 11u, 13u, 15u and Open age groups. Relay events are mixed boys and girls teams and an eight person cannon is the team finale. The young Tiverton swimmers raced well and Head coach Lucy Walton was delighted that the team finished in 8th place, she also praised the swimmers performance behaviour and team spirit. It was the first time racing at Plymouth Life centre for our youngest team members AJ Demir and Jack Anderson, who teamed up with Cadie Yardley and Emma DeClerck in the 11u section and were a credit to the club. Well done to all of the Interclub swimming team!

Sherborne, alongside 16 other girls selected from across the South West region.

### Terms and Conditions

TSC management committee have defined the club's terms and conditions for 2017 which sets out how we manage the club's finances. We are fortunate to have a fantastic treasurer who manages the club's Direct Debit collection system.

However we have discovered that sometimes members have cancelled their direct debit mandates

WITHOUT informing the Treasurer.

This means we are unable to change our DD system in time and are then charged an administration fee for a failed collection of a DD mandate. Ultimately by cancelling a DD without informing the Treasurer, we loose money for the club as we are not given sufficient notification to alter our DD collection.

**Please remember that our T&C state members need to give ONE MONTH's notice to the club of their intention to cancel DD**

**fees.** The club Terms and Conditions have been emailed out to members and can also be found on the Club website and noticeboard at the pool. Many thanks for your co-operation with the collection of DD squad fees each month. If you plan any changes to your swimming please let our membership secretary Lyndsey know on [membership@tiverton-swimming.co.uk](mailto:membership@tiverton-swimming.co.uk) and she can



Interclub gala at Plymouth with coaches Lucy, Garry and John

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.



update the treasurer, secretary and coaches as appropriate.

### **Junk Email folder**

Please check your junk email folders! we have discovered that some club emails have been missed as they have gone directly into people's junk email boxes before being read! Please have a look and make sure you haven't missed anything- you may need to alter your settings to receive emails from us. If you would like to add another email contact to receive club information, just let Lyndsey our club membership secretary know

### **TSC Twitter feed join in!**

follow us on twitter

[@tivyswimming](#). If you send the club a tweet, we can re-tweet it to our 458 twitter followers and other club members will see it on the website!..... [get us to 500 twitter followers in the next few weeks?](#)



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