

"Work hard, train hard equals positive

results"

WELCOME TO ISSUE 3

A warm welcome to all our new members and Parents.

Thank you to Nadine for joining Natalie to run the badge club.

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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WELCOME TO ISSUE 9

Please remember to <u>regularly check your emails</u> for updates, changes and the newsletter.

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

Don't forget to check our Facebook page.



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





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Competition Information

The following competitions are coming up this month Octopus League – round two. 3rd March CBSA - 16th & 17th March Saxon Crown - 23rd & 24th March

When Jane sends out the email you need to send in your entries AND payment promptly so that it can be returned to the organisers promptly.

It takes an enormous amount of time trying to decipher which races each child would like when information is missing





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Competition Information

Just sending the race details as 100m freestyle, does not assist Jane or Natalie as to what race you would like as many of the races are age linked or Open.

To save any confusion, Your entries should have the following information;-

Childs name, date of birth, swim england membership number Name of competition, race details & times (if they have one) For example: Julia P... XX/XX/XX 170035 Croydon Boroughs. Session 1 event 105





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Competition Information

You can find you child's times by either looking in their book which should have their times or logging onto Swim England (www.swimmingresults.org) entering their family name, then selecting your child. This will also show their SE number.

When you click onto their name it will take you into all the races they have done with the best times, THESE MAY NOT BE THE MOST RESENT TIMES. You can click on each stroke to see all the times they have swum for that stroke.





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Dates for your diary

Octopus Gala 02nd Mar round 2 – <u>Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF</u> (Swimmers will be notified)

Croydon Boroughs 16th & 17th Mar – Whitgift School. South Croydon, Surrey, CR0 6NE - entries now closed

Please be aware there will be no parking at Whitgift School on the 16th Mar, you will either have to park on the surrounding roads or take public transport.

We also need parent volunteers for both days for different roles, please speak to Julia.



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Dates for your diary

Saxon Crown Gala 23rd & 24th Mar- Glass Mills Leisure Centre, 41 Loampit Vale, Lewisham, SE13 7FT – Entries are now closed

No Gala's in Apr

Octopus Gala 11th May round 3 – <u>Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF</u> (Swimmers will be notified)

Octopus Gala 08th Jun round 4 – <u>Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF</u> (Swimmers will be notified)





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Birthdays

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

Aashvi, Alexander, Alysia, Bert, Dylan, Emma, Ivaan, Jamal, Joe, Siera, Sophia Maria & Stefano

A VERY HAPPY BIRTHDAY TO YOU ALL





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<u>CONGRATULATIONS</u> to all the winners from our club presentation evening

JACK PETCHEY WINNERS
Ryan Sharp
Sonia Brustowska
Aashvi Sawant
Julia Lewkowisc
Jorge Smith
Navaeh Marshall





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CONGRATULATIONS to all the winners from our club presentation evening

Club Champion winners

AGE 9 YEARS

GIRLS

Maryam U Toby O

Gynashi D oliver C

Skylar B Dylan C

AGE 10 YEARS

Girls

Alysia Z

Mason M-D

Lana L Taylijah R

Eleni C Alex C





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CONGRATULATIONS

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Club Champion winners

Age 11 YEARS

Girls

Mio N Enzo C

Kyla P Kaloyan B

Cara S Adrian A

AGE 12

Lillea M Liku N

Tianna O Ian G

Klaudia B Luke R





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CONGRATULATIONS

to all the winners from our club presentation evening

Club Champion winners

AGE 13-14

Girls

Kitty R Oliver F

Keira C Rafael B

Tashlya R William N

AGE 15 & over

Girls

Abigail B Levi M-D

Sonia B Alvaro C

Thai-Shay R Reuben J





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CONGRATULATIONS to all the winners from our club presentation evening

Teacher awards Winners

Beginners – Dora R Improver one – Miah & Gabriel P & Siera M Improver Two – Danielle P & Jamal Improver Three – Anna K & Sara V Pre Squad –George M





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CONGRATULATIONS to all the winners from our club presentation evening

Coaches Champion

Jane (Bronze)- Alysia Suzanna (Silver) – Ryan G Franck (Gold)- Riley Artur (Platinum) – Tianna Artur Land Training - Frania





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CONGRATULATIONS to all the winners from our club presentation evening

Five-year award Winners Angelina, Emily, Keira & Yacoub

2024 club Captains Kitty Ray & Oliver Foley

Jack Petchey Trophy Winner Syriah Patrick





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CONGRATULATIONS to all the winners from our club presentation evening

We would like to say a very big THANK YOU to everyone that attended on the night, helping make it such a great success - without your support we would not be able to hold our presentation Evening.

WELL DONE TO everyone that received a medal





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CLASS MOVERS

Improver 2 – Improver 3

Skylar

Yannis

Emilia

Danielle

Freya

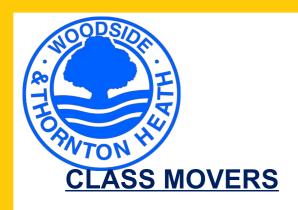
Toby

Improver 3 – Pre-Squad

Maryam

Pre-Squad – Bronze Rhys C George M

JackPetchey
Foundation
Inspire • Motivate • Achieve



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Bronze – Silver

Alysia

Eleni (moved up in February)

Linda

Alvara

Silver - Gold

Ruairi

Platinum

Anna Devid

WELL DONE TO YOU ALL





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Notifications

Any parent who wish 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





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Land Training Exercise

Parents, please remind your children they <u>must complete</u> 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

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.

