



Tiverton Swimming Club NEWSLETTER

December 2018



Head coach 2018 review

I just wanted to say a huge well done to all of the swimmers in TSC new and old for another very successful year in the pool. The younger swimmers started the year off with a **sprint gala**, for many swimmers this was their first competitive competition. TSC were the top club and came away with lots of medals, great swims and a great experience of competitive swimming. **Devon Counties** was our most successful so far - swimmers attending, finals, medals, and Championship finals plus the Interclub and team relay success. I am looking forward to 2019 where we have a record 27 swimmers achieving county qualifying times. **SW Regionals** was another success for TSC with qualifiers, finals, team relays and some more medals. **Devon Developments** - Another record number of entries for TSC with new swimmers getting a taste of racing for the first time and more seasoned swimmers getting new PB's. **Club Championships** - So well supported this year it was great to see swimmers from CSA through to Masters all competing and having fun. **Summer Nationals** - Four swimmers qualified for the English Nationals in Sheffield, between them making 6 finals and topping off a fantastic week of racing winning a gold and two silver medals. We had a very brief summer break and then it was back to it..... More racing! During the summer, the **Masters** swam at a variety of open water events and at the InterCounties team event in October and also at Masters Championships throughout the year.

Tiverton Sparkler - A great success again for us even though we had to move dates to September from November. A very long day put together by an army of

Events & info

Club galas & Meets

LTS Splashfun night

Fri 14th Dec 7pm at EVLC

Devon County Champs

Sat 12th & Sun 13th Jan

Sat 19th & Sun 20th Jan

Sat 9th & Sun 10th Feb

Sat 23rd Feb 1500m

Sat 2nd March Devon Relays

Sun 3rd March Devon Interclub

All held at Life Centre,
Plymouth

Christmas Club closure

The last swim for Learn to Swim will be on **Friday 14th December**.

The last swim for the other squads will be on **Thursday 20th December**.

The club squads will then restart as usual from

volunteers – A special thank you to those that helped organise, volunteer and give up endless hours to enable us to be able to run such a great meet. **THANK YOU.**

November – December – Seems to have been endless competitions which have produced hundreds of PB's, county, regional and national qualification times, and our best **Race Night** with 39 flash awards won! In December – two swimmers have also qualified for the **Winter short course nationals** in Sheffield. and Learn to swim **Distance Night** had 24 take part, using their new skills to swim as far as possible and 5 went on to swim 1 mile.

Children in Need – Great fun event organised by Kitty & Lucy B. Wonderful to see swimmers from all groups mixing, supporting and having fun. A fabulous £440 raised – Well done all.

Arena League – Fantastic swimming by all involved. I asked some swimmers to swim a lot and others to be part of relay teams. Every swimmer played their part and without each and every one of you we wouldn't have achieved the success we did this year. We entered the competition this year with a small but strong team which I had high hopes for and they delivered! We went to the final ranked 3rd, the top 3 teams get promoted. After a very noisy, nail biting exciting final we finished 3rd -

PROMOTION!!! This is the first time TSC has been promoted to the First Division of the Western region National Arena League with just swimmers from TSC (and not combining with Taunton SC).

To round off – A very well done to everyone and thank you to the fantastic swim teachers and coaches who volunteer their time to take this club and it's swimmers forward. **TSC is an amazing swimming club with fantastic swimmers who are dedicated, not afraid of hard work, great fun to work with, conduct yourselves impeccably at meets and I feel privileged to be part of your swimming journey wherever that may take you.**

I hope you all have a wonderful Christmas and enjoy a much deserved small break from the pool and come back in January ready to do it all again.

Lucy Walton, Head Coach

Wednesday 2nd January.

Enjoy the Christmas break!



Easy Fundraising

Following recommendations from Swim England and SE SouthWest, we have signed up to raise funds for TSC with **EASY FUNDRAISING**. This website acts as a portal to online purchases and raises donations for good causes when you use it for your online shopping. There are over 3,500 retailers in the network, so to raise funds for TSC, just access the Easy Fundraising site, sign up to support TSC as your "good cause" and go shopping online! You need to start your online shopping first at the Easy fundraising site then shop as normal and the retailers you buy from will make a small donation to say "thank you" from 0.5% to 3.5% in some cases. **It's simple to use and it's FREE!** Currently we have 15 supporters who have raised £17.49 in the last month. TSC will then receive the money raised every quarter. **PLEASE**

Exeter October Meet 2018

Seventeen swimmers represented Tiverton Swimming Club in the Exeter City Lindsay Powell Memorial meet at The Life Centre in Plymouth. They had a very successful weekend bringing home sixteen medals and producing some fantastic personal best times. Nine year old Henry Roberts was in great form taking four gold medals in 200m breaststroke, 200m and 100m individual medley, 50m freestyle and silver in the 200m freestyle. Emily Miller and Lotte Declerck also nine claimed a gold and silver medal apiece, Miller taking gold in 200m freestyle and silver in 100m freestyle; Declerck bagging gold in the 100m breaststroke and silver in 50m backstroke. Jodie Dilks (13) did not disappoint claiming gold medals in the 100m and 200m breaststroke whilst twin sister Gemma also brought home a silver medal in the 400m freestyle and bronze in 200m backstroke, 200m individual medley and 100m butterfly. Sam Arrowsmith (15) was in tremendous form gaining personal best times in all his seven events and winning silver in the 200m butterfly. There were also personal best times for Beth Prosser (11), Emma Declerck (11), Lauren Baker (12), Arabella Boyde (12), Wilfred Arrowsmith (13), Lucy Webber (13), Olivia Broom (14), Megan Sharp (14) Emily Peters (15), and Oliver Bennet (17). Katie Walton (17) put in some fast swims narrowly missing out on a medal place



Exeter October meet swimmers photographed at EVLC

SUPPORT YOUR SWIMMING CLUB!

www.easyfundraising.org.uk/tiverton-swimmingclub



Club annual awards evening

Sat 5th January 2019

The annual Club presentation evening will be held on Saturday 5th January at **Moorhayes 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, achievements and training performance during 2018.



We will have a disco - the infamous swimming club "DJ Alex" will be selecting the sounds, a "bring and share supper" and a pay as you go open bar to buy soft and

Dawlish Firecracker meet

We had great success at the Dawlish Firecracker gala held at The Life Centre, Plymouth. Twenty six swimmers took part at the event and between them they came away with sixty medals including twenty gold, twenty two silver and eighteen bronze. Olivia Broom (14) and Wilfred Arrowsmith (13) put in some outstanding performances bringing home five gold medals apiece; Olivia in the 200m breaststroke, 200m freestyle, 200m individual medley, 50m breaststroke 50m freestyle and Sam in the 200m individual medley, 100m butterfly, 100m individual medley, 50m backstroke and 50m butterfly with each of them also claiming silver and bronze medals. Lotte Declerck (9) celebrated with four gold medals in the 200m individual medley, 100m breaststroke, 100m backstroke and 50m backstroke and added two silvers and a bronze. Older sister, Emma Declerck (11) was in fine form and bagged a gold medal in the 100m backstroke with another two silver and two bronze medals.

Harry List (15) put in some fantastic performances winning eleven medals, including two golds in the 200m individual medley and 200m butterfly, seven silvers and two bronze. Edward List (10) was in fine form claiming gold in the 50m butterfly and bronze in the 50m backstroke. Micah Partridge (14) had a great time and was rewarded with a gold medal in the 100m freestyle which he topped up with a silver and bronze. Emily Peters (15) brought home gold in the 100m breaststroke with a further two silvers. Other medal winners who put in some fantastic performances were Katherine Prosser (14) who took a silver and a bronze, James List (13) a silver, Lewis Gow (10) a silver and two bronze, Lauren Baker (12) silver and a bronze, Finlay Woodfield (10) a silver, Arabella Boyde (12) two bronze, Beth Prosser (11) two bronze and Rose Smyth (10) a bronze. There were also strong performances with some great personal best times from Amy Baker (9), Arron Wood (10), Rose Harrison (10), Freya Broom (10), Sophie Cooper (11), Elysia Partridge (11), Bethany Lawrence (12), Harri Davies (12), Lucy Webber (13) and William Brassey-Barlow (13).

alcoholic drinks during the evening. All members and their families - young and old are invited to come along and join in the celebration and party fun with their swimming friends.



We would also 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.

Tesco Bags of Help

We are already three quarters of our way through the **TESCO BAGS OF HELP** fundraising challenge. Tiverton SC have been selected to take part alongside two other local charities, **with the winning votes being offered £4,000, and then second place £2,000 and third place £1,000.**



The Firecracker swimmers photographed at EVLC pool

ESSA Team Relay National finals

On Saturday November 17th six of our club swimmers travelled to London to race in the ESSA (English Schools Swimming Association) team relay final, which was held at the London Aquatic Centre in Stratford. Sam and Wilf Arrowsmith represented the boys intermediate team racing for Uffculme Academy and Lauren Baker, Harri Davies, Jodie and Gemma Dilks represented the girls junior team for Cullompton Community College. The girls team qualified and raced in the medley relay, finishing in 28th position overall, moving up two places from their entry position and the boys teams qualified and raced in both the freestyle and Medley relays (alongside two school friends who swim with Wellington SC). The boys had two great races and all swam on pb, There were no medals on this occasion, but it was a great experience to travel to London swim in the 2012 Olympic pool, and represent their schools at such a fantastic and fun event.



TSC is currently fundraising to buy **SIX new track-start diving blocks** for our swimmers to use, which will be invaluable for them when they have diving practice at EVLC and we can use them for our Club Champs and Sparkler meets. Each diving block costs around £1,000, so we have a lot of money to raise to buy six of them!! **Winning the Tesco Bags of Help votes would be a fantastic boost for the diving blocks fundraising - so we need your help!**

Please pop a **BLUE token** in the fundraising boxes which are held at Tiverton big Tesco Superstore and Tesco Express on Lea road.- **your support would be MUCH APPRECIATED.** The voting closes on 31st December and we will find out the result of the votes at the end of January.



London Aquatic Centre pool for the ESSA team relay finals

Exeter Hub club meet

Over two weekends in November, 35 club swimmers travelled to Pyramids pool in Exeter to race in the Hub club level 4 meet hosted by Exeter SC. There were many personal best times and county qualification times set, and swimmers competing in a full range of events from 50m sprints to the 1500m distance events. Medals were not awarded at this meet, with the emphasis on setting times and trying out different races. The meet was well supported by many of the timekeepers from TSC who travelled to Exeter to officiate at Pyramids- many thanks to them and the coaches and team managers plus the parent volunteers who also helped out at the meet over the three days.

TESCO
Bags of Help



Sam to swim at SE National Winter Short Course Champs

Congratulations to Sam Arrowsmith who has qualified to race in the Swim England National Winter short course Championships which will be held in Sheffield in December. Sam will race in the 200m butterfly on Sat 15th Dec and super swimmers including James Guy, James Wilby and Siobhan-Marie O'Connor will be racing there too!! **GOOD LUCK Sam.**



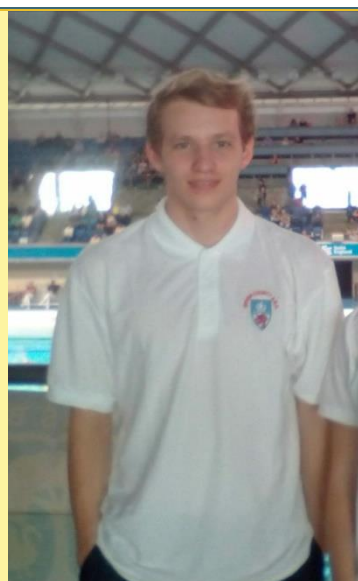
Some of the hub club meet swimmers photographed at EVLC pool (not all of them)

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, Micah Partridge and Dylan Cleverly were the race starters. Thanks to all of the 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 itself, an **amazing 39 flash times** were also achieved by the following swimmers:

Bronze Flash times (25m)

Ruby Mccombe - freestyle



County swimmers for 2019

CONGRATULATIONS also go to the **25 swimmers** at the club who have achieved Devon County qualification times for the 2019 County Championships. We are delighted to have more swimmers than ever qualifying from Tiverton SC and they will now compete at the "Counties" held in Plymouth Life Centre over four weekends in January and February. Our swimmers will compete in a wide variety of races across all 18 different available events ranging from the 50m sprints 100m, 200m, 400m strokes, and individual medleys to the 800 and 1500m freestyle.

Murray Mccombe - breaststroke
 Sophia Rushton - free, back and fly
 Kit Lund - free and back
 Monty McGrehor-Harper - free, back and breast
 Edie Munroe - free
 Oliver Webber - free and breast
 William Chambers - free, back and breast
 Harry Edwards - free
 Leo McGregor-Harper - free
 Lily Trump - free
 Finlay Woodfield - back
 Willow Clark - back
 William Harrison - back
 Rose Harrison - fly
 Edward List - fly
 Rose Smyth - fly

Silver Flash times (50m)

Tilly Lund - free, back and breast
 Rose Smyth - free, back and breast
 Rose Harrison - free, back and breast
 Edward List - free
 Lucy Varndell - free
 B-May Shiach - free
 Ruby Mccombe - breast
 Victoria Mroczka - breast

CONGRATULATIONS to all of the CSA swimmers many of whom also achieved personal best times in the races!



Well done to Rose Harrison, Rose Smyth, Henry Roberts, Alfie Mason, Lotte Declerk, Emma DeClerk, Cadie Yardley, Lauren Baker, Bella Boyde, Beth Prosser, Katherine Prosser, Lucy Webber, Olivia Broom, Oliver Bennet, Harry List, Klara Faulhaber, Meg Sharp, Micah Partridge, Emily Peters, Katie Walton, Jack Aldridge, Sam Arrowsmith, Wilf Arrowsmith, Jodie Dilks, Gemma Dilks. **GOOD LUCK EVERYONE!** County QT's are a great achievement, you should feel very proud!





some of the CSA Flash award swimmers and their marble trophies

Masters updates

Sue Haigh travelled to Ponds Forge International pool in Sheffield in October to compete in the Swim England Masters Championships and had a fantastic meet, coming away with four gold medals in the 200m, 400m, 800m and 1500m freestyle events- many congratulations Sue, on your fantastic achievement. Masters swimming has increased in popularity across England and competition in the Masters event is strongly contended.

TSC

annual Membership fees due for 2019

TSC collect their annual membership fees of **£20** in January each year, (they have remained the same fees as those collected in 2018).

This single annual payment of club membership will be collected by DD in your

January payment (a fortnight after your usual squad fees).

**IT'S TIME TO
RENEW YOUR
MEMBERSHIP!**

2019 Swim England (SE) Membership

TSC must submit the annual **Swim England** membership fees by 28th Feb 2019, to ensure the club remains insured and to avoid a club suspension. The SE fees for Cat 1 or Cat 2 swimmers will be collected by DD in your February payment (a fortnight after your usual squad fees). New and renewing members will then receive an email from SE informing them about their membership benefits and how to access the OMS online membership service to view



Masters Inter-counties Competition

Four of our club Masters swimmers represented Devon in the National Masters Inter-counties competition held at Millfield in November. Sue Haigh, Rebecca Jenkinson, Kitty Hollingsworth and Graham Cridland all competed in the regional round of this competition.

The Devon team came first in the South West division and times for all of the events were 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. 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.

Team Devon's excellent placings and times were an important factor in the national result, where Devon placed third. The final National Inter-counties Championships score being:

Yorkshire **1604**

Warwickshire **1561**

Devon **1542**

The Devon team were also delighted to set a few new

and update their details.

Young Volunteers

Three of our members have applied to take part in the South West regional Young Volunteers programme for 2018/19. **Micah Partridge**, **Megan Sharp** and **Olivia Broom** will all use their time to learn more about swimming as an aquatic sport and join in at poolside to help the club at different training sessions. We look forward to seeing how their Devon programme develops and which new skills they can bring back and share with the club.

Race night photos



Officials training in January

Club president and Swim England Referee Terry Fullick will be running a J1 officials training course for Tiverton and Exeter SC on Monday 21st January 2019. Currently

Masters records for some of their team mates during races at Millfield!



The Devon Masters Team at Millfield in Nov

Pudsey Plunge

On Wednesday 5th December we raised an amazing £440 for Children in Need at our "Pudsey Plunge" fundraising event. Eighty seven swimmers took part from the youngest aged seven years right up to the Masters section of the club. The team gala was organised by Club Captains Oliver Bennet Katie Walton and young volunteers Micah Partridge, Olivia Broom, Meg Sharp and Harry List. Six teams took part with Ollies Otters (Oliver), Dangerous Dolphins (Katie), Flying Flamingos (Micah), Hungry Hippos (Olivia), Walloping Whale (Harry) and the Cool Crocodiles (Meg) as the team leaders. This fun relay event was the brain child of Masters swimmer Kitty Hollingsworth, who designed the programme with swims ranging from egg and spoon, doggy paddle, surf dude and mega medley, including some more traditional freestyle, backstroke, fly and breaststroke relay races too. The Flying Flamingos took the top spot at the end of the evening, scoring the most points and won some chocolate medals for their sterling swimming efforts! Pudsey himself made an appearance on the night, posing for pictures and greeting the swimmers young and old. All in all this was a really fun night and we raised a substantial amount for a great charity.

eight members of TSC have taken up this offer to train as an official, which will involve a face to face educational element plus on the job training at meets that our swimmers may enter. Currently we have 6 officials in the club, of which two are referees- Terry Fullick and Alison Williams, plus Sue Haigh, Jim Loosemore, Rebecca Jenkinson and Sally Tovey and we are delighted to develop more officials for the club. TSC has seen the demand for officials to attend licenced meets grow enormously in the last two years and we recognise the need to grow the officials volunteer workforce role to support our swimmers to compete at a wide range of licenced meets in the future.

TSC volunteers request

The club **needs more parents to volunteer** to support the regular ongoing activities, do you have a desire to get involved, support the club and ensure its continued success? Please speak to any committee member if you are interested in finding out the wide variety of volunteer opportunities available to support the club, such as **time keeping, officials, social secretary, fundraising officer, poolside helper, swimming coach, land training S&C**

Tiverton Swimming Club is proud of everyone who took part in the event and would like to say a special thanks to the young volunteers and Kitty Hollingsworth, Lucy Boyde, Sue Haigh, Sara and Tony Dilks, Donna Webber, Alex Sharp, Andrew Lawrence, Stuart Veen and our usual CSA club coaching staff for their support for making it such a successful and fun event.



coach, 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 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!**

Christmas Training Camps

This year Head Coach Lucy has planned additional training sessions over Christmas for those club swimmers who have achieved 2019 Devon County Championships qualification times. To keep up with training



Learn to swim distance night

The LTS swimmers swam as far as they could during "distance night" on 7th December. Twenty-four young swimmers came along and gave it their all, with 5 of them swimming ONE MILE! Congratulations to everyone who swam their hearts out!

Megan Blake 200m

Owen Blake 1 mile
mile

Jessica Brandon-Brown 50m

Sophia

Butler 500m

Hayden

Butt 200m

Aveline

Channon 200m

Heidi

Clarke 200m

Jaxon Clarke 1

mile

William

Cole 25m

and preparation for the "Counties", the older swimmers will be offered three additional training sessions at EVLC over the Christmas holidays by invitation and they will take place from 8-10am on 27th, 28th and 29th December. Five of our younger counties swimmers will have an additional training session with John Bishop on Sunday 6th Jan at 6pm to prepare them for their upcoming County races.

This focus will enable the swimmers who are entering the "Counties" starting on 12th 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 2019 Counties!



Message from the Club Chairman

I want to thank all of the coaching and teaching team, club officials, team managers, committee members and parent volunteers at the club for

Preston Jenks 1 mile
Ella
Laws 100m

Toby Newnes 400m
William
Nicol 400m

Emily Perriss 800m
Lottie Phillips 800m
Jack Poole 1 mile
Harvey Pratt 1 mile
Kelsey
Pratt 400m

Alex Rushton 800m
Harry
Tribe 1250m

Poppy
Tribe 1400m

Lily
Weatherhogg 400m

Madison
Willcox 100m

Katie Williams 400m

2018/19 National Arena League

The round two gala took place on Saturday 10th November at Newport pool, where many of our team has never competed in before. TSC had another fantastic round and were delighted to finish second again, swimming against 6 other clubs at the event. Team Bath came first with 380 points, Tiverton 2nd with 270 and Dawlish 3rd with 256 points, Kingsbridge 250, City of Bristol B 202, Bristol North 151 and Swindon Dolphins B 183 points. There was lots of exciting races and a fantastic noisy atmosphere at the gala - well done everyone who swam from the youngest 11u team to the open and Masters swimmers who make up our [#TeamTivvy](#).

continuing to make the swimming club function so well for our community this year - you all do a great job for so many youngsters in the local area, all year round, and YOU keep this club going strong for our 190+ members to enjoy the sport of swimming at Tiverton. Well done also to the swimmers who are developing a lifelong skill with swimming, making great friendships and enjoying their sporting achievements in the pool.

Keep up the great work- Sara Dilks, TSC Chariman

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

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



Swimmers at Newport pool (missing a few swimmers in this pic)

This meant that in round three of the Arena league we raced in the the finals gala for Division 2, which was held at Horfield pool in Bristol on Sat Dec 8th. The team had a fantastic time racing at this team event, with much face painting on the bus on the way up and a great team spirit meant they swam their hearts out to finish third in the final (out of the other 16 clubs competing) in the second division in the Western league. The unconfirmed points at the end of the 50 events were: Team Bath 359, Bristol Penguins 267, Tiverton 229, Dawlish 204, Llanelli 200, Yeovil 188, Chard 174, Kingsbridge 172.

Placing third in the third round gala means TSC is likely to be promoted into division 1 next year!!!

can re-tweet it to our 615 twitter followers and other club members will see it on the website!..... can we get to 700+ twitter followers in the next few weeks?



TSC Instagram feed...go on join in!

Follow us on Instagram **@tivertonswimminclub** to see the latest club photos on our Insta feed (it is also posted on the club website). We have 200 followers on Instagram currently..... can we get to 300+ followers in the next few weeks?



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



After the event, Coach Lucy tweeted "well done @tivyswimming, we've only gone and done it-promotion!!! (subject to verification). So proud of every swimmer you were brilliant. A very happy head coach"

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.



information, just let Lyndsey our club membership secretary know on:

membership@tiverton-swimming.co.uk

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 on the website 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

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 2019.





Arena Final face paints for the team going to Bristol in December!
A steady hand was needed to paint these on the bus!



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