



Tiverton Swimming Club NEWSLETTER

Sept 2017



Welcome Back!

We hope you had a fun summer break and are ready to get back to the serious business of swim training as we start the short course season this autumn. We have a busy calendar of competitive swimming planned for the squads, with a mix of open meets, team events, CSA race nights and LTS distance nights to keep us busy over the next three months. The coaching team are busy assessing the development of the squad swimmers, so expect to see some changes in faces in the lanes at training sessions. We now have a waiting list of swimmers who want to join us at the club, which continues to grow and another list of swimmers who are keen to access more pool training time to develop their competitive swimming. We would like to remind all swimmers that the coaches expect them to turn up to every session they are allocated to train in, and demonstrate a willingness and desire to progress at each training session. We need a strong commitment to training and supporting the club as we have a young team of swimmers who we want to develop and build a strong club team atmosphere going forward. So remember.....



Club Champs 2017

On Sunday 23rd July we held our annual swimming club Championships gala at EVLC, with 66 swimmers entering aged from 7 to 48. We licenced this event again this year to Level 4 and although it was a busy and fast meet for the swimmers, it all went to plan. A big thank you goes to the 37 volunteers who made this event happen:

Events & info

Club galas & Meets

Clevedon L3 Sprint meet

Sunday 1st Oct at Hutton Moor,
WSM

Exeter L2 October Meet in Plymouth

Sat 7th & Sun 8th Oct at
Plymouth Life Centre

Swim England Masters National Champs

Oct 27th-29th at Ponds Forge in
Sheffield

Tivvy Sparkler L3 meet

Sunday Nov 5th at EVLC

Plymouth Leander Winter Qualifier L1 & L3 Long course meet

Sat 18th & Sun 19th November in
Plymouth Life Centre

Plymouth Leander Christmas meet L3 short course meet

without whom we couldn't have run the club champs so smoothly:

Hytek desk & recording- Tony Dilks and Sam Budd

Officials- Referees- Terry Fullick and Alison Williams, Starter- Teresa Smith.

Plus officials Sue Haigh, Rebecca Jenkinson, Jim Loosemore, Karen Fullick and Sally Tovey, Finish judge Simon Broom. Timekeepers Yasmin Smith, Chris Davies, Claire Yardley, Tori Campbell, Andy Miller, Andrew Lawrence, Lisa Pike and Jenny Miller.

Medals desk – An Janssen, Lucy Boyde, Michele Swanston & Anna-Marie Southcott

Official's teas and refreshments- Denise Bennet and Mandy Aldridge and the committee members who made or provided the cakes!

Team Managers and coaches- Lorna Burston, Lucy Walton, Garry Arrowsmith, John Bennet and Jenny M

Marshalls- Alix Stewart, Kathy Revolta and Michele S

Warm up Marshalls- Lyndsey Baker, Graham Yardley and Simon and Sam B

Programmes and raffles- Tania Carpenter-Smith and Kerry

Peters, Runner- Mark Aldridge Announcer- Sara Dilks



Results are posted on the website www.tiverton-swimming.co.uk

Masters updates

Tiverton Swimming Club Masters swimmer Sue Haigh had the honour of representing Great Britain at the 2017 **World Masters Swimming Championships** in Budapest in August this year. Swimming in the 65-69 age group Sue put in some fantastic performances and was rewarded with bronze medals in the 800m freestyle, 400m freestyle, 200m freestyle and finished fourth in the 100m butterfly. Many congratulations to Sue for such a fantastic achievement!

On her return, Sue also had a very successful time at the **Devon**

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

Arena League R1 Oct 14th 5pm Horfield, Bristol

Arena League R2 Nov 11th

Arena League R3 Dec 9th

Squad name change

We have changed the name of one of our training squads from non-competitive to **Competitive Development squad (CD)** This is to reflect the development pathway swimmers take when moving from Skill Development (SD) squad training 3 hours a week to the next level of Competitive development at 4.5 hours a week, and then moving to the competitive (Comp) squad who have 6.5 hours of pool time available to train each week. **We encourage all swimmers to train at as many sessions available to them to get the most out of their swimmer development as possible.**

Time Keepers trained

Nine volunteers trained as timekeepers for the club in July and were able to put their new found skills to the test at the Club Championships Level 4 licenced meet this year. Young volunteer and club swimmer **Yasmin Smith** and parents **Andrew Lawrence, Chris Davies, Claire Yardley, Jenny Miller, Andy Miller, Victoria**

County Masters Championships, where she brought home gold medals in the 100m individual medley, 50m butterfly, 50m and 100m freestyle.

She was joined at the County Championships by two fellow TSC masters who both performed superbly to win three gold medals each. Kitty Hollingsworth won the 100m individual medley, 50m and 100m backstroke in the 45-49 age group and Lucy Boyde got her titles in the 50m butterfly, 50m and 100m freestyle in the 35-39 age group.



Left to Right: Kitty Hollingsworth, Sue Haigh, Lucy Boyde

Why is swimming a GREAT sport?

Campbell, Lisa Pike and Sara Dilks all took the time to attend the classroom based training session and were then assessed at the race night we had in July. These new timekeepers all volunteered for sessions at the club championships, and without their help (and all of the licenced club officials we already have) we wouldn't have been able to run the Club Champs as a licenced meet- THANK YOU!

Club kit change in T-shirts in October

Tony Pryce in Tiverton is ordering our new look Club T-shirt. The previous Nike branded shirts are no longer manufactured, so we have decided to change to a new Joma sport brand and have the club logo embroidered on the front and the TSC letter "T" printed on the back. The new tops will be available from the end of October priced at **£15 for children and £17.50 for adults**. The current Nike club shorts, hoodies or sports trousers are still available and are on sale at Tony Pryce in Tiverton. 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.

New club committee

THE BENEFITS OF SPORT PARTICIPATION FOR CHILDREN



- BUILDS CHARACTER ■ DEVELOPS SOCIAL SKILLS ■ BUILDS FR
- TEACHES ATHLETES TO TAKE RESPONSIBILITY FOR THEIR ACTION
- REDUCES STRESS ■ REDUCES ANXIETY ■ IMPROVES SELF ES
- IMPROVES BRAIN FUNCTIONING ■ INCREASES CONFIDENCE
- IMPROVES MEMORY ■ REDUCES O
- INCREASES COGNITIVE FUNCTIONING
- IMPROVES LEADERSHIP SKILLS
- IMPROVED CONCENTRATION
- DEVELOPS RESILIENCE ■ BOOSTS BRA
- IMPROVES SLEEP ■ TEACHES RESPEC
- TEACHES TEAMWORK ■ TEACHES FAIRPLAY
- IMPROVES MOOD ■ IMPROVES BODY IMAGE
- IMPROVES CARDIOVASCULAR FITNESS ■ REDUCES DEPRESSIO
- PROMOTES BETTER POSTURE ■ DEVELOPS CREATIVITY
- PROMOTES INTRINSIC REGULATION ■ IMPROVES DECISION
- TEACHES CHILDREN ABOUT VALUES AND ATTITUDES
- TEACHES CHILDREN TRANSFERABLE SKILLS TO USE IN ALL ARE



New Club Captains

Congratulations to Oliver Bennet and Katie Walton who are both swimmers in Performance squad. They have been appointed as Club Captains for the next year at TSC. Look out for them on poolside during training and at galas and open meets. They are both very experienced at competing in swimming, so can be asked for advice by the young swimmers, especially those who are new to swimming at the club, or any other swimmer who wants to know more about training or competing at TSC.

member

We are delighted to welcome Mark Aldridge to the committee. Mark will be our new Trophy officer, and is a welcome addition to the management committee for the club.

Sparkler countdown!

We are busy planning our biggest event of the year, the 11th Tiverton Sparkler Level 3 Open meet which takes place on Sunday 5th November. A list requesting volunteers to help at the sparkler will go up on the noticeboard soon and we are collecting tombola prizes to raise funds on the day. If you would like to find out how you can help at the Sparkler this year, please ask any of the committee members and they can give you the low down! The Sparkler is proving to be very popular this year and is likely to be very busy on the day, so any help in preparations or on the day is most welcome.

Farewell to John Bishop

Our younger swimmers gave a traditional farewell to John Bishop this week, with a carefully planned push and shove and a rousing poolside cheer at his last session. Luckily he had a towel



Oliver Bennet and Katie Walton - Club Captains 2017/18

Swim Mark awarded

Each year the club reviews its policies and procedures as part of an annual Health Check and submits information to a Swim England National Swim Mark panel (previously known as Swim 21). Sue Haigh is the club's Swim Mark co-ordinator who leads this process, and again for the 9th year running we have been awarded Swim Mark essential accreditation for the club. Well done and thank you to everyone on the committee and coaching team who provided the necessary information to submit for accreditation this year.



SE South

West Volunteer of the Month

Congratulations to Terry Fullick who was awarded the Swim England South West Volunteer of the Month for August. This new award is given to recognise and promote the hard work and dedication of volunteers within Aquatics Clubs in the South West and Terry is the first ever recipient of the award.

Terry has volunteered at Tiverton swimming club, taking on many different roles over the last 15 years, from chairman to club president. However it is in his role as a swimming official that he has provided our club with an enormous amount of support. Terry is a qualified Referee and has given us the opportunities to run licenced galas at Level 4 for

and change of clothes with him!



John has been a great volunteer coach for our young swimmers at a Tuesday night skills session for the last year. He is returning to coach swimmers at Exeter SC, and we hope he will come back to Tivvy if he gets time in the future.

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. **Please remember that our T&C state members need to give ONE MONTH's notice to the club of their intention to cancel Direct Debit fees.** If you plan any changes to your swimming, please let our membership secretary Lyndsey know as soon as possible by

our Club Championships and our annual Level 3 Sparkler open meet (now in it's 11th year at Tiverton). Terry has been an official at all 11 of these Sparkler open meets and has been an essential part in developing their success. Terry travels all over with the club, refereeing at junior league galas, Arena league galas, County Championships, Development galas and at numerous open meets and team events throughout the swimming season and takes particular delight in supporting our team events. He also takes the time to support our club swimmers at individual meets and takes care to support the youngest swimmers in the club when he referees at our club junior race nights. Terry is instrumental in developing our timekeepers within the club, and in supporting the development of volunteer officials in Tiverton Swimming Club. In the last 12 months, Terry has supported the development of 6 timekeepers and two J1 officials for our club. As a result of his leadership and support, we now have two referees, one J2S, and 5 J1 officials within our small club, and a group of 10 trained timekeepers- a great achievement!

Terry fundamentally enjoys being part of a sporting club, and has stayed on to support swimmers in Tiverton well after his own children have grown up. Without such an experienced official, Tiverton SC would struggle to offer competitive events for our members, he is a pivotal member of our swimming club and a well deserved recipient of this new award.- Congratulations Terry.

emailing membership@tiverton-swimming.co.uk and she can update the treasurer, secretary and club 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 on: 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



Terry Fullick at the 10th Tiverton Sparkler in Nov 2016

Arena League

We will be entering the NASL- National Arena Swimming League again this season. This prestigious league starts on the second Saturday in October with Round one of the team gala, and this year it will be held at Horfield swimming pool in Bristol. A team is selected by the head coach to represent Tiverton SC in the 11U, 13U, 15U and Open age groups, with races for boys and girls plus a series of relay races. The competition then follows with a second round gala in November and a third round in December, all races are held on the second Saturday of

teacher development **Please do come and join in and help us to keep the club going!** We

can 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 to keep the club going for the swimmers!

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 469 twitter followers and other club members will see it on the website!..... can we get to 500 twitter followers in the next few weeks?



these months. TSC is currently in division 2 of the Western league, and is looking to send our fastest swimmers to maintain our place at the top end of division 2 this year. The club provides transport to the venues for swimmers, officials, team managers and coaches (and there are often spare seats for spectators) and everyone piles on the bus to head off to the galas which are usually held in the afternoons. The Arena league galas are rowdy, noisy, exciting events and great fun for swimmers and spectators alike. Once we have swum our hearts out, the team is treated to a food stop on the way home, usually a trip to the local "Golden Arches" and then a late return to Tiverton, tired and happy!

Round One will take place on Saturday 14th October at Horfield Leisure Centre in Bristol, and we will be swimming against Wellington, Devonport Royal, Celtic Dolphins, Academy ST Burnham, Sevenside Tritons B and Chard swimming clubs.

Other clubs we will race against in further rounds include Torquay Leander, City of Bristol B, Backwell, Kingsbridge Kingfishers, Swindon B, Poole B, City of Newport, Soundwell B, Llanelli, West Wilts Force 5 B, Bridgewater and Bristol North. Good Luck to those competing at the Arena League for TSC this year.

Blundells summer squad swimming

We rounded off the end to the summer season by a few weeks open air swimming for the older swimmers at Blundells open air pool - the weather was variable at times, and we were rewarded with a sunny final swimming session on the last Sunday of training before the club entered the summer break.. here is photographic proof of the sunny training session!






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.

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

newsletter@tiverton-swimming.co.uk

We would love to hear from you and can include items you send to us in the next newsletter which is due in Nov.

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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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