

# Tiverton Swimming Club NEWSLETTER

October 2018



## Club updates

We are enjoying the busy season of training and weekend racing for our swimmers at the club, with many entering galas and open meets, team relays and the arena league. Currently we have 20 swimmers who have already achieved County qualification times, and are looking forward to more swimmers meeting their personal swim goals over the next few months of competitive swimming at the club.

We have recently welcomed two new Level 2 swimming teachers to poolside- Emma Halsey and Lucy Cottrell, who have joined the club and are volunteering their time and expertise to develop the swimming skills of our younger squad members. Head coach Lucy Walton has also received her Swim England Senior Coach award (Level 3) and is looking at taking the club forward and developing the competitive skills of our swimmers across the different squads.

## Exmouth Team gala

A team of our younger swimmers who were all 12 and under represented TSC at the "Coventry" Team gala held in Exmouth on Sat 29th July. The gala involved racing against two visiting teams from Coventry, plus Newton Abbot and Exmouth. We were a bit short of boys on our team, however everyone swam really well, especially considering most of them were swimming up an age (or even 2 years in some cases!). Tiverton came in 4th place with the Coventry teams coming 1st and 2nd at the event. All the swimmers really enjoyed it, and it gave different swimmers the chance to take part in team races like the canon and a "skins" event which Freddie Brassey-Barlow and Sydney Boyde took part in and had a great time! Well done to everyone who went along, and thanks to Coach Lorna and Team Manager Donna for organising the event, and the parents for transporting their

## Events & info

### Club galas & Meets

#### Dawlish Firecracker

Sat 3rd & Sun 4th Nov SC in PLC

#### CSA Race night

Wed 14th November 6pm at EVLC

#### Exeter Hub meet

Sunday 18th Nov and  
Sat 24th & Sun 25th Nov SC in PLC

#### Plymouth Christmas meet

Sat 1st & Sun 2nd Dec SC in PLC

#### Arena League galas

Sat 10th November in  
Newport at 4pm  
Sat 8th December

#### Swim England Masters

National Championships  
26th-28th October at Ponds Forge

swimmers to a pool in Exmouth to take part in this end of season fun race.

## Swim England National Summer meet

Four of our club swimmers qualified to race at the Swim England National Summer Championships held in Ponds Forge pool in Sheffield in July/Aug this year. The fastest swimmers in England are invited to compete at this event, so the club was delighted that four swimmers were selected to compete this year. Jodie Dilks raced in six events in the 12/13 age group over a 5 day period and had a fantastic week in Sheffield, making three finals and then winning a gold in the 200m breast in 2:40:77, and silver in 100m breast in 1:15:43 and 50m breast in 34:80 , a fantastic achievement. Jodie also raced in the heats in 200m fly, 400m IM and 200m IM events during the meet, making it a very exciting week of swimming for her. Heading back to his second Nationals Championships, Jack Aldridge competed in the 50m breaststroke heats for 15 year olds, in a fast and exciting race he gained a pb in 32:38 and just missed out on a finals race by 0.06 seconds. In the same age group, swimming at his first English Nationals Summer Championships, Sam Arrowsmith had a great heats swim in the 200m butterfly, to qualify to race in the final and then swimming another pb in 2:14:97 and finished 6<sup>th</sup> in the 200m fly final for 15 year boys, a great result, going faster in the final! Competing at her first English Nationals, Gemma Dilks also swam a great heat race on pb in the 200m butterfly in 2:33:38 at the end of the week, and qualified to race in the final, finishing in 10th place overall after a gutsy swim. Many congratulations to all four swimmers who have done both themselves and the club proud with their National achievements this year. The Nationals event was live streamed on You-Tube and the swimmers races were watched at home by friends and families, who shared in the excitement of the week's events- their support and Twitter fun made it a great atmosphere at poolside and was much appreciated by those racing, coaching and team managing in Sheffield- Thank you!

## Laser-RUN World Championships in Dublin



9 year old Emily Miller has had a fantastic competition season this year, and was selected to compete for **Great Britain** in the u11 Laser RUN WORLD championships held in Dublin in Sept. Emily performed brilliantly on the day and won a BRONZE medal!!! she then topped it off and won the Charity relay event with her team mates as well. Many congratulations on your World Championship medal Emily, we are all very proud of your athletic achievements both in and out of the pool.

## English National Medals

Once again, head coach Lucy Walton was able to travel to Sheffield to coach and support our swimmers who were competing at the English Nationals this summer. She was thrilled to watch all of their race performances in the heats and finals and also delighted to come away with



three Swim England National medals won for the club in the 50m, 100m and 200m breaststroke.



### **Jodie selected for England Talent camps**

Following her speedy racing performance in the English Nationals in Sheffield, Jodie has been selected to attend three one day Swim England Talent camps for 13/14 year swimmers. The "camps" will be a mix of coached swim techniques, land training and education sessions and take place at Millfield and Marlborough Schools in Sept, Oct and Nov. Many congratulations to Jodie for being selected for this exciting development pathway. Currently Devon County offers a swim camp development pathway for 11 year olds and selects these swimmers from County Championship performances. South West Region offer a swim camp

### **Triathlon World in Australia**

Masters swimmer Stuart Veen travelled down under to the Gold Coast to race at the ITU world Championships in Australia in September. Windy conditions made cycling tough, but he had a brilliant race, with a pb in the swim and a pb overall, finishing a fantastic 11th place in his category Well done Stu! That's definitely doing it for Devon!



### **Dartmoor open water 10k swim**



In July Masters swimmers Kitty Hollingsworth and Judith McGregor-Harper took part in the Dartmoor open water 10K swim. Kitty was second overall in the event and first in her age group and Judith took silver in the skins (non-wetsuit) category. Well done ladies Great open water swimming again!



## SWR Relay Championships 2018

TSC entered seven teams into the South West Regional team relay Championships held at Millfield on Sept 23rd. The teams were, a girls aged 10/11 with Sydney, Sophie, Beth and Lucy V, a girls 12/13 Bella, Lucy W, Jodie and Gemma, girls 14/15 Olivia, Meg, Klara and Emily, Boys 12/13 Wilf, Edward, William and James and three Mixed boy/girl teams of 12/13 Wilf, William, Jodie and Gemma another team 12/13 Edward, James, Bella and Lucy W and also a mixed 14/15 Jack, Sam, Olivia and Klara. The event itself was very quiet, but our swimmers enjoyed racing in the freestyle and medley relays with their friends and gained valuable experience in relay takeovers! there were a few medals won along the way with the 12/13 girls team winning a bronze in freestyle and silver in the Medley and the mixed 12/13 team Wilf winning two bronzes and many other 4th and 5th places for our teams at the event. A big thank you to club President Terry

development pathway for 12 year olds and selects swimmers from Regional Championship performances and Swim England offer camps for 13/14 years and beyond. This year **Emma DeClerk** was also selected for the County performance camps and has just finished attending the last of her 3 development days.



Jodie in action in the 200IM at Ponds Forge in Sheffield

## Tesco blue tokens!!

We are absolutely thrilled to have been selected as a community group for the **TESCO BLUE TOKENS**

scheme in Tiverton this winter!!

Please collect the blue tokens from either **TESCO**

**SUPERSTORE** or **TESCO**

**EXPRESS** in Tiverton after going shopping in

**NOVEMBER and DECEMBER**

and place them in the TIVERTON SC slot in the perspex collection box found near the front doors. There are 3 local groups competing for as many tokens as possible, with the top group winning £4,000, the second

Fullick, and Comp Sec Sally Tovey who travelled with the teams and both officiated at this relay gala, their support was much appreciated.



The relay teams on the balcony at Millfield.

## Exmoor 6K Open Water Swim

Three of our masters swimmers entered the Exmoor 6K Open Water swim held at Wimbleball lake on 30th September. Kitty came 3rd overall and Andrea 5th overall and both ladies won their age categories too! Judith swam in the skins (non-wetsuit) category and came in 2nd overall!!! Fantastic open water swimming from all three again this summer Well Done!.



£2,000 and the third £1,000!!

We are fundraising to buy **SIX** new track-start racing blocks for the club, and with £4,000 we can go ahead and buy

**FOUR NEW RACING BLOCKS!!** A huge thank you goes to our Club Fundraiser Graham Yardley for applying and achieving this fantastic opportunity for the club!

The current racing blocks we use for training desperately need updating and we can give our club swimmers the best possible start with new track style blocks to use in training at at race nights, team galas and open meets!

**PLEASE SUPPORT YOUR CLUB AND COLLECT THE TOKENS!!**



The Track Start diving blocks we are looking to buy for the club with fundraising from Tesco

## Sparkler fundraising

We had a fantastic fundraising drive at the Sparkler this year, and raised £112 on the sweetie **tombola**, £455 for the **Raffle** prizes and an amazing £418.99 for the



Can you spot our 3 Masters headed for the start of the event?!

## ESSA Schools team relays

TSC swimmers formed part of three school teams who competed at the English Schools Swimming Association (ESSA) team relays in September held SC at at Millfield. Competing in the South West regional division for Uffculme school for the Boys intermediate (year 9&10) were Sam and Wilf Arrowsmith, For Cullompton Community College, Olivia Broom and Rose Fawell formed part of the intermediate girls team, and Harri Davies, Lauren Baker, Jodie and Gemma Dilks raced as junior girls (year 7&8) for CCC. All three teams entered in the freestyle and medley relays against 43 other schools across the South West and had great fun representing their schools at the event. Many congratulations go to Sam and Wilf, Harri, Lauren, Jodie and Gemma whose teams have all qualified to race at the ESSA secondary schools National team finals which will be held at the Olympic pool in Stratford, London on 17th November. The boys will race in both the medley relay and freestyle relay, the girls are racing in the medley relay and are reserves for the freestyle relay. We wish them the best of luck in their teams and look forward to hearing how they enjoyed the experience of racing at the Olympic pool in London! A big thank you to Club President Terry Fullick, and Comp Sec Sally Tovey who travelled with the teams and both officiated at the Millfield round of this event, their support was much appreciated.

## 12th Sparkler Open meet 2018

TSC held its 12th Open meet, the Sparkler on Sunday 30th Sept. The event ran smoothly and we had swims from over 200 swimmers from 14 clubs around the South West competing at the Exe Valley Leisure Centre. Forty four members of TSC took part and we had a fantastic day, winning a massive total of 82 medals between them. There were also numerous personal best times from almost every member who took part, plus some County and Regional qualification times too. The team were fantastic on the day and made the club really proud - they came second place in the team scores to the winning visiting team Exeter. Well done to everyone who swam at the Sparkler, what a fantastic day at the races we all had!

**Silent Auction** of the MDL leisure pass, Exeter City and Exeter Chiefs tickets! Thank you to everyone who supported these different fundraising activities, whether donating prizes, buying raffle or tombola tickets or making the silent bids. We have to run a major fundraising event each year to keep the club afloat and to progress with buying new equipment and training our coaching staff and volunteers. As ever the 20 **Hot heats** bags went down well with the swimmers and the Ashfords donated bags were filled with goodies for the winning hot heat swimmers.



Sweetie Tombola, Silent Auction boxes  
Great raffle prizes and 20 Hot Heats bags

**Exmoor 6K Open Water**



Super Sparkler swimmers photocall at EVLC on the day itself

## Devon at National County Team Championships

This year Tiverton SC saw two swimmers selected to represent the Devon team at the Swim England National County Team championships, which was held in Ponds Forge in Sheffield on 7th October. Masters swimmer Sue Haigh was the Devon Team manager this year, and Sam Arrowsmith and Jodie Dilks were selected to represent the county team. Jodie raced in the 100m breaststroke and in the breaststroke leg for 4x50 Medley for the 13 and under age group, and Sam raced the fly leg in the 4x50 medley for the 15 and under age group. The team all travelled by coach to Sheffield on the Saturday, staying in a hotel overnight before a big breakfast and an afternoon's racing at the event on the Sunday. The Team Championships are a noisy and fun event, with two galas being held at the same time in either end of the 50m pool- quite an event to behold! The Devon team came in third place overall, with only a few points between them and second placed Scotland West and first placed Yorkshire teams. A tired but happy swim team then headed back for Devon late on the Sunday evening and back to school the next day!



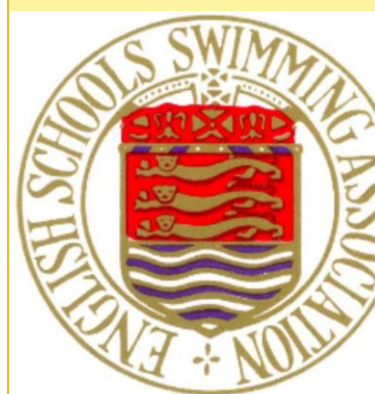
Andrea and Kitty with their medals.

## ESSA swimming events:

The English Schools Swimming Association organises a regional team event and primary and secondary schools relay team events each year. The Secondary schools team relay will be the 61st secondary schools relay event that ESSA has run!

For more info have a read of their website:

[www.essa-schoolswimming.com](http://www.essa-schoolswimming.com)



## Sparkler event sponsors:



Devon County Team with Jodie, Sue and Sam outside Ponds Forge pool in Sheffield

## Arena League- Western round one

A team of swimmers headed off on a bus to Horfield pool in Bristol to race in round one of the national Arena League on Saturday 13th October. The team were competing against 7 other clubs in division 2 of the Western league and had a brilliant time racing the 50 different events, including individual swims in the four strokes, freestyle and medley relays for ages 11 and under, 13 and under, 15 and under and open ages. Tiverton raced very hard and came in a fantastic second place in this round! The happy, hungry swimmers, coaches, officials and parents then had a celebratory meal at McDonalds on the way back home before a late arrival in Tiverton at 10pm! Results of arena league Western division 2 gala 2:

Bristol penguins 294

Tiverton 260

Dawlish 241

Bridgewater 229

Llanelli 217

City of Bristol B 207

Soundwell B 180

Wellington 159

Round two will be held in Newport on Sat 10th November at 4pm

A huge thank you goes to both of our Sparkler event sponsors. This year we had two local businesses who sponsored our open meet. **All Pools & Spa's** and **Ashfords** who have very generously supported the 12th Tiverton Sparkler this year- **THANK YOU!**



**All Pools and Spa's Ltd**



**Ashfords LLP Solicitors**

## Sparkler race and trophy sponsors:

This year we had several local businesses sponsor individual races at the Sparkler.

**Countryside Funerals, 2**





**Right Feet podiatry** and **Absolutely Brilliant Carpet Cleaning** all made donations to the event this year and **Tony Pryce** Tiverton also sponsored the Sparkler winning Team Trophy (which was won by Exeter again!) Many thanks for your support!! A big thank you also goes to Club Fundraiser Graham Yardley for co-ordinating and requesting all of the sponsorship and prizes for the meet, auction and raffle, and to Sally Roberts for suggesting a Silent Auction for the three top prizes!

### **Sparkler fabulous volunteers:**

**An enormous thanks goes to the legion of fantastic volunteers who made the Sparkler run so smoothly again this year.**

**Officials and Club Referees; Recorders; Runner; Team Managers; Meet organisers; Poolside Marshals; Raffle, Tombola, Spectator entry & programmes sales, officials food & refreshments; Elsy May, Ryan Kerswell Photography, SRS Leisure Swimshop; Dan the Announcer; Mark--the-timing-pads-man; Coaches;**

## **Why was I disqualified?**

I have been asked by the club to provide a series of articles to help swimmers and their parents/carers understand the basic rules of competition swimming. Whilst we try to advise swimmers at race nights and during training sessions, once they are at a licenced open meeting they are on their own!

The examples I've used, believe it or not are real!

### **Before you get in the water.**

Dress appropriately. Yes it is possible to be disqualified before you reach the starting blocks!!!

Your swimming costume has to apply with the rules. For both men and women it has to be a single piece. Whilst some costumes are acceptable during public pool sessions, they can't be used for race meetings. Unfortunately you can't wear your favourite two piece or wear a tee shirt if the water is cold! Unlike school uniforms, don't be tempted to buy a costume that is too big hoping that they will grow into it. If it comes **below the knees** it will lead to a disqualification!

In addition you are not allowed to wear one costume over

another. You can, like some swimmers do, wear two hats.

If in doubt buy a costume displaying the FINA symbol as these have been approved for competition.

Unlike many other sports, any tape, bandages and sticky plasters are not permitted unless they are supported by a medical certificate and approved by the referee **before the meet starts**. This is to protect both the swimmer and other swimmers in the pool.

I've have in the past been approached by a parent and swimmer with their arm in plaster protected by a waterproof cover asking if they can swim, unfortunately the answer is/was no. Another case when a swimmer with a sticky plaster covering an access point for a medical drip supported with a note from their GP was allowed to swim.

**If in doubt please speak to your coach and the referee before you go to the meet.**

A swimming pool is not the place for jewellery, wrist bands or ankle bracelets and wearing them is a health and safety issue. Please remove them before you swim as whilst it will not lead to a disqualification the referee may ask you to remove the item which could lead to you not being able to swim or miss your heat. You are not able to wear a wrist watch or any other device that can be interpreted as an aid to pacing.

**The start:** Swimming adopts, as with track athletics, a one start rule.

In common with most sports starting before the signal to start the race (False start) will lead to a disqualification. This can be interpreted as any forward action on the blocks immediately before the starting signal. So **please try to remain still after the command 'take your marks'**. The disqualification can be made immediately by starting the race again, without the offending swimmer, or after the race. Please note that BOTH the starter and referee must agree there has been an infringement for a disqualification to be made.

I hope I've been able to clarify some of the rules which can be confusing to those new to the sport. Next time I will look at some of the strokes.

**Terry Fullick- Swim England referee & Club President**

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

**Medals table; TSC organising Committee; Lifeguards and EVLC staff and Duty managers- You all know who you are, and many thanks for making TSC look great, whilst raising club funds and providing a high quality local meet for our swimmers to all enjoy!**

**THANK YOU!**

**The Annual Club Presentation Night!**

Save the Date on the evening of **Saturday January 5th** we planning to hold our annual Club presentation night!! Watch this space for details coming soon!

**Save the Date!**

you may have.



### **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!**

### **TSC Twitter feed.**

Follow us on twitter [@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 606 (and growing) twitter followers ..... join in the club conversations!.



### **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:**  
[chairman@tiverton-swimming.co.uk](mailto:chairman@tiverton-swimming.co.uk) The next newsletter is due in December 2018.



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