



WTHSC NEWSLETTER

WELCOME TO ISSUE 01

“Work hard, train hard equals
positive results”

A NEW YEAR TO ONE AND ALL

AND A WARM WELCOME TO OUR JANUARY ISSUE

*A WARM WELCOME TO ALL OUR NEW MEMBERS AND
PARENTS.*





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Please remember to **regularly check your emails** for updates, changes and the newsletter.

Please join our Easy Funding link <http://efraising.org/ZZnbqAyZoB>

Don't forget to check our  page.

Also please check out our website www.wthsc.co.uk

Please remember volunteers are essential to developing a strong and efficient club.

Without help we will be unable to attend galas or the extra activities we like to do in order to run our club successfully.





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TRAINING RESUMES TOMORROW

Those swimming in the Saxon Crown Gala this weekend will be swimming at Thornton Heath on Friday 03 Jan from 6.30pm-8.30pm.

All other swimmers will be training at South Norwood:

Friday Teaching class – 6.30pm -7.15pm

Squads – 7.15pm-8.30pm (inc platinum and diamond squad members not swimming in the Saxon Crown gala)

Please see email sent at 7.50 today.



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NEWSLETTER
Notifications

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CLUB ANNUAL GENERAL MEETING

This will take place on the 11th January 2025 @ 3pm via Teams



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SE Memberships

Can we also remind you if (that)your child's Swim England Membership fees are due this month

£58.00 compete (squads)

£38.00 train (teaching classes)

Account Number:33136965

Sort Code:207015

Ref: child's name

This is for all swimmers that joined the club before October 2024
(if you have not already paid this , can you kindly do so before 31st January)





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Notifications

Any parent who wishes to become an official please find the link here [Swimming Technical Officials & Judge 1 Theory](#).

If you just wish to do time keeping here is the link [Swimming Technical Officials & Timekeeping](#)

The link is also in the squad parents WhatsApp group. Please email Jane with your name, date of birth, address and email address as she will need to apply to Swim England with this information.





WTHSC NEWSLETTER Dates for your diary

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**Saxon Crown & Greenwich Royals Winter Warmer – 05th & 06th Jan - Glass Mill
Leisure Centre 41 Loampit Vale London SE13 7FT (Now Closed)**

**Surrey County Championships – 18 & 19 Jan and 01 & 02 Feb – Surrey Sports
Park Richard Meyjes Road, Guildford GU2 7AD (Please read email from Jane sent
on 27th Dec)**

**Octopus Gala 02nd Feb Round 1 – Beckenham Spa, 24 Beckenham Road,
Beckenham, BR3 4PF (Swimmers will be notified)**

**EDSC Spring Meet– 08th & 09th Mar – Crook Log Leisure Centre, Brampton Road,
Bexley Heath, DA7 4HH. TBC**



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Birthdays

Please wish the following swimmers a ***Very Happy Birthday*** for the month of **Jan**

Elijah, George- Matei, Jane, Lillea, Marizu, Maya, Tamalia & Thai-Shay

A VERY HAPPY BIRTHDAY TO YOU ALL



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Land Training Attire

We have received a number of queries regarding the dress code for participating in our Land training sessions.

This is a strenuous session aimed at building endurance and increasing our swimmers core strength. Hence, the swimmers will be participating in vigorous activities involving stretching, jumping, running, to name a few.

It is of the utmost importance that your child is dressed appropriately to be able to undertake these exercises properly and safely.

As well as dress for the cold when leaving land training.



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Land Training Attire

Your child should be wearing tracksuit bottoms/sports shorts and a t-shirt. No jeans, cargo pants, free flowing clothing or anything which prevents or restricts movement. Hoodies and oversized jumpers are not appropriate to be training in, especially with a hood up. This could cause the body to overheat and also prevents the child from hearing instructions clearly.

JEWELLERY

No jewellery is permitted to be worn during the land training exercises apart from small stud earrings and a watch.



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Land Training Attire

WATER

A water bottle or sports drink should be brought to every land training session.

YOGA MAT

A sports/yoga mat needs to be brought to every land training session as a number of our exercises are performed on the hard floor and this will help to reduce impact.

Thank you for your cooperation



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Land Training Exercise

Parents, please remind your children they **must complete** pre stretching exercises prior to swimming. This is to be done before every lesson and competition.

This alongside land training will aid all swimmers to build their strength and stamina.



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SWIMMERS CORNER

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Remember to fill in your times from your last competition especially those who attended the last competitions.

Remember to eat a balanced meal, drink plenty of water and continue your land training during the holidays.

ALWAYS ENCOURAGE AND SUPPORT EACH OTHER.