



Terry's thoughts for the month

I am writing following the first week of the County Championships which was an undoubted success with many of the swimmers winning medals, making the final and a number of personal bests it was great to see our club have such an impact at the event. A terrific start to 2016!

January heralds a new year and most of us set ambitions, goals, resolutions call them what you will, for the coming 12 months. Last year I had set myself a personal goal which I achieved in July competing in the 100m freestyle at the club championships. This was my first competitive swimming gala and I followed this by taking part at the Devon masters in September as a Tivvy Swimmer for the first time.

In 2016 many of you will be taking part in a Gala for the first time and having experienced this I now know how you feel when you get on the blocks and what thoughts go through a swimmers mind. The key to a successful first outing is down to the preparation you do and training is only part of the process, yes you need to be fit enough but this is no good if you go to the wrong venue or you left your goggles at home! Fortunately we have many people at the club who can offer support, the coaching team, teachers, committee members, parents and above all each other, please make full use of this network. Many swimmers offered me encouragement, advice and without Alison's sessions teaching me how to dive I would have made a larger splash than the one I did! One tip I would like to pass on came from a family member it was to get your kit ready several days in advance, lay it out on the bed, check it (They even went through it with me!) then pack it including a spare set of goggles! If anything is missing, in the wash or needs replacing you will have the time to sort it out and not be in a massive panic on the day of competition. Excellent advice.

The club has also recently introduced question and answer sessions for those swimmers and parents attending Galas to ensure your first experience is a great one and to get the most from your sport. Then like me you will be hooked!

Events & info

Galas & Meets

Devon County Championships

The 2016 County Champs will be held over 3 weekends in January and February at Plymouth Life Centre:

Jan 16/17 - block one

Jan 30/31 - block two

Feb 6/7 - block three

2nd Dartmoor Sprint meet

At Parklands Leisure Centre, Okehampton on Sunday **24th January**.

Race Night

The next race night for CSA swimmers will be held on **Wed 2nd March from 6-7pm**.

Comp secretary Sally Tovey requires Individual swimmers to register with her by 5.55pm that day to enter the races on the night.

TSC Committee changes

The Committee has appointed **Sara Dilks** as the next TSC committee club chairman. Sara has now taken up the post and can be contacted on chairman@tiverton-

I would like to take this opportunity to thank all those at the club, family and friends who have helped in 2015. Thank you.

Finally whatever you have planned, may I wish you a happy, healthy and successful 2016. I now have my own set of personal bests to attack in 2016!

Terry Fullick
Club President

Taunton Deane & Street December meet

Club swimmers continued their preparations on the lead up to the Devon County Championships by travelling to Hutton Moor pool in Weston-Super-Mare to race at the TD & Street Level 3 open meet. Ten year old Sam Ellis contributed to the medal tally winning two golds in the 200m free and 50m fly. Twelve year old team mate Kai Clayton won a medal in each of his freestyle races taking gold in the 50m, and bronze in the 100m and 200m events. Swimming in his favourite stroke, 15 year old Jake Stoneman took gold in the 100m and silver in the 50m breaststroke. Younger brother Finn Stoneman then swam brilliantly in his races, winning four gold medals for the 50m and 100m backstroke and butterfly races he entered in the 13 year boys category. Jack Aldridge (12) raced hard over the weekend and easily won the golds for 50m, 100m and 200m breaststroke, plus gold in the 100m IM and silver for the 200m backstroke. Will Goffey (14) had a great swim meet, bagging a medal in all of his races, winning 2 golds in 50m back and 200m free and 2 silvers for 100m and 50m breaststroke. Also swimming for the 14 year old boys, Oliver Bennet won 5 medals over the 2 day meet, swimming well in his butterfly events he won gold in 200m and 100m fly, a silver in 50m fly, and bronze in both the 100m breast and 200m free races.

Not to be outdone, the girls team raced fast at the Hutton Moor pool, with 9 year old Scarlett Joiner also winning a medal in all of her events. Scarlett took the gold for 200m and 50m breaststroke plus the 50m backstroke and 3 silvers for 100 IM, 200m back and 50m fly. In the 10 year old category, Jessica Swanston won bronze for the 50m breaststroke, Gemma Dilks silver in the 200m fly and a bronze in the 100m freestyle and Jodie Dilks 2 golds for the 200m fly and breaststroke. Olivia Broom (11) medalled in all of her breaststroke events, taking 3 silver medals home with her, and Gemma Owen also placed second, winning silver in the 200m fly in the 15 and over category.

swimming.co.uk or speak to her at poolside on Tues & Wed or Sat & Sundays during training sessions.

Mandy Aldridge will be the next Press secretary for TSC and can be contacted on newsletter@tiverton-swimming.co.uk

Tony Follett is now the new club treasurer and can be emailed on treasurer@tiverton-swimming.co.uk

Denise Bennet has taken on the role of mentor for the ASA Young Volunteers at the club

Haley Walker is the new Leisure Centre representative who is invited to attend committee meetings in a non-voting role.

Farewell to Steve Carder

Steve has been volunteering at TSC since July last year to coach the SD, JPS, competitive and masters swimmers in the club, whilst we search to find a permanent Head coach for TSC. However, Steve only planned to stay for 3 months, and then ended up staying much longer than intended. Steve has now said his farewells to TSC and is headed back to his family, and we wish to thank Steve for all of the time, coaching and club support he has given us in the last 7 months- **THANK YOU STEVE YOU HAVE BEEN BRILLIANT!**

Arena League update

All three rounds of the National Arena League have been held and the young TSC Arena team had great fun swimming hard



Team photo taken at EVLC pool Dec 2015

Yeovil Christmas meet

Thirteen young swimmers won enough medals to make the Christmas tree sparkle when they returned home after the Yeovil Christmas open meet which was held at Millfield pool on the weekend before Christmas. The youngsters came back with a glitzy haul of 31 medals, winning 9 gold, 13 silver and 9 bronze medals between them. Sam Ellis sparkled brightly with 4 gold and 2 silver medals won over the weekend where the 10 year old shaved an incredible 33 seconds off his personal best time for the 200m butterfly and made a 13 second improvement in his 200m individual medley at the meet. Nine year old Scarlett Joiner also went for the gold in the 200m breaststroke, setting a new personal best time and she also took bronze in the 50m freestyle. 12 year old team mate Samuel Arrowsmith had a fantastic weekend swimming and won a podium place in all of his 12 races, winning 3 bronze, 7 silver and 2 shiny gold medals overall. Jack Aldridge (12) bagged himself a multicolour medal haul with 1 gold, 3 silver and 4 bronze and a host of new personal best times to boot. Also swimming in the 12 year old category, Kai Clayton improved his 200m freestyle time by 2 seconds and walked away with a bronze medal. Oliver Bennet had a great weekend racing setting new personal best times in all five of his races and winning silver in the 200m butterfly. 13 year old Dylan Cleverley swam strongly, setting new personal best times across the board in his races and team mate Sophie Attwood-Groves (11) also raced hard at the meet, shaving 12 seconds off her 200m IM time and achieving more personal best times in her

and cheering each other on at these high level galas. We are now waiting to see where the third round at Hutton Moor pool placed us on the league table of the 24 clubs competing in Division One, and to find out which division we will be swimming in for the 2016 galas.

Eastern Devon Network Hub's latest member...

TSC has joined the **Eastern Devon Network** swimming hub. This ASA club network now has ten clubs involved in it: Exeter, Dawlish, Newton Abbott, Exmouth, Honiton, Barnstaple, Crediton, Torquay Leander and Sidvale swimming clubs are all part of our hub. We hope to work more closely with the swimming clubs in the ED hub network and share best practice and ideas with them in the future..... watch this space!

Competitive START award

Twenty one of our Category 2 junior swimmers refreshed their shallow diving skills and completed the Competitive Start diving award in January. Thanks to Steve Carder and the coaches for arranging this opportunity for the swimmers to gain skills and confidence in racing dives in a shallow pool environment.

TSC volunteers request

The club **needs more parents to volunteer** to support the regular ongoing activities, do you have the skills to support the club and ensure it's continued success? Please speak to any committee

aces at the Millfield pool. For the older girls, Gemma Owen (15) set a new TSC club record time when she swam the 200m butterfly and waltzed off with the gold medal. New TSC club record times were also set by Jack Aldridge, Oliver Bennet and Sam Arrowsmith and many of the youngsters also achieved Devon County Championship qualifying times at this fast paced and exciting pre-Christmas meet. Also swimming for the club, Jess Swanston, Katie Walton, Bradley Follett and Micah Partridge, had a good meet and set many new personal best times during the weekend.



Festive photo taken just before Christmas in Dec 2015 at EVLC

Club awards presentation evening

The evening of January 9th saw lots of TSC swimmers, coaches, parents and committee members all gather together at Tiverton Rugby Club to celebrate the success of the club and it's swimmers in 2015. The awards for Girls & Boys were based on the swimming successes achieved during the Club Championships held in June and July 2015. During the evening the winners were presented with a club trophy by Sue Haigh, Devon ASA Chair and TSC masters swimmer.

The awards on the night went to:

8 years & under Arabella Boyde & Callum Hurst

9 years Jodie Dilks and Isaac Reeves

10 Years Jessica Swanston and Sam Ellis

11 years Sophie Attwood-Groves and Sam Arrowsmith

12 years Sidonie Andrews and Jack Aldridge

13 years Katie Walton and Dylan Cleverly

14 years Gemma Owen and Oliver Bennet

15 Years and over Lauren Aitchison and

member if you are interested in finding out the volunteer opportunities available to support the club, such as time keeping, officials training, social secretary, LTS support worker, poolside helper, swimming coach or teacher development.... don't just sit on the poolside- 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.

Have you looked closely at the TSC website?

There is lots of information, including pool training times, current competition calendar, FAQ, what to take to a swim meet, competition advice, nutritional advice, codes of conduct, twitter feed, competition qualifying times, archived newsletter, press releases, club constitution, squad progression criteria and squad expectations all on the TSC website- have a browse and let us know if there is any other information you would find useful to add to the website.

Twitter re-activation

We have re-activated the TSC twitter account- follow us to get updates at galas and other club information - there is also a live feed onto the TSC website so you can follow tweets made by the club there too.

Newsletter on TSC Website

Previous editions of this newsletter are posted

Graham Cridland

Top Girl trophy from the club championships was shared by Jessica Swanston and Gemma Owen who scored the same points and the Top Boy award went to Sam Arrowsmith.

In the Friday night Learn to Swim section, top boy and girl was awarded to Luke Ward and Abbie Randell, and the top trainer accolades went to Ewan Harkness-Moore and Emily Miller. Young Harley Ewings was also given a special mention by his swim teachers (and an award) due to his huge progress in swimming on Friday nights at LTS. For the CSA swimmers, Leo Wojewoda and Molly Pullen were chosen as top boy and girl and Callum Hirst and Lauren Baker selected as the top trainers. The last award of the night was the Coaches Award and this year it was presented to Jack Aldridge for his dedication to training and commitment to the sport of swimming, and was selected by the Head Coach.

Thank you to all of those who brought dishes of food along to the bring and share meal- it was a great success! and also to those who donated raffle prizes, which raised £118 for the club and offered many prize opportunities to ticket buyers! Thanks also goes to DJ Alex Wilcox who played a great set during the night and lead the way in the group and line dances for the evening- showcasing his groovy moves! Finally a big thank you to the organisers of the evening and those who stayed to help clear up at the end of the night- it was a fun night for the swimmers and their families.



Photo of Sue Haigh and Steve Carder with club swimmers taken at Tiverton Rugby Club in January 2016.

on the Club website.

email any comments to:

newsletter@tiverton-swimming.co.uk

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