



## Club Update

Since the start of the year, we have had a busy few months of competitive swimming across the club. In January, our swimmers raced at three full weekends of events at the Devon County Championships and the end of February also saw the 800/1500m County Championships - with 6 club swimmers qualifying for the long distance events this year. In March, despite the repetitive snow fall leading to the cancellation of the Devon Relay gala, we managed to enter a team at the Devon Inter-club gala, and saw the return of our fun Junior Team Gala for the younger swimmers, plus CSA race night, timekeeper training and a L1 open meet at Hengrove in Bristol. We are now looking to race at a L1 & 3 Long course open meet this weekend at Millfield pool, and are leading up to the South West Regional Championships which will be held over three weekends in May at 50m pools in Plymouth, Millfield and Hengrove (Bristol). You can find out about our swimmers recent adventures in the pool below!

## Devon County Championships 2018

We had another successful year at the Devon County Championships in which seventeen swimmers gained the qualifying times to take part at the event. Between them they filled an amazing 83 finalist places, won 43 medals and achieved some fantastic personal best times. In the youngest age group Emma Declerck swam brilliantly to reach ten finals, picking up silvers in the 200m freestyle, 50m and 100m backstrokes, as well as three further bronze medals and Sydney Boyde showed tremendous potential in reaching six finals, especially as she has another year left in this age group. Gemma and Jodie Dilks also had a fantastic time and reached fourteen finals each, which included three overall championship finals for Jodie in the 200m butterfly, 400IM and 200m breaststroke. Gemma brought home gold in the 400m freestyle, 400m individual medley and 200m butterfly, as well as two silvers and eight bronze medals. Jodie added to her three championship finals medals with age group golds in the 200m individual medley, 50m breaststroke and 100m breaststroke, as well as four further silvers and a bronze. In the same age group Jessica Swanston made it into the 50m and 100m breaststroke finals, Lucy Webber gained two personal best times and there were one

## Events & info

### Club galas & Meets

#### Exeter & Taunton Deane L1 & L3 LC meet

Sat 14th & Sun 15th April in  
Millfield

#### Regional Youth

#### Championships 15, 16 and 17 & over

Sat 5th, Sun 6th & Mon 7th May  
LC at Plymouth

#### Regional age group

#### Championships 11/12, 13 & 14 yrs

Sat 14th & Sun 15th May LC in  
Hengrove, Bristol  
Sat 21st & Sun 22nd May LC in  
Millfield

#### British Masters

#### Championships

8-10th June at Plymouth

#### Devon Development galas

Sat 16th, Sat 23rd & Sun 24th  
June at Plymouth

each for Louisa Gibbins and Wilf Arrowsmith on their county championship debuts. Olivia Broom qualified for six finals and won bronze medals in the 100m individual medley and 100m backstroke. Micah Partridge made the 50m and 100m breaststroke finals and Amy Stewart gained three personal best times. There were six finals for Jack Aldridge who picked up a full set of medals in the breaststroke, winning gold in the 200m, silver in the 50m and bronze in the 100m. Sam Arrowsmith made the championship final in the 400m individual medley and reached an amazing twelve other finals. Katie Walton had a very successful Championships and made eleven finals, winning gold in the 200m butterfly, silver in the 100m and 200m backstrokes and four further bronze medals. Oliver Bennet reached two finals and claimed silver in the 200m butterfly. There were also fast swims and personal best times on their county debuts for Megan Sharp, Emily Peters and Barnaby Ames.



2018 Devon County Championship team (not all of them)

## Devon County Long Distance Championships 2018

Six club swimmers qualified to race at the Devon County Long Distance Championships, held in the 50m pool at Plymouth Life Centre at the end of February. Sam Arrowsmith raced the 1500m finishing with a pb in 18.52.39 and placed 9th in his

### Devon Sprints gala

Sun 17th June at Plymouth

### Devon Relay gala (new date)

Sat 30th June at 4pm (time tbc)  
at Plymouth Long course 50m pool

### Devon County Seniors & Masters Championships

Sun 1st July at Plymouth

### TSC Club Championships

Sun 1st July and Sunday 8th July at 4-7pm at EVLC

### 12th Tiverton Sparkler L3 open meet

Sunday 30th SEPTEMBER all day at EVLC

### Junior Team Gala Fun!

We held a fantastic Junior team gala on Sunday 25th March for our younger swimmers who competed against children from **Wellington, Dawlish, North Devon Marlins** and **Newton Abbot** swimming clubs to compete in a variety of races in this team event. It was held at EVLC and we had a packed spectators gallery and great atmosphere from all of the swimmers racing at poolside. The teams raced as 12u, 11u, 10u, and 9u with both a boys and girls team competing in all 4 strokes, plus a freestyle and medley relay and a Cannon relay to

age group in Devon. Lucy Webber, Megan Sharp, Jess Swanston and Jodie Dilks all raced the 800m and came away with pb's. Jodie won the bronze medal for her age category at the event in 10.15.47 and Gemma placed 5th, Megan also came 6th in her age group and Lucy placed 12th and Jess 13th in Devon in theirs. They all had a great time and would recommend long distance swimming to other club swimmers too. Megan enjoyed it so much she is entering her first 1500m race at the Exeter/TD Easter meet in April! Good luck swimming 30 lengths of a 50m pool Meg - we hope you enjoy it!



County Long

Distance swimmers in Plymouth in Feb.

## Devon County Interclub gala 2018

Due to the snow weather conditions, Tiverton Swimming Club took a depleted team to the 2018 Devon Inter-Club Gala at the Plymouth Life Centre, where they competed against ten other clubs from around the county. The day started with the traditional parade of the clubs pennants carried by two swimmers from each club and this year it was Olivia Broom and Oliver Bennet who were given the honour of representing Tiverton.

finish. The swimmers had a fantastic time and TSC finished second in the points score at the end, just losing out to Wellington SC who came first with 10 more points.



Collecting the 2nd place Trophy from Terry- TSC club President

**Please share the club newsletter with your swimmer!**

As a parent of a swimmer at our club, you will receive this newsletter to your nominated email contact account - as its full of club swimming news and information, please share the club newsletter with other family members, especially your swimmers at the club, so they can catch up with what has been happening at their club- **just forward this email to their account for them to read at their leisure- Thanks!**

## New Poolside Volunteers

We are delighted to welcome more volunteers to the poolside to expand our coaching and poolside helper team. **John**



In a competition that is dominated by Plymouth Leander, Tiverton were delighted to finish in fifth place particularly as a lot of the swimmers had to swim up age groups. The 11 and under team was represented by Emma DeClerck, Sydney Boyde, Alfie Mason and Arron Wood, with all four swimmers putting in a great effort and getting some cracking personal best times. Emma swam brilliantly to win both the 50m freestyle and 50m backstroke, whilst Sydney took second place in the 50m breaststroke.

There were some good swims and pbs all round for the 13 and under team of Jodie Dilks, Gemma Dilks, Wilf Arrowsmith and Edward Bakewell. Jodie won the 50m breaststroke and came second in the 50m backstroke, with sister Gemma doing likewise in the 50m butterfly and 50m freestyle respectively. The 15 and under team consisted of Jack Aldridge, Sam Arrowsmith and Olivia Broom, with help from Gemma and Jodie. Jack swam impressively to win the 100m breaststroke, as did Sam in coming second in the 100m butterfly and third in the 100m freestyle. Olivia, finishing third in the 100m backstroke and fourth in the 100m freestyle. Jodie and Gemma, swimming up an age group, had a couple of fantastic results, with Jodie coming second in the 100m breaststroke and Gemma matching that in the 100m butterfly. The team then did a great job to finish second in

**Bishop**, has returned to TSC as a Swim England L2 coach (and L2 swim teacher) to lead in the Sunday 4-5pm sessions and develop the swimming skills for the junior squads - welcome back John! We also want to increase the number of poolside volunteers to work under guidance of the coaches and support the swimmers in their regular training sessions. The club uses the pool for 13 hours each week, so we need a group of committed volunteers to join in the sessions to guide and supervise our swimmers. **If you are interested in a volunteer poolside role, please have a chat to Lucy-Head Coach or Sara- Club Chairman**, who can explain the role. We are particularly short of help on a Sunday evening, and need to have more coaches and poolside helpers in our team to share the running of these sessions.

### **Devon County Relay gala 2018**

This event was cancelled due to the snow and has now been rescheduled to be held on **Sat 30th June** at Plymouth life centre. TSC plan to enter boys and girls teams to race in the medley and freestyle relays for the different age groups at this fun and competitive county team gala.

the mixed medley relay. There were some strong swims in the Open category, where Oliver Bennet was helped out by Jack, Sam, Olivia, Jodie and Gemma, with Jodie getting fourth place finish in the 100m butterfly in the open category against much older opposition.



Interclub team at Plymouth Life Centre one snowy day in March!

## CSA Race Night

We held a race night for CSA swimmers on Wed 21st March, with the youngsters practising their diving and racing skills and swimming either 25m or 50m in three strokes (freestyle, backstroke and breaststroke) to see how fast they could swim.

**Bronze flash awards** for 25m freestyle swum under 21.00 seconds were won by Rose Smyth, Finlay Woodfield, Rose Harrison, Jasper Newnes and Evie Nelson.

**Silver flash awards** for 50m freestyle swum under 41.00 seconds were won by Kai Perrott and Elysia Partridge.

Rose Smyth also achieved the **Bronze flash** time for the 25m backstroke on the same night too!

Congratulations to everyone who swam at CSA Race Night, the next one will be held in June - the date is to be confirmed.

**Thanks also** to the coaches and parent volunteers who organised and marshalled the swimmers at Race Night and to those who ran the recording desk at the event- we cant do it without you!

## Arena League 2018

We have entered a team into the 2018 National Arena swimming league galas which will be held later in the year. TSC is currently in division 2 of the Western league and the three galas will be held on the second Saturday's in October, November and December in 2018. There is also a new NASL website

[www.nationalarenaswimmingleague.org](http://www.nationalarenaswimmingleague.org)

giving details about the upcoming competition year and the finals for 2017/18 season which will be held in Cardiff on 21st & 22nd April.

## Shoe covers have disappeared!

EVLC are doing their bit for plastic excess and have stopped providing shoe covers for people who enter the poolside and changing village areas. **You will be required to remove all outdoor footwear when entering the changing facilities for the pool**, however indoor flip flops are OK to wear.

## More pool time in April

The club has booked an additional 30 minutes of pool time on a Wed evening from 8.30-9pm, which means we can increase the

## Club Timekeepers trained!

In March the club held a training session for 10 of our volunteers to be trained as **timekeepers**. This in-house training session was run by our Club President and Swim England Referee Terry Fullick. The training consisted of a 2 hour classroom session held at EVLC one evening, followed by a practical assessment at a CSA race night held a week later. This meant the trainees could put their new found skills in using stopwatches, observing swimming races and correctly documenting swimmers race times into practice. Following the practical assessment, all 10 volunteers passed the course and are now qualified timekeepers and members of Swim England. **Congratulations and many thanks** to Simon Broom, Wayne Baker, Kate Wood, Andrew Woodfield, Alex Sharp, Kerry Peters, and young volunteers Emily Peters, Oliver Bennet, Oliver Nelson and Chloe Muggeridge. We are delighted to have more TK's as so we can run the Club Championships to a licenced Level 4 meet again this year. We now have 24 timekeepers trained within TSC, all of whom have been trained by Terry!. **If you are interested in becoming an official for TSC, please let us know as Terry is keen to support the J1 training for anyone who wishes to become an official for the club- he is recruiting now!**



Timekeeper training at EVLC during race night.

number of swimmers training in Skill Development by holding two sessions on a Wed, an earlier 7-8pm session and then a second later 8-9pm session both lead by Lorna. Swimmers in the competition and performance squads will also benefit from a 30 minute increase in their training time and will now swim from 7-9pm on a Wednesday evening too.

## 12th Sparkler Open meet 2018

The date for the Sparkler level 3 open meet has been set as **Sunday 30th September** this year, to avoid a date clash with a new Level 3 meet being held in Plymouth in November by Dawlish Swimming Club.



## Team managers volunteer request

Have you ever thought you would like to organise swimmers on poolside when your child is swimming at a meet? This role is called a **Team Manager**, and there is a training module

## UBSC and Henleaze L1 Long course meet.

Ten swimmers represented Tiverton Swimming Club at the United Bristol Level 1 National Qualifier held in the 50m pool at Hengrove, Bristol. The team performed admirably to bring home a total of 18 medals competing against some of the best swimmers in the south west and beyond. Sydney Boyde put in some great swims to bring home a full set of medals in the breaststroke, winning gold in the 200m, silver in the 100m and bronze in the 50m, as well as silver in the 200m individual medley. Emma Declerck impressed on her debut at a long course meet by taking silvers in the 100m and 200m backstrokes and bronze in the 200m breaststroke. Also competing in a 50m pool for the first time (as she had just turned 9 that weekend) was Emily Miller who did superbly to finish fourth in the 50m freestyle and fifth in the 50m backstroke. Gemma and Jodie Dilks were also in good form, with Gemma coming away with three gold medals in the 50m, 100m and 200m butterfly. Jodie claimed gold in the 200m breaststroke as well as five silvers and two bronze medals in her races. Sam Arrowsmith and Jack Aldridge set down some great times, with Sam finishing fifth in the 200m butterfly and Jack doing likewise in the 50m breaststroke. There were also some fantastic swims and personal best times set by Arabella Boyde, Olivia Broom and Lorna Burston.



Swimmers who raced at Hengrove pool in Bristol in March L1 meet.

available to enable volunteers to become a Team manager for our club. The workshop is available for anyone aged 16 or over, although an individual cannot take on the role of a Team Manager fully until they turn 18. **Team Manager Module 1 – Local Competitions** is the starting point. Module 1 is designed as an introduction to Team Managing at a club/local level. It is a basic and informative workshop which gives participants the confidence and knowledge to effectively manage a team. **If you are interested in becoming a Team Manager please let Sara (Chairman) or Donna (Secretary) know.** They are two of the current TM's for the club, and can arrange the training course for you to attend.

### AGM has been held

The club Annual General meeting was held on Wed 5th April at Exe Valley Leisure centre. Reports were given by the Head Coach, Club President, Club Chairman and Club Treasurer detailing the events of 2017. **Lucy Boyde** was voted in as a new **Masters representative** on the committee and Sue Haigh stood down from the committee this year. Many thanks to all of those who sent their apologies or who came to the AGM and supported the meeting- it was much appreciated.

### Newsletter on TSC Website

Previous editions of this newsletter are posted on the Club website, a hard copy is pinned to the noticeboard and older versions are archived in the newsletters tab. If you would like to include an article in the next newsletter, please email any club news, photos or comments to: [newsletter@tiverton-swimming.co.uk](mailto:newsletter@tiverton-swimming.co.uk) The next newsletter is due in June 2018.

At Tiverton Swimming Club we take Child Welfare very seriously, please contact the Swimline, or talk to Denise Bennet, our club Welfare Officer on [welfare@tiverton-swimming.co.uk](mailto:welfare@tiverton-swimming.co.uk) and let her know about any concerns you may have.



### TSC Twitter feed.

Follow us on twitter [@tivyswimming](https://twitter.com/tivyswimming) or read the live twitter feed **posted on the club website**. If you send the club a tweet, we will re-tweet it to our 536 (and growing) twitter followers ..... join in the club conversations!.



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