Newsletter March 2015

Message from our Coach

Starting off the month was the first round of the mini league gala with Exmouth, Exeter, Sidmouth, Torquay Leander, Dawlish & Newton Abbot. We came 4th this night with swimmers gaining new pbs and working together as a team as well as in the relays, using our new blocks swimmers found using them a lot easier to dive, also your diving has now become a lot better and faster.

With more assessments come new swimmers joining the club, most of which start at the 7-8 sessions, we now have some very promising young swimmers coming on most of the swimmers who come in are the 9 & 10 yr olds, who for some have seen their first gala and with our Imps gala coming up.

Right at the end of the month saw some of our younger swimmers taking part in the Dawlish Ribbon gala, this was an ideal gala for our very new swimmers, but also some of the older swimmers took part breaking new records, 5 new records were set by Exmouth Girls, Clara Woodhead, Jess Dixon & Abbie Freeman, hopefully next year we might have a few more swimmers attending this gala as swimmers came back with Ribbons & Certificates, a big thank you to Kim Rowcliffe, Callum Rowcliffe and our girl captain Kiera Jordan for keeping the swimmers in the right places at the right time, not an easy job.

"It pays to train Hard"

Jerry Head Coach.

Exmouth
Swimming and Life Saving Society Founded 1893. President: R W A E Snowshall. affiliated to the ASA, BLDSA, & RLSS.

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Diary Dates

March	8	Devon County ASA Sprint Meet all ages (as per 31.12.15)	Plymouth 11.30 am **WARM UP**
	14	Home gala (10u; 11u; 12u: 13u)	Warm up 5pm
	19	Safeguarding course, St Peters Lympstone	6.30pm start

Trophy Updates

Thomson Trophy , current leader Megan Harris

Swimmer of the month is xxxxxx well done to you

SALE

Jane Easton has the following for sale
1. New style club hat worn once £2.00
2. Speedo drag pants blue and lime green £5.00
3. Training goggles; £2.50
4. Maru envy pacer jammers black and red; worn once £11.50

New!

Tracy Simpson
1. Diana drag shorts reversible. Black one side, silver/grey otherside £5.
2. Training flippers : FINIS Z2 size 4-4.5 male. 5-6.5 female. £8
3. Training flippers: SPEEDO size 3-4 £5

http://www.easyfundraising.org.uk/causes/exmouthswimming

So far we have raised £9.94

facebook.

The club have added to the website a new Facebook and Social Networking policy, please make sure everyone takes a moment to read it.

REMINDERS

Club shirts

If you are getting too small for your current shirt now is the time to put in a new order. Order forms on club website under C&D section, NEW SIZES so check them out, new samples are NOW HERE, sizes have been made easier to understand now., see Tracy to view shirt samples.

Training Equipment

Just a reminder that there is not enough to go around so please start looking at purchasing your own as Jerry has said

Devon County ASA Sprint Meet: Etiquette

- Listen to what the team managers say. Do not wonder off without letting someone know where you are going.

- Make sure you have pleanty to eat and drink. Its going to be a long day. If you're not sure what to take have a look at the Welcome Pack in the Competitive and Development section of the Club's website. There's a bit about nutrition in there.

- It is likely that apart from the backstroke all starts will be "over the top". So, when you finish your race hold onto the lane ropes in your lane. <u>DO NOT</u> hang onto the timing boards; this could affect the times for the next swimmer.

- When told to; leave the water by the sides<u>. DO NOT</u> climb out over the timing pads.

- Swim under the lane ropes; swimming over them causes them to stretch.

- Please note that there will be an official watching on every lane on every turn so match sure that you turn correctly and finish correctly.

- Enjoy yourselves! And swim well!

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Congratulations!

To Martin Sprigmore who recently passed his level 2 teaching aquatics exam

CLUB MARK

www.exmouthswimming.org "To inspire and enable our members to achieve excellence in swimming and promote lifelong participation and enjoyment of the sport."