



Exmouth

Founded 1893. President: R W A E Snowshall.

Swimming and Life Saving Society affiliated to the ASA, BLDSA, & RLSS.

swim21

Club Accredited

Club Newsletter - October 2015



Message from our Coach

Coaches Report for October 2015

In September we started off our swimming season with a Mini-League gala, held at the Riverside Pool in Exeter, where some of our new swimmers swam competitively for the first time.

On 5th September we attended the final leg of the East Devon Mini-League, held at the pool in Newton Abbot.

Some of our younger swimmers in the early club night training sessions have been working towards their competitive starts and turns awards, now with some of them moving up to the later club night training sessions, having achieved that goal.

September also saw some of our younger and older swimmers competing at the Exeter Sprint meet, where several swimmers came back with PBs and some even with medals. Well done to you all, this proves the hard work you put into your training does actually pay off!

Towards the end of September we had our Home Gala, in which we entered two teams to compete.

One team came 2nd and the other came 4th, with over 40 PBs being achieved on the night between both of the teams, they all did really well. This Home Gala was structured in the same format as the National Arena League meets, which start in October 2015.

All of the swimmers club night training sessions are now aimed at achieving their best in the format of the National Arena League meets.

Jerry ~ Head Coach



Sweet Success



At competition events, Team Managers have expressed a concern regarding sweets that are being distributed on poolside. They have stated that our swimmers are very good at sharing what they have brought with them, but that on several occasions swimmers had taken advantage of this goodwill and had taken more than they should have.

Team Managers also expressed concerns that some swimmers have food allergies or intolerances and if they were eating sweets not provided specifically for them, then this could cause health concerns, particularly when competing.

It was decided that swimmers would all be asked not to offer or to share their sweets with others in the future.

It will be accepted by us all that individual swimmers are not being selfish by doing this.



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Message from Jane Faston (Competitive & Development Section Chairman)

On the 5th September we attended the final leg of the East Devon Mini-League at Newton Abbot and achieved 14 PBs! What a great start to what is going to be a very busy few months. We are well on the way to beating the number of PBs achieved last year – our target this year is 777.

The 13th September was a busy day again, for both our younger swimmers who went to the Exeter City Spring meet and our older swimmers who attended the Devon County Senior Gala at Tiverton.

Fin Roberts, Jon Doble and Lily Allen, all picked up medals and Lily went one better by breaking the 50m Backstroke record that had been held since 2002! All in all 21 PBs were achieved on the day. The following comments were made by the Team Managers:

“We would just like to commend those who took part in the sprint meet yesterday. The children were so well behaved, they did as they were asked, informed us of their whereabouts and returned on time. They supported each other and looked out for one another. They never once complained about the long day.”

“The children were great at Exeter on Sunday. A long day but well behaved and supported one another, which was nice.”

What great comments; you all deserve to feel proud. Aidan Spiller, Callum Rowcliffe, Joe Schunck and Ada Taggart all picked up medals for their events at the Seniors; they seemed to spend more time at the medal table than in the water!

Thank you to all our helpers in whatever capacity – that’s “front of house” and “behind the scenes,” we couldn’t do it without you.

The “Arena warm-up” gala took place on 26th September. Our two teams were the “A” team and the “Alpha” team, both did brilliantly coming in 2nd and 4th places and achieving a further 40 PBs on the night.

The Arena League events start on the 10th October, when we are travelling to Plymouth to compete against Dawlish, Torquay, Devonport Royal, Tavistock and Oddicombe. The line up looks like a home gala! For those of you going... Good Luck! We won't know where we will be going for the other rounds until closer to the dates.

Club Championships start on the 4th November; you will get all of your event cards back before this date, except for the 50m event cards. Remember this:

1. Events are swum mixed; by time not age. If a swimmer does not have a time for an event they are seeded in age at the beginning of an event. If a swimmer has submitted an entry form without a time even if they have one; they are entered with NT.
2. Swimmers compete in age groups e.g. 9/10 and under boys/girls.
3. Check your cards carefully for the date and warm-up times – things do sometimes change!



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4. On the night of an event please make sure your cards are given to the heat organisers (who will be sat in the coffee lounge) at least a quarter of an hour (15 mins) before warm up. If you don't bring the card(s) or you are late you will not be allowed to swim.
5. The card(s) will be returned to you with the heat number and lane number written on it.
6. There are no team managers organising the swimmers (apart from the last night) so it is **your** responsibility to report to the marshals at least four heats before yours. If you miss your race you won't be allowed to re-swim it.
7. Give your card to the timekeeper.
8. Your time will be recorded on the card and collected by a lane runner who will give it to the recorder. This person then places the swimmers in the boy/girl age group.
9. The time attained by the swimmer is recorded by the Club and the card is returned. A red time is a Club Record, a blue time is a PB (personal best) and a green time is a new time.
10. Medals and ribbons will be awarded on the night following each event.
11. Although the Club Competition is a "low key" event, swimmers will be disqualified if they do not start, turn, swim or finish correctly.
12. If you have any further questions concerning the Club Championships Competition please don't hesitate to ask.

Your cards for the Sunday night event (29th November) will be retained. If you are swimming on that night please contact Jane Easton by phone (01395 - 233601) or email (janeve56@hotmail.com), or put your name on the list on the door.

With regards to the final nights events: "the lines will open" on Monday night (21st November) and will close at Midday on the 28th November- don't leave it to the last minute to make contact or make contact too soon.

When you arrive at the Pool, you will be given all 4 cards which will have the heat number and lane number written on them.

The entry forms for our Christmas Cracker will be sent out shortly; save the date in your diary: Sunday 13th December. It will be a 5.00pm warm-up at Exmouth pool - please remember there is a cup at stake!!!!!!

The club membership forms will be distributed shortly. Please help our Memberships Secretary who has the really difficult job of collating all the forms, by returning your completed forms to us ASAP, so we can make sure that we get our return in early before the other clubs!

For those of you who are ASA Category 1 swimmers, this would be a good time for you to upgrade to Category 2, if you wanted to. Category 2 membership means that you can enter events such as the Devon County: ASA sprints, Developments and Open events. Category 1 swimmers can only enter events such as home galas. Its easier for us if its done at the time of membership renewal and in addition to



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this, until our return is accepted by the ASA, we cannot upgrade any swimmers which may mean you missing out on events.

Jane Easton

Trophy updates

The Thompson Trophy leader is:

Jon Doble - still keeping his lead with 39pts

The swimmer of the month is:

Fin Roberts

Congratulations to you both on your well deserved achievements.



Dates for your Diary

(Please see club notice board or visit club website for more details)

Date	Event	Venue
10 October	Arena League	Plymouth
1 November	Exeter City Hub Level 4 Meet	Exeter Pyramids
4 November	Club Champs - 8pm warm up	Exmouth Pool
8 November	Tiverton Sparkler	Tiverton Pool
9 November	Club Champs - 8pm warm up	Exmouth Pool
11 November	Club Champs - 8pm warm up	Exmouth Pool
14 November	Arena League	TBA
16 November	Club Champs - 8pm warm up	Exmouth Pool
18 November	Club Champs - 8pm warm up	Exmouth Pool
29 November	Club Champs - 5pm warm up	Exmouth Pool
5 December	Torquay Christmas Sprint Meet	TBC
12 December	Arena League	TBA
13 December	Christmas Cracker - 5pm warm up	Exmouth Pool
18 December	Last swimming session before Christmas break	Exmouth Pool

FOR SALE

Items

Zoggs Training Flippers ~ Size 4 - 5. £5.00

Contact: Vanessa Freeman (07973-814819)

If you have any swimming equipment that you would like to sell, please email details to:

vanessa.freeman@btinternet.com

For inclusion in the next club newsletter



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The club has been contacted by Jo Clarke (a sports masseuse) who has recently qualified with a Level 5 BTEC in Sports & Remedial massage. If you are suffering from an ongoing muscular injury or muscle tension, Jo is happy to come to the club or to members home addresses to assist. Her contact details are: 01395 - 488897 or 07929 - 102652.

E-MOTION
Jo Clarke
BTEC prof Dip ISRM
Sports & Remedial Massage

MOBILE MASSEUSE
relaxing massage, massage to help mobilism or sport injury specialism
TEL: 07929 102652 OR 01395 488897



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