



# Tiverton Swimming Club NEWSLETTER

December 2017



## Autumn Season news

We have had a busy few months since the club started the swim season in Sept. Our younger swimmers have raced at sprint meets in Clevedon, a Level 2 meet in Plymouth, the Sparkler in Tiverton, at a Race Night in Tiverton and a Level 1 and 3 meet back at Plymouth, with many achieving faster times than before and recording new personal best times at these meets. We have also sent a team to race at two rounds of the National Arena league, one round in Bristol and the other in Exeter, enjoying all of the fun of team competitions racing different clubs along the way. Our older club swimmers have also been busy, with Masters championships and Team Inter Counties competitions, plus an open water event at Wimbleball lake. You can read all about their adventures below..

## Clevedon Sprint Meet 2017

TSC came away with 10 medals and a tremendous 57 personal best times when 20 swimmers took part in the Clevedon Sprint Meet at Hutton Moor Leisure Centre, Weston-Super-Mare on 1st October. The meet included the 100m IM and 50m sprints in all four strokes.

Olivia Broom showed some great form in claiming a silver medal in the IM and bronze in the breaststroke. Louisa Gibbins also performed brilliantly to record four personal best times and was rewarded with a silver medal in the breaststroke.

Not to be outdone, Yasmin Smith came away with four bronze medals, narrowly missing out on the full set when finishing fourth in the breaststroke.

## Events & info

### Club galas & Meets

#### LTS distance night

Fri 1st Dec 7pm at EVLC

#### Taunton Deane & Millfield

#### County Qualifier L3 SC meet

Sat 2nd Dec & Sun 3rd Dec at Millfield

#### Plymouth Leander Christmas meet L3 SC meet

Sat 16th & Sun 17th Dec in Plymouth Life Centre

#### Arena League

Round 3 is on Dec 9th warm up 1pm at Millfield. Bus transport leaves Tiverton at 11.30am

#### Devon County Champs

Sat 13th & Sun 14th Jan  
Sat 20th & Sun 21st Jan  
Sat 3rd & Sun 4th Feb  
All held at Life Centre, Plymouth

#### 5th Dartmoor L4 Sprint meet

Lucy Webber bagged bronze medals in the individual medley and the freestyle, with Cadie Yardley doing likewise in the butterfly, as well as finishing fourth in the freestyle and the medley.

Megan Sharp recorded an incredible five personal best times, with Lauren Baker, Harri Davies, Wilf Arrowsmith and Jon Carpenter-Smith getting four each. There were three for Elysia Partridge, Jessica Swanston, Micah Partridge, Dylan Cleverley and Tyler Pike; two for Freya Broom, Phoebe Green, Bethany Lawrence, Arabella Boyde and one for Klara Faulhaber. Thank you to Lorna Burstn and Teresa Smith who were the coaches who supported the swimmers at this meet, and Donna Webber who team managed. [Great swims everyone!](#)



Clevedon Sprint meet swimmers photographed at EVLC In Oct 2017

### Exeter October Meet 2017

Eleven swimmers represented TSC in the Exeter City Level 2 short course meet held at the Life Centre in Plymouth. They had a very successful weekend and brought home 24 medals between them of varying colours.

Jodie Dilks put in some strong swims in winning four gold medals in the 200m breaststroke, 200m butterfly, 400m and 100m individual medleys. She also bagged silver in the 50m breaststroke and bronze in the 400m freestyle and the 200m backstroke. Twin sister, Gemma was unlucky not to win gold as she took home four silver medals in the 400m individual medley, 400m freestyle, 200m butterfly and 200m

[Sunday 28th January at Parklands Leisure Centre, Okehampton](#)

### Senior coach development

We were delighted when our [head coach Lucy Walton](#) was selected to train with Swim England to become a Senior swimming coach (previously called Level 3 coach). There were only 40 spaces allocated across England for the specialist training opportunity this year. Lucy will attend training camps at Loughborough and has been assigned a [mentor- Jo John](#), the head coach at Exeter SC. You may see Jo and Lucy working on poolside at EVLC and at galas in the next 9 months. We are looking forward to the plans and ideas Lucy will bring back to the club to develop our swimming programme and take the club forward in the future. Exciting times!



Lucy

Walton- Head coach

### Club annual awards evening Sat 6th January 2018

The annual Club presentation evening will be held on Saturday 6th January at **Moorhayes**

backstroke. Sydney Boyde also had an amazing weekend, claiming three gold medals in the 50m breaststroke, 50m backstroke and 100m freestyle. Team mate, Emma Declerck did not disappoint as she won silvers in the 100m breaststroke and 100m backstroke and bronze in the 50m breaststroke. Sam Arrowsmith put in a great performance to win golds in the 400m individual medley and 200m butterfly as well as bronze medals in the 200m individual medley and 100m butterfly. Jack Aldridge grabbed a silver medal in the 200m breaststroke and bronze in the 100m breaststroke and had two further fourth place finishes. Club captains Katie Walton and Oliver Bennet had several top eight finishes and gained five personal best times each, with Walton also claiming bronze in the 100m butterfly. There were three personal best times each for Jessica Swanston and Micah Partridge and two for Olivia Broom, with Jessica just missing out on a medal when finishing fourth in the 50m breaststroke. Thank you to Lucy Walton and Garry Arrowsmith who were the club coaches supporting this meet.



Exeter October meet swimmers photographed at EVLC

### Swimmer Development camp

October half term saw the Eastern Devon Swim Network organise a one day development camp for swimmers aged 13+. This day was held at Mount Kelly School and utilised their 50m pool and gym facilities to provide motivational and skill development opportunities for 40 swimmers from across the 11 clubs in our network. TSC were invited to send six swimmers to the camp and Olivia Broom, Micah Partridge, Megan Sharp, Jack Aldridge, Katie Walton and Oliver

### Community Centre on Lea Road in Tiverton (behind Tesco Express) from 7.30-11pm.

This is a fun evening where awards and presentations are made to swimmers across the club, celebrating their swimming and performance during 2017. We will have a disco, a "bring and share supper" and a pay as you go open bar to buy soft and alcoholic drinks during the evening. All members and their families- young and old alike are welcome to come along and join in the celebration. We would like donations for a **chocolate and sweetie raffle** to raise funds for the club on the night, so please bring in your Christmas sweet and choc excess and give them to a committee member in the run up to the evening. Thanks for supporting TSC and making this a fun club night out for all of the family.



### New Club T-shirts & Kit

Tony Pryce in Tiverton now has our new look Club T-shirt in stock- you will see them appearing more and more around the poolside and at galas. The

Bennet attended the day and working hard in the pool, on land and at the lecture session. Coaches Lucy Walton and John Bennet worked with the coaching team to run the day on poolside and team manager Mark Aldridge also supported swimmers on the day. The swimmers, coaches and team manager all enjoyed the day immensely and made the most of the opportunities to network with other swimmers and coaches from across Eastern Devon. We hope the Eastern Devon Hub Network will be able to offer a similar camp for our swimmers next year.

## Long Course training with Dawlish SC

TSC is working in partnership with Dawlish swimming club to provide long course (50m pool) training opportunities for our performance and regional level swimmers. This season 12 of our club swimmers will travel to Mount Kelly pool in Tavistock on a fortnightly basis to take up this pool training opportunity. Dawlish SC head coach Garry Mitchell leads the 50m sessions and our club swimmers train alongside fellow Dawlish swimmers in the same lanes. it's an exciting opportunity for our young swimmers to develop their skills training in a 50m pool environment, particularly in the lead up to the SW Regional Championships held in April and May 2018 which will all be raced in 50m pools across the South West.

## Sparkler 2017

On Sunday 5th November we hosted our 11<sup>th</sup> Annual Sparkler Gala with over 270 youngsters from 20 different clubs around the South West competing at the Exe Valley Leisure Centre in this Level 3 licenced open meet. Thirty two members of TSC took part and had a fantastic day by winning a total of 57 medals.

Sydney Boyde performed brilliantly, claiming seven gold medals in the 50m breaststroke, 50m butterfly, 50m freestyle, 50m backstroke, 200m backstroke, 200m breaststroke and 200m freestyle to earn her the Top Girl award. Team mate Olivia Broom also shone and bagged six gold medals in the 50m freestyle, 100m individual medley, 100m freestyle, 100m backstroke, 100m breaststroke and 200m backstroke. Katie Walton did not disappoint and came away with four gold medals in the 50m freestyle, 100m individual medley, 100m freestyle and 100m backstroke, as well as silver in the 200m freestyle. Sprinter Barnaby Ames also brought home gold in the 50m freestyle with a cracking time of 25.49 seconds.

Jack Aldridge swam well and picked up gold medals in the 200m freestyle and 100m backstroke, silver in the 50m freestyle and bronze in the 100m freestyle. Not to be outdone, Jodie Dilks took gold medals in the 100m freestyle, 200m freestyle and bronze in the 50m

new vibrant fluoro colour is easy to spot when you are looking for the club on poolside! The Joma sport top has the club logo embroidered on the front and the TSC letter "T" printed on the back. The new tops are priced at **£15 for children and £17.50 for adults**. 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.

**Impact Print and Wear** at 1a William Street in Tiverton will print names onto the club tops at a very reasonable price! The Joma sport tops are NOS = Never Out of Stock, so we will continue to order and wear these brighter club tops in the future.



We have now placed an order with Tony Pryce to supply our new style club team wear - including navy trousers, navy pool shorts and a new navy team jacket all in the matching NOS Joma sport range. These items will hopefully be available to buy before Christmas..... [watch this space to see the new modern style and change in colour of our TSC club team kit!](#)



freestyle. Emma DeClerck also put in some great swims to be rewarded with gold in the 200m backstroke, silvers in the 200m freestyle, 200m breaststroke, 100m individual medley, 50m backstroke and a bronze in the 50m butterfly.

Megan Sharp put in a strong performance, competing in her first Sparkler, to gain gold in the gruelling 200m butterfly and bronze in the 100m butterfly; whilst Freddie Brassey-Barlow came away with gold in the 50m freestyle and silver in the 50m breaststroke.

Other successes came from Gemma Dilks who collected silver medals in the 50m and 100m freestyle; Dylan Cleverley who took silver in the 200m backstroke and bronze in the 200m freestyle; Micah Partridge claimed silver in the 50m freestyle and bronze in the 100m freestyle and Jon Carpenter-Smith bagged a full set of bronze medals in all four strokes at 100m.

Fine performances were also put in by Holly Baker who gained silver in the 50m freestyle and bronze in the 100m butterfly, Lucy Revolta who won bronze medals in the 50m and 100m freestyle and Lucy Webber who bought home three bronze medals in the 100m individual medley, 100m backstroke and 200m backstroke.

Adding to the medal haul were Wilfred Arrowsmith and Louisa Gibbons who won silvers in the 200m backstroke and 100m breaststroke respectively; and there were bronze medals for Phoebe Green in the 50m butterfly, Mason Denning in the 50m breaststroke and Cadie Yardley in the 100m butterfly.

There were also top ten finishes and personal best times for Freya Broom, Grace Baldwin, Arabella Boyde, Lauren Baker, Harri Davies, Bethany Lawrence, Edward Bakewell, Edie Campbell, Jessica Swanston, Amy Stewart and Ben Broomfield

Head coach Lucy Walton was delighted with the swimmers performance at the meet, as we were competing against swimmers from clubs across the South West.

### **Sparkler tombola prizes**

Thank you to everyone who donated a prize for the Tombola at the Sparkler this year. All of the prizes were won and we raised £90 towards the club with the tombola. Next year we plan a sweetie tombola to see if we can raise more funds with this fun system, which the children love to have a go at playing.

### **Sparkler Grand Raffle**

We had a fantastic Grand Raffle at the Sparkler this year, organised by our club fundraisers Graham and Claire Yardley, who worked hard to request prizes from local firms and attractions, create posters and sell the tickets to club members. The top prize of a Mid Devon Leisure annual pass was won by a TSC family, and club members also won a Stinky Vintage hamper, Plymouth Pavillion tickets, Bailey Balloons voucher, Coombe Martin Wildlife Park tickets, Swimzi voucher, Woodlands tickets, bottles of port and wine, a Specialist swimmer video analysis and sets of Quince Honey farm tickets. We raised an outstanding £517 for the grand raffle this year! Thank you to everyone who supported TSC.

### **Swim England Membership**

There will be changes this year when you renew your SE annual membership. TSC must now submit the membership fees by



The Sparkler swimmers photographed on Nov 5th at EVLC pool by Ryan Kerswell

This year we ran very successful Sparkler open meet, with the help of an army of volunteers. The club committee members (AKA Sparkler organisers) would also like to **thank everyone who helped out on the day** and especially those volunteers who contributed to setting up the Sparkler behind the scenes, as their hard work and dedication made it our most successful Sparkler and club fundraiser to date. There are also some club volunteers who went the extra mile in planning and organising the Sparkler, and I would like to express a **huge thank you** to those people who made sure the 11th Sparkler ran like a well oiled machine:

**Tony Dilks**- Meet manager- who did a brilliant job & spent many hours from licencing the gala, to managing the entries, organising the heats and running the events on the day itself.

**Graham & Claire Yardley** - Fundraisers who created a fantastic grand raffle draw plus gained important sponsorship funds for the Sparkler this year.

**Sally Tovey**- Comp Sec sorting out our club entries & supplying tables and being an official on the day.

**Ian Davies**- Sparkler Treasurer, facility and pool booker, capturing the profit and loss for the event & running the Hytek desk on the day

**Terry Fullick**- Lead referee and officials organiser (as we cant run a meet without loads of them!) and our fantastic club officials, **Alison Williams, Sue Haigh, Rebecca Jenkinson and Jim Loosemore.**

**Mandy & Katie Aldridge**- catering and feeding the volunteers and officials

**Dan Ayshford**- announcer who is just fab and was so professional with the HOT HEATS horn!

28th Feb to ensure the club remains insured and void a club suspension. The SE fees for Cat 1 or Cat 2 swimmers will be collected by DD in your February payment (along with your usual squad fees). From Jan 2018 membership cards will no longer be issued, and new and renewing members will receive an email from SE informing them about their membership benefits and how to access the OMS online membership service to view and update their details.

### **Land Training expanded**

As the Dance studio at EVLC has been remodelled and is now bigger, we have been able to offer all of our Competitive Development, Endurance and Comp squad, P1 and P2 swimmers the opportunity to join in land training which takes place at 4pm each Sunday. This session develops athletes strength and conditioning and is an essential part of a swimmers training plans to become a well rounded athlete. Land training sessions typically include circuits, running, resistance work, skipping and team work, and a group of swimmers recently enjoyed a Boxercise session run by Chris Davies, our P.E. specialist who is also one of our parent volunteers.

Now all we need to do is persuade them there will be a 12th Sparkler in 2018 and they can get planning for that one!

## CSA Race Night

Our youngest swimmers put their swimming skills into practice when they entered the CSA Race night in November our swimmers raced either 25m or 50m in all four strokes, trying to beat the clock and improve their personal best times. Terry Fullick refereed the event, guiding the youngsters in race etiquette, Teresa Smith was the race starter. Tony Dilks and Sally Tovey organised the recording and the results desk on the night, and Coaches Nathan Muggeridge and Lorna Burston guided the swimmers to the blocks. An Janssen and Fiona Green marshalled the swimmers into the correct lanes, and finally the timekeepers who recorded the times were Simon Broom, Claire Yardley, Katie List, Wayne Baker, Sara Dilks and Andrew, with a Chief timekeeper Yasmin Smith. Thanks to all of these volunteers who made running race night possible. And a big thank you to the swimmers who raced their best and enjoyed practising their race skills in their own pool on a club night. On the night, flash badges were also achieved by the following swimmers:

Leo Muggeridge SILVER 50m freestyle

Rose Harrison BRONZE 25m backstroke

Lewis Kelly BRONZE 25m breaststroke

William Chambers BRONZE 25m breaststroke

Lauren Colclough BRONZE 25m breaststroke

Ruby Mccombe BRONZE 25m breaststroke

**CONGRATULATIONS!**

## Masters updates

On a beautiful autumn day in a stunning location, TSC Masters swimmers Andrea Norris, Keith Elliott and Judith McGregor-Harper completed the inaugural 4K Exmoor Open Water Swim in Wimbleball Lake, Somerset, on 30 September. Over 500 competitors took part. Andrea took first place in her age group, Keith and Judith finished a respectable top 10 in theirs respectively, with Judith being granted the 'honour' by the organisers of swimming without a wetsuit. **Report and photo by Judith MH**

## 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 on:

[membership@tiverton-swimming.co.uk](mailto:membership@tiverton-swimming.co.uk)

## 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 its 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 training, social secretary, LTS support worker, poolside helper, swimming coach, chairman, committee member or swim teacher.**

Development opportunities are available for all roles, **so if you are interested in helping out at YOUR CHILD's swimming club, just ask! .... Please do come and join in and help us to keep the club going!** We can offer free



Andrea at Wimbleball Lake 4k open water meet

## Masters Intercounties Competition

Five of our club Masters swimmers represented Devon in the National Masters Intercounties competition held at Millfield in November. Sue Haigh, Rebecca Jenkinson, Kitty Perkins, Andrea Norris and Graham Cridland all competed in this regional round of the competition. **Gala report by Sue:**

Kitty, Rebecca, Andrea, Sue and Graham completed in a total of 21 events, both individual and relay, between them amassing an enormous number of points for the Devon team.

Wins came for Sue Haigh in her four 65+ individual events, Graham in the 45+ 50 fly (28.97) and Kitty in the 50m back (34.09). Rebecca, near the top of her age group, produced a great swim to gain third place in 45+ 50m freestyle (30.73) and Andrea produce an equally good swim to gain second-place in the 45+ breaststroke (41.39).

These excellent placings were an important factor in the final Regional result. The final score being:

Devon	355
Gloucester	289
Dorset	246
Wilts	188
Cornwall	174
Somerset	147

Times for all of the events are put forward and entered into the national competition so there was no relaxing of effort in any of the events as times are vitally important.

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 all of the swimmers!**

**we**  **VOLUNTEERS!**

**TSC Twitter feed...go on join in!**

Follow us on twitter

**@tivyswimming** or read the live twitter feed (it is also posted on the club website). If you send the club a tweet, we can re-tweet it to our 494 twitter followers and other club members will see it on the website!..... can we get to 500+ twitter followers in the next few weeks?



**Newsletter on TSC Website**

Previous editions of this newsletter are posted on the Club website, a hard copy is pinned to



All of the Tiverton masters contributed enormously to Devon's emphatic win in the regional round of this national competition. It was great to have so many selected for the Devon Team from such a small club, everyone swam out of their skins and Sue was pleased to break her regional record in the 50m fly.

As yet the National result has not been announced however we are keeping our fingers crossed for an improvement on last year's result when Devon was placed fifth in the country.

**Sue Haigh**

**Regional Masters Representative**



The Devon Masters Team at Millfield in Nov

## 2017/18 National Arena League

Round one of the National Arena Swimming League was held at Horfield pool in Bristol on 14th October and proved to be an exciting team event for the club. The swim team from TSC came second overall in the gala winning 212 points to 217 for first place Burnham AST and 208 points for Devonport Royals who came in third.

the noticeboard and older versions are archived in the newsletters tab if you want to read them.

If you would like to include an article in the next newsletter, please email any club swimmer news, photos or comments to:

**[newsletter@tiverton-swimming.co.uk](mailto:newsletter@tiverton-swimming.co.uk)**

We would love to hear from you and can **include news items and photos** you send to us in the next newsletter which is due in Feb 2018.

## Christmas Training Camps

This year Head Coach Lucy Walton has planned additional training sessions over Christmas for those club swimmers who have achieved 2018 Devon County Championships qualification times. To keep up with training and preparation for the "Counties", they will be offered three additional training sessions at EVLC over the Christmas holidays. Swimmers will be offered these sessions by invitation and they will take place from 8-10am on 27th, 28th and 29th December. This will enable the 18 swimmers who are entering the "Counties" starting on 13th January to fully prepare for the 3 busy weekends of events which occur early in the new year. So any Christmas excess should be burnt off and good prep made for the 2018 Counties!



Horfield pool in Bristol in Oct for Round one

The round Two gala then took place on Saturday 11th October at Exeter Pyramids pool, a much closer venue for us to travel to, and an afternoon gala. TSC came second again swimming against 5 other teams, Poole SC came (1st), Kingsbridge Kingfishers (3rd), Bridgewater (4th), Soundwell (5th) and West Wilts Force 5 (6th) in the gala!! the final points were as follows:

Poole 299	Tiverton 222	Kingsbridge Kingfishers 198
Bridgewater 187	Soundwell 151	West Wilts Force 131

This means we will now race in the the finals gala for Division 2, and are placed in 5th position out of the 19 clubs competing in our division. The third round gala will take place at Millfield pool on Saturday 9th Dec at 1pm

Good luck to everyone swimming at Arena League- the top 4 clubs in the league will be promoted to Division 1!

**SO FAST SWIMMING EVERYONE!!**

### Club Christmas closures...

You cant fail to have noticed its not long until Christmas now, when the social whirl becomes hectic and then rest and relaxation approaches.

The swimmers in Learn to Swim will have a Distance night on December 1st and their last session of the year will be a [Funsplash on 8th December](#), and then LTS and Friday adult swim will take a rest, returning to the pool on Fri 5th Jan. The rest of the swimming squads will have a ten day Christmas break with the last club session on the



### Message from the Club Chairman

I would like to take this opportunity to thank the coaching team, swimmers and parent volunteers at the club for continuing to make the swimming club function so well for our members this year- you all do such a great job for so many youngsters in the local community, all year round and YOU keep this club going strong for our 190+ members to enjoy the sport.

**Thank you !  
Merry  
Christmas  
& Happy New  
Year to  
everyone!**




morning of Thurs 22nd Dec and squad training will return to normal on Tuesday Jan 2nd.

**Have a great Christmas break!**

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.



thank  
you

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