

# Tiverton Swimming Club NEWSLETTER

April 2019



## January awards night

On Saturday 5th January we held our annual club celebration, social and awards evening at Moorhayes Community Centre, where members, parents, coaches and volunteers all gathered to celebrate the achievements throughout the club in 2018. Head coach Lucy Walton handed out a total of 44 awards to the young swimmers that had been nominated and selected by the coaches in each squad. The event was great fun, with a bring and share supper, and a disco to finish off the evening's celebrations. We also held a chocolate raffle to raise funds and had a slide show with photographs showing different club events throughout 2018. **Trophy winners were:**

### Friday night Learn to Swim group

Most Improved boy and girl - Preston Jenks and Emily Periss

Top Trainer boy and girl - Harry Tribe and Lily Weatherhogg

### CSA1/CSA2 squad awards

CSA junior most improved boy and girl - Harry Edwards & Willow Davis

CSA junior top trainer boy and girl - Lauren Blake & Murray McCombe

CSA senior most improved boy and girl - Sophia Rushton & Finlay Woodfield

CSA senior top trainer boy and girl - Maisie Philips & Callum Yardley

### Skill Development squad awards

SD most improved boy and girl - Alfie Mason & Lotte Declerk

SD top trainer boy and girl - Nea King & William Brassey-Barlow

## Events & info

### Club galas & Meets

#### Exeter & TD meet

Fri 12th April - Sunday 14th April at Millfield

#### WSM Easter meet

Sat 20th & Sun 21st April at Hutton Moor

#### SW Regional Championships

**Youth Championships** Sat 4th, Sun 5th and Monday 6th May in Plymouth

**Mixed 800m** event Monday 6th May in Plymouth

#### Age Group Championships

Sat 11th & Sun 12th May in Hengrove  
Sat 18th and Sun 19th May in Millfield

#### LTS distance night

Friday May 17th at EVLC 7pm

#### Devon Development gala

Sat 8th, Sat 15th, Sun 16th June in Plymouth

### **Competitive and performance squad awards**

Most improved breaststroke - Megan Sharp and Wilf Arrowsmith

Most improved freestyle - Micah Partridge and Klara Faulhaber

Most improved fly - Sam Arrowsmith and Beth Prosser

Most improved back - Emily Peters and Harry List

Top trainers - Wilf Arrowsmith and Gemma Dilks

Club swimmer of the year 2018 - Jodie Dilks

### **Club Championship awards from July 2018**

Under 8 Callum Yardley and Lotte Declerck

9 years Emily Miller and Henry Roberts

10 years Emma Declerck and William Roberts

11 years Arabella Boyde and Freddie Brassey-Barlow

12 years Jodie Dilks and Edward Bakewell

13 years Wilf Arrowsmith and Rose Fawell

14 years Sam Arrowsmith and Olivia Broom

15 and over Katie Walton and Jack Aldridge



**Outstanding volunteer award** Karen Fullick has been a volunteer at the club for over 20 years and has taught in LTS, has been on the committee, held the post of membership secretary, is a trained timekeeper and was for a few years assistant club coach. and her dedication to TSC was recognised and given a lovely glass trophy as a thank you. The evening was topped off by a great disco run by our resident Club DJ Alex Wilcox and his younger sister, who came to run the disco grooves and games and of course the now traditional synchro dancing!

### **Devon Sprint gala**

Sunday 9th June in Plymouth

### **2019 TSC Club Championships**

Sunday 30th June and Sunday 14th

July from 4-7pm at EVLC

### **Easter Club closure plans**

There will be no Learn to Swim on

**Good Friday 19th April.**

There will be training as normal on the morning of **Sat 20th April** for the usual squads. There will be no swimming or land training sessions on Easter **Sunday 21st April or Easter Monday 22nd April.**



**Enjoy the Easter and the chocolates!**

### **Easy Fundraising**

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 us when you use it for your online shopping. There are over 3,500 retailers in the network, so access the Easy Fundraising site, sign up to support TSC as your "good cause"



## Devon County Swimming Championships 2019

CONGRATULATIONS go to the **25 swimmers** at the club who raced at the 2019 Devon County Championships. We were delighted to have more swimmers than ever qualifying from Tiverton SC to compete at the "Counties" which were held in Plymouth Life Centre over four weekends in January and February. Our swimmers competed in a wide variety of races across all 18 different events ranging from the 50m sprints, 100m, 200m, 400m strokes, and individual medleys to the 800 and 1500m freestyle. Well done to Rose Harrison, Rose Smyth, Henry Roberts, Alfie Mason, Lotte Declerck, Emma Declerck, 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. County QT's are a great achievement, you should feel very proud!

and shop 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% **Its simple to use and it's FREE!** Currently we have 20 supporters who have raised £112.85 for the club. **PLEASE SUPPORT YOUR CLUB!**

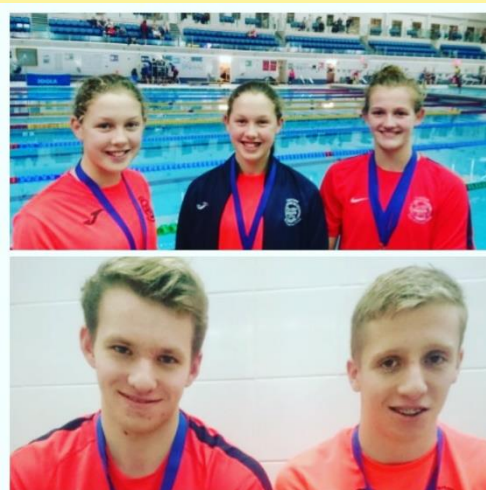
[www.easyfundraising.org.uk/tivertonswimmclub](http://www.easyfundraising.org.uk/tivertonswimmclub)

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## Devon Counties gallery 2019



Sam, Jack, Katie, Jodie and Gemma all raced in various Championship finals at the Counties, with Jodie taking the title of Junior Champion (under 16) for the 200m Individual Medley and Gemma the Junior Champion for the





There was some very fast swimming and fantastic personal best times set over the different weekends of competing in Plymouth. Making their county debut were Lotte, Henry Rose S, Rose H, Alfie, Harry and Klara, who all put in some great racing. The racing got off to a great start in **Weekend ONE** in January on the first day with the 800m freestyle where Gemma came third in the Championship and Sam fourth with fast times also swum by our distance dynamos Lucy W, Meg, Wilf, Jack and Jodie. On day two in the girls 100m backstroke, we had a rush of medals with Jodie winning silver, and Emma, Sam, Katie and Gemma the bronze medals, followed by the splash and dash 50m breaststroke which saw gold for Jodie, silvers for Jack and Henry (his first county medal) and bronze for Gemma and Rose H (her first county medal). Then the final event of day two in the 200IM Henry also won bronze, Jodie won the girls 200IM junior champion trophy and Sam and Jack raced in the Championship Super final placing 6th and 8th in Devon. The following **Weekend TWO** got off to another great start, with Sam winning age group gold in the 400IM and breaking the county record for 16 year old boys in 4:51.55 and placing second in the county for a silver championship medal. Jack won bronze age group and came fourth in the county championship final in the 400IM. Emily then won a super silver and Meg a bronze in the 200 breast, and Jodie came 4th and Gemma 6th in the Championship final for the 200 breast. The girls then

100m Individual Medley and Junior and Senior Champion in the 400m Individual Medley. Sam also set a new county record for the boys 16 year 400 IM and placed second in the county at this tough event.



County medal winners Ollie, Henry, Emily and Meg at Plymouth Life Centre



Emma, Rose, Jack, Sam, Katie, Jodie and Gemma, plus Lauren, Beth, Cadie, and Lotte at Counties

raced the 200 free in great style, with Katie and Jodie winning golds, Emily just missing out on a medal to place 4th and Gemma in another Championship final placing 6th in Devon. The boys 100 fly saw Sam win silver, Wilf place 6th and Jack 7th. In another splash and dash 50 backstroke we saw more brilliant racing from Emma who won silver, Sam and Jodie the bronze and Katie and Gemma both placed 4th. It was then on to the 400 free and Gemma paced herself just right in a new great time and won gold, Jodie and Katie won bronze. Gemma's time of 4.36.31 placed her second in the county to also win a silver championship medal. The boys then raced the 200 fly and Ollie won silver and Sam bronze, with Jack and Sam also racing in the Championship final to win a 200 fly bronze championship medal and Jack placed 8th in 200 fly championship and also 7th in 200 back championship final too, all in a days work! The girls 50 fly was a busy event with great racing from Lotte, Cadie, Beth, Lauren, Klara. Megan. Katherine and Olivia. Emma, Katie, Jodie and Gemma all raced in the 50 fly finals winning gold for Gemma, silver for Jodie and Katie placed 5th with a RQT too. and Beth was second reserve going into the 50 fly finals. The girls 100 breast then saw more medals from Emma with bronze, Gemma silver and Jodie gold and Meg in 5th with a regional QT too. Over to the the boys and the 100 free, it was another personal best from Wilf in the heats and again in the final to place 6th in a pb of 1.01.85- a great race to watch! The final event of weekend two saw Liv place 7th, Katie 6th and Emma win bronze in the 100IM, Jodie silver and Gemma gold, plus Gemma's time of 1.07.91 meant she just won the Junior Champion trophy in an exciting race in the pool against her sister!

There were two quiet weekends before the February **Weekend THREE** Saturday and Sunday events started and the racing began again, this time the boys 400 free kicked the day off and Sam won bronze, with Wilf placing 6th and Micah 7th and



800m long distance swimmers on day one!



Gemma and her new 400 IM Junior and senior championship trophies!



### Club AGM

The annual general meeting was held on **Wed 27th March** at Exe Valley Leisure Centre and attended by the committee

great racing and pacing from the boys. The girls 200 fly saw Jodie win age group gold, Gemma and Katie silver and Meg place 5th and it was also another championship final for Jodie, Gemma and Katie in the 200 fly with Jodie winning a silver and Gemma placing 5th and Katie 8th in the Championship after some great racing by all three girls. An awesome swim by Emma in the 200 back saw her win silver, and Gemma too, with Jodie taking age group bronze, and great racing from team mates Beth, Liv, Lucy and Meg as well. The 200 back championship finals then saw Gemma win bronze and Jodie the silver medal in an exciting race. Boys 100 breast and Henry was back to win silver, and he also placed 5th in the 100IM, with Jack placing 4th and Sam winning the 100IM silver. In the girls 100 free finals, Klara placed 6th in her first county final, Katie 5th and Liv 8th and Emma came in 4th, Jodie won bronze and Gemma took the gold. Henry had another great swim in the boys 200 breast and won another medal, his fourth, a bronze, Wilf placed 5th in age group with a 12 second pb and an awesome swim and Sam raced well in the Championship final and placed 6th in Devon. The girls 50 free was a very exciting event with lots of Tivvy swimmers in the finals- Emma winning bronze, Sam and Jodie gold, Gemma silver, Klara and Wilf came 6th, Liv and Jack 8th, with very exciting racing once again from everyone. The 100 fly finals saw Lotte finish 8th in her first county final, a really exciting race, Katie came in 6th and Jodie won silver with Gemma pipping her to the post to win the gold. To top off the girls events this weekend Gemma had a fantastic 400 IM race and a great PB and won both the Junior and the Senior championship trophies plus age group and championship gold medals! It was time for another weekend off and then back to Plymouth for the last event the long distance 1500m freestyle in **Weekend FOUR**, swum in the 50m pool. Jodie, Gemma and Lucy were the distance girls from Tiverton this time and with super racing and great pacing, all three achieved big pbs

members and four other parents. The minutes of this meeting plus the Chairmans report, Head Coach report and President's report have all been posted onto the club website in the AGM tab.

# AGM

## Annual General Meeting

Jack and Olivia with the Tivvy banner at the parade in the Interclub gala in Plymouth



## Club Squad fees set for change from 1st May

The TSC management committee have set the squad fees for the next 12 months and direct debits will be altered on 1st May to reflect the price increase of the squads swimmers are allocated. The new fee structure is available on the poolside noticeboard and the website, and details will have been emailed out to you to let you know the new training fees.



and Lucy placed 6th, Jodie won bronze and Gemma the silver, and also finished the third fastest girl in Devon, winning a bronze championship medal to top it all off- just the 30 lengths as fast as you can! The Counties this year had some fantastic racing with medals, trophies and PB's in abundance, showing training and commitment to swimming pays off. Also a big thanks goes to the poolside Coaches Lucy and Garry and Team Manager Sara, plus the swim parents who volunteered for duties and the wonderful TSC officials for all of their help and support over the four weekends of Counties racing - Well done everyone, it was a blast!

### Devon Interclub gala

We sent a team of swimmers to compete in the Devon Interclub gala on Sunday March 3rd. The event took place at the Plymouth Life Centre and the team had great fun racing in the individual age group events plus mixed medley relay and cannon relay at the end. The afternoon started off with the traditional parade of club banners, and this year it was the turn of Jack and Olivia to join the poolside parade with the TSC banner. Following the parade, the competition started in earnest and TSC had some outstanding swims and wins for some of the young team and strong swims were given by everyone. The great team spirit and poolside support meant Tiverton finished in 6th place in Devon, behind Exeter, Plymouth and Paignton swimming clubs. Well done to everyone who was selected to swim at the InterClub gala this year, you did us proud! Thanks also to Gary, Sara, Lucy B and Gillian for team managing the fast moving heats and events at this gala - it was much appreciated.

### Tesco Bags of Help

We had fantastic support from our members and local community in collecting blue tokens in Tesco in Nov and Dec last year, and were delighted to win **£4,000**, which was awarded to the club by Tesco and GroundWorks UK. We have used these funds alongside other fundraising and donations to order **SIX new track-start diving blocks** for our swimmers to use, which will be amazing for diving practice at EVLC, and we can use them for our Club Champs and Sparkler meets. **Your support was MUCH APPRECIATED in raising this fantastic amount of money for the club.** A special thanks also goes to Graham Yardley for submitting the bid to Tesco on behalf of the club- a job well done!



Devon relay medal winners



Devon 2019 Interclub team at poolside in Plymouth (missing Wilf in photo)

## Devon County Relay Championships 2019

On Saturday March 2nd TSC took 33 swimmers to race at the Devon County Relay Championships, It was a busy and fun evening at Plymouth Life Centre, as we entered 20 relay races with 10 age grouped teams of boys and girls, the most we have ever entered into this competition! At their first County relay gala there were very happy bronze medal winners for the 200m medley relay from the girls 10/11 team made up of Freya, Rose H, Rose S and Lotte. It was an exciting race with Rose S powering home in the freestyle leg overtaking others in the pool in front of her in an exciting finish and they also placed 6th in the 200m freestyle relay. There were two teams representing the 12/13 girls Beth, Sophie, Cadie, Lauren, Bella, Emma, Harri and Bethany in this age group. The 'A' team finished in 7th place for both the freestyle and medley relays, and the 'B' team finished 13th in free and 14th in medley races. The boys 12/13 team of Kai, Freddie, Alfie and William R placed 11th in free and 10th in medley relays, facing some tough competition. Then the boys 14/15 team comprising of James, Micah, Wilf and William BB won a bronze in in the 200m freestyle relay and placed 4th in the 200m medley race too, displaying some great team swimming and takeovers. The boys 16 and over team had close 4th place finishes for both the 200m freestyle and medley events, and went on to won two silver



## TSC swimmer to race at 2019 British Championships in Glasgow

Many congratulations to Jodie who has qualified to race in the 2019 British Swimming Championships which are being held in Tollcross pool in Glasgow in April. Jodie will race in the 200m breaststroke heats on Wed 17th and well known swimmers including Adam Peaty, James Guy, James Wilby, Hannah Miley and Siobhan-Marie O'Connor will also be racing in Glasgow at BSC19 to.

**GOOD LUCK Jodie.**



## Officials training in January

Club president and Swim England Referee Terry Fullick ran a J1 officials training course for volunteers from Tiverton, Torridgeside and Exeter SC in January 2019. Currently six members of TSC have taken up this offer to train as a British

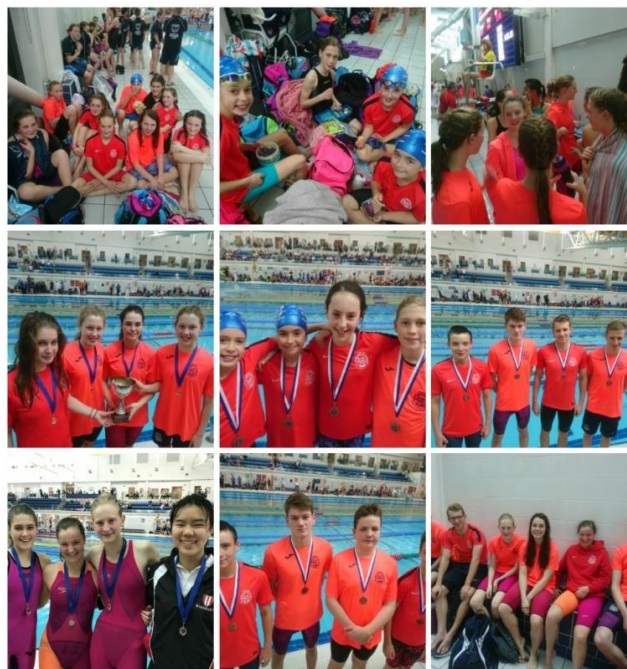


medals in the 400m free and 400m medley in the open age "championship relays", with Sam, Jack, Wilf, Micah and Ollie racing hard to get the silver medals.

The girls 14/15 team won silver in 200m medley and freestyle relays. and the girls open age team won silver in the 400m freestyle and 400m medley "championship relays", with Olivia, Meg, Klara, Jodie and Gemma all stepping up to the marks. The 14/15 girls 'B' team with Lucy, Edie, Katherine and Rose F had a great 6th place finish for the medley relay, but an unfortunate DQ in the freestyle relay following a flying relay handover during the race.

TSC swimmers were also racing in the Schools 200m freestyle relays for girls and were delighted to finish first for Cullompton Community College (Olivia, Rose F, Gemma and Jodie) winning the Torquay Leander cup for their school, and silver for the Blundells school girls team (Bella, Klara and Meg plus friend) who were also thrilled with their school medal.

Thanks to Garry, John, Sara, An, and Lucy B who team managed this big group of swimmers, and got everyone to the blocks on time - it was a hectic evening but great fun and enjoyed by all on poolside who had a great time!



Swimming Official, and have started on-the-job training at meets that our swimmers also enter. Look out for Alex, Tony, Alison K, Chris D, Graham and Stuart at poolsides when TSC are at meets alongside our current qualified officials Terry, Alison W, Sue, Jim, Rebecca and Sally. 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 to support our swimmers to compete at a wide range of licenced meets in the future. **If you are interested in training to become a British Swimming official, please let us know!**



### **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,**

## Plymouth March meet

Eighteen swimmers travelled to Plymouth Life Centre to race in the Long course Level 1 and 3 open meet in March. It was a busy weekend, with the pool set out at the full 50m 'Olympic' length. Late morning warm ups lead to some very late evening swim racing, which was quite demanding on the Saturday evening when swimmers were still in the pool at 8.45pm. Despite the long days, we had many delighted medal winners including Jack, Sam, Ollie, Lotte, Emma, Katherine, Klara, Olivia, Megan, Katie, Rose, Jodie and Gemma during the weekend, with many of the swimmers also setting new long course personal best times too. The highlight came at the end of the weekend, when Katie Walton was presented with the Top 15 and over female swimmer award, a lovely silver salver, for scoring the highest points over the meet- Well done Katie! Rose H was thrilled to win her first gold medal in the 50m breaststroke, setting a new personal best time in the 50m pool, and our youngest swimmer Lotte was delighted with her two bronze medals won on the Saturday evening too.



The swimming team who raced at the Plymouth long course March meet.

**social secretary, fundraising officer, poolside helper, swimming coach, land training S&C 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!**

**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 631 twitter followers and other club members will see



Rose with

her first gold medal and Katie with the Top Swimmer award at PL meet!

### CSA March Race Night

Our youngest swimmers put their racing skills into practice when they entered the CSA Race Night held at EVLC in March. Our swimmers raced either 25m or 50m in all four strokes, trying to beat the clock and improve their personal best times. Terry refereed the event, guiding the youngsters in race etiquette, young volunteer Micah was the race starter. and young volunteers Olivia, Megan and Katherine also supported the youngsters on the blocks. Thanks to all of the poolside coaches, Hytek recording and marshal 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 25 flash times** were also achieved by the following 19 swimmers:

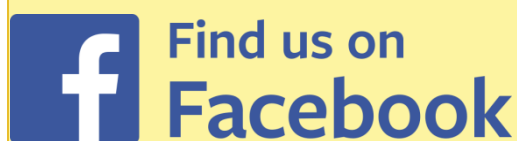
Callum Yardley - silver free and back, bronze fly  
 B'May Shiach - bronze fly  
 Maisie Phillips - silver free, bronze back  
 Edie Munroe - bronze breast  
 Freya Davis - bronze free and back  
 Tamar Bell - bronze free and back  
 Willow Davis - bronze free and back  
 Lily Trump, Freya Harris, Amy Baker and Evie Nelson - bronze back

it on the website!..... can we get to 700+ twitter followers in the next few weeks?



**TSC Facebook page... go on join in!**

Follow the club on FaceBook. Currently we have 166 members who can catch up with club news and post swimming questions on TSC Facebook page.



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

Follow us on Instagram [@tivertonswimmingclub](#) to see the latest club photos on our Insta feed (it is also posted on the club website). We have 233 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



Kitty Webber, Willow Clark, Tom Dodge, Daniel Williams, Maddie Biss, Keely Triggs, Ben Pethick and Lauren Blake - bronze free

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



Some of the CSA Flash award swimmers and their marble flash trophies

## Masters updates

On 19 Jan 2019, two of our Masters swimmers, Sue Haigh and Judith McGregor-Harper, competed in the **Caradon Masters open** event. They both came back with some fancy metal ware. Sue competed in four events and took gold in the 400m, 200m and 100m freestyle events and 50m fly. Judith competed in three events and took gold in the 400m free, 100m fly and silver in the 100m individual medley.



On 2<sup>nd</sup> March Judith competed at the **Welsh**

information, just let Lyndsey our club membership secretary know on:  
[membership@tiverton-swimming.co.uk](mailto: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](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 July 2019.



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**National Masters** (incorporating the **British National 1500m** event). Judith swam four events and put in a great day's work, exceeding her entry expectations. She gained a bronze medal in the 200m individual medley and set a long course age group South West record in the 1500m event. Then on Sunday 31<sup>st</sup> March Judith competed in the 2019 **Gloucester Masters Open** event. Swimming well in five events Judith came away with a gold medal in the 400 metre individual medley and bronzes in the 200 metre freestyle and 100 metre backstroke. Well done ladies great racing!

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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