



**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 - May 2016

### *Message from our Coach*

Coaches Report for May 2016

We started April with our Rosette gala, no team wins, but it's all about entering into the spirit of the gala, receiving a Rosette for your efforts and achieving a new PB for yourself. Our team captain Katie Brindley, did very well in making sure that the younger swimmers got to their races on time, there were also other competitive clubs swimming from: Honiton, Sidmouth and Crediton.

Following on from this gala was the first of the Devon & Cornwall Galas. It was the first time we have entered in this gala and it wasn't the easiest of tasks to select swimmers for as we have so many to choose from, but it turned out to be an incredible gala with our 'Open Girls' team breaking the club record that has been held since 2009! This fantastic feat was achieved by: Sophie Beacon, Ella Amor, Ada Taggart & Sophie Spiller.

The next gala we attended was the Mini League relays, which was held at the Riverside pool in Exeter with swimmer ages ranging from 10yrs up to 18yrs. There were some excellent performances and gala records broken by our under 10yr old girls; Chloe Fellows, Sophie Brindley, Hannah D'Souza and Sophie Raven in the 4 x 50m Breaststroke. And another 3 gala records broken by our under 18yr old girls as follows: Katie Brindley, Ada Taggart, Kiera Jordan and Jasmine Simpson-Currie in the 4 x 50m Butterfly; Ada Taggart,

Sophie Spiller, Clara Woodhead and Katie Brindley in the 4 x 50m Breaststroke and the final record was broken by Sophie Spiller, Kiera Jordan, Ada Taggart and Jasmine Simpson-Currie in the 4 x 50m Freestyle.

There were also 5 new PB's achieved by at this gala by: Hannah D'Souza in her 50m Backstroke, Katie Brindley and Abbie Freeman, in their respective age group 50m Butterfly races. Then onto the boys with Josh Smith and Carrick Howard in their respective age group 50m Freestyle races.

And finally onto Kiera's Stepping Up gala in which we saw Joseph Bollington break the club's 400m Individual Medley record! Well done Joseph! At this gala we also saw some excellent performances from our younger swimmers and they are to be congratulated for this.

Back at the club pool in Exmouth, training is going very well at the moment and most of you are turning up on time... and with full drink bottles! Let's keep this going please.

The Monthly Trophy: Please swimmers if you receive this trophy, please could you bring it back the week before the 1<sup>st</sup> of the next month and hand it to me? Please don't wait for me to ask you to bring it back. For the month of May, the trophy went to Jasmine Pashley as she didn't receive it for the previous month.

*Jerry - Head Coach*



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## *Message from Jane Easton* (Competitive & Development Section Chairman)

I thought it would be a good idea if members of the clubs sub-committee spoke a bit about themselves, as it was one of the matters raised by the recent survey. So as section C&D Chairman I thought I'd start the ball rolling.

My son Hamilton began swimming at the club when he was 8 years old. I like many parents began attending different events; sitting in the gallery; waiting for the races; then seeing him disqualified! One day someone from the club asked "would you like to become our Competitive Secretary?" I thought... "why not." The rest, as they say, is history.

Having taken on the role; I also became interested in taking part as an official; parents let me assure you it's a lot easier being on poolside, than sitting in the gallery waiting nervously for the races to begin!

In the 'old days' there was a different pathway to becoming a Swimming Judge; so I duly attended my 6 one hour sessions to become a timekeeper followed by the written exam. Having passed that, I went on to become a Judge; in those days all one thing; not the Judge 1 and 2 that there is today.

The Starter qualification followed. At the time I really didn't enjoy this one to 'start' with (no pun intended), as there is a lot of responsibility ensuring that the swimmers start the race correctly.

Finally, I reached the top – ASA Swimming Referee; training session; workbook and 2 hour exam. I am one of the Devon ASA Trainers and now train others to be club timekeepers; Judge 1 and 2 and have also mentored people on poolside.

Also in my 'tool box' of swimming training is that of Team Manager and Devon ASA Young Volunteers.

My son no longer swims for the club although he remains a member; his last foray was at the East Devon Mini League relay gala 4years ago.

He and his team members took records which still stand today! I am ever hopeful he will return to swimming one day, but until then Hamilton continues his association with swimming though; he qualified as a Level 2 Swimming Teacher and Level 2 Swimming coach and now is a swimming teacher for a local company.

As the clubs 'Competition Secretary' I organise the home galas; the Club Championships and our 'open events.' I am also responsible for entering the swimmers for open events. I maintain the club calendar; pool bookings; lane sheets; lane moves; swimmers details and the list goes on ...

I am also responsible for collating and submitting our 'Swim21' evidence. We qualified as a Swim21 club a few years ago and so far, we have always been successful with our yearly 'health checks.' I am also proud to announce that we have recently achieved Swim21 Network status.

Together with other local clubs we have worked together to produce a development plan and training needs analysis. The development day that some of our swimmers attended in Taunton was an example of what we can achieve working together as a group.

I think that is all I can do? So now you can appreciate when someone volunteers to help – for however small a task; that offer is very gratefully received.

This year I was very honoured to receive the Club's Life Membership award, a tremendous accolade and a very special moment in my life.

I think we have a club and likewise swimmers, to be proud of. If I didn't feel that way I wouldn't do all that I do!

*Jane Easton ~ Section Competitive & Development Chairman  
& Competition Secretary*



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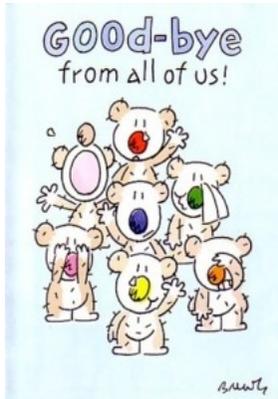
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## Club News



As the club say a sad farewell to Sandra Sidwick, we would like to take this opportunity to say a huge 'Thank You' to Sandra for all the hard work she has



done on behalf of the section with the club's swimmer assessments, the planning and booking of coaches for away galas and especially for organising and ordering all of the club t-shirts and hoodies.

We will all miss her friendly, calm and helpful personality and we would like to wish Sandra and all her family, the best of luck in their other sporting pursuits.

You will be sadly missed.



## Dates for your Diary

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

| Date         | Event   | Venue                         |
|--------------|---|-------------------------------|
| 4 June       | Blooming June Open Event<br>Frome Swimming Club | Millfield School              |
| 5 June       | 2nd Round Cornwall &<br>West Devon League       | Plymouth<br>Life Centre       |
| 11 June      | Devon ASA Developments                          | Plymouth<br>Life Centre       |
| 12 June      | Devon ASA Developments                          | Plymouth<br>Life Centre       |
| 19 June      | Devon ASA Developments                          | Plymouth<br>Life Centre       |
| 3 July       | Summer Gala                                     | Exmouth Pool                  |
| 10 July      | Final Round Cornwall &<br>West Devon League     | (TBC) Plymouth<br>Life Centre |
| 25 September | Home Gala                                       | Exmouth Pool                  |
| 6 November   | Club Championships Begin                        | Exmouth Pool                  |

These dates are subject to change, so please visit the club's web site regularly to check for changes and to get further details.



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## Thompson Trophy List as of 8th May 2016

PBs are only awarded at Time Trials, Galas, Open events and Club Champs

Splits will only be considered if all swimmers have split times

Recorded (relays not included in these results)

| Swimmer           | PB's | Pos  |
|-------------------|------|------|
| Joseph Bollington | 20   | 1st  |
| Ryan Voysey       | 18   | 2nd  |
| Matthew King      | 17   | 3rd  |
| Megan Harris      | 17   | 4th  |
| Finlay Cotton     | 16   | 5th  |
| Joel Rawe         | 15   | 6th  |
| James Griffin     | 13   | 7th  |
| Adam Baker        | 13   | 8th  |
| Josh Smith        | 13   | 9th  |
| Sophie Brindley   | 12   | 10th |
| Jon Doble         | 12   | 11th |
| Finlay Roberts    | 11   | 12th |
| Lily Allen        | 11   | 13th |
| Heidi Schunck     | 10   | 14th |
| Ethan King        | 10   | 15th |

| Swimmer                | PB's | Pos  |
|------------------------|------|------|
| Sophie Raven           | 10   | 16th |
| Scott Simpson-Currie   | 9    | 17th |
| Jake Butt              | 9    | 18th |
| Sophie Beacon          | 8    | 19th |
| Grace Gillingham       | 8    | 20th |
| Amy Jenions            | 8    | 21st |
| Hannah Desouza         | 8    | 22nd |
| Josh Temoanui          | 8    | 23rd |
| Aiden Beacon           | 8    | 24th |
| Chloe Fellows          | 8    | 25th |
| Esme Amor              | 7    | 26th |
| Reegan Osborne         | 7    | 27th |
| Jasmine Simpson-Currie | 6    | 28th |
| Clara Woodhead         | 6    | 29th |
| Lauren Sprigmore       | 5    | 30th |

### Trophy updates

The Thompson Trophy leader is:  
**Joseph Bollington**

The swimmer of the month is:  
**Jasmine Pashley**



Congratulations to you both on your well deserved achievements

| Swimmer          | PB's | Pos  |
|------------------|------|------|
| Toby Gilbody     | 5    | 31st |
| Alfie Bolt       | 4    | 32nd |
| Sophie Spiller   | 4    | 33rd |
| Carrick Howard   | 4    | 34th |
| Sam Sidgwick     | 4    | 35th |
| Jules Roberts    | 4    | 36th |
| Katie Brindley   | 4    | 37th |
| Lydia Barker     | 3    | 38th |
| Jasmine Pashley  | 3    | 39th |
| Lauren Liddle    | 3    | 40th |
| James Mulgrew    | 3    | 41st |
| Ada Taggart      | 3    | 42nd |
| Emily Clayton    | 3    | 43rd |
| Callum Rowcliffe | 2    | 44th |
| Sophie Butt      | 2    | 45th |

| Swimmer                       | PB's       | Pos  |
|-------------------------------|------------|------|
| Amelia Halloran               | 2          | 46th |
| Annabel Moger-Taylor          | 2          | 47th |
| Ellie McGlynn                 | 2          | 48th |
| Abbie Freeman                 | 2          | 49th |
| Freya Slatter                 | 2          | 50th |
| William Olney                 | 2          | 51st |
| Luke Crompton                 | 2          | 52nd |
| Ella Amor                     | 2          | 53rd |
| Kiera Jordan                  | 2          | 54th |
| Hollie Barnes                 | 1          | 55th |
| Rhys Norman                   | 1          | 56th |
| Oliver Hopkins                | 1          | 57th |
| Oliver Butt                   | 1          | 58th |
| Miles Doble                   | 1          | 59th |
| <b>Total Number of PB's =</b> | <b>656</b> |      |



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## Be a fundraiser for your club

Here's how...

**Search** - Every time you shop online first head to:  
[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

**Shop** - Pick from nearly 3,000 retailers and shop as usual

**Raise** - You earn money from the retailer for your purchase which can be turned into a donation

£ £ £ 's

So far registered club members have raised a total of **£145.32!** Which has already purchased a 'Pace Clock' for our club. Keep raising money towards the underwater video equipment that will be used to assist your children during their swimming training.



Is a member  
of the



# Hello!

My name is Suzanne Pashley and I'd like to formally introduce myself...

I have taken on the volunteer role of Child Welfare Officer for Exmouth Swimming and Life Saving Society.

Many of you may recognise me from doing the Wednesday night register for C & D and more recently assisting with some Gala's.

Please feel free to come and talk to me, I am here for all swimmers under 18yrs of age and I will make the needs of these swimmers a priority.

If you have a concern about yourself or another swimmer, how you are being treated by others or something that is making you unhappy I am here for you.

*Suzanne*



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