



# WTHSC NEWSLETTER

WELCOME TO ISSUE 10

“Work hard, train hard equals  
positive results”

*A WARM WELCOME TO OUR OCTOBER 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](http://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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## THANK YOU

We want to say a big thank you to all parents who help us via the Easy Funding app. Every pound counts and helps us do as much as we can for the children.

We want to say a very special thank you to....

**ELENI'S MUM KATIA**

She has raised £110 for the club.

**THANK YOU VERY MUCH**



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## HALF TERM TIMETABLE

As per the email sent on the 29<sup>th</sup> September please see the following timetable:

**ST JOSEPH’S COLLEGE will be closed on Monday 21st and 28th October.**

Beginner classes will train at Thornton Heath Leisure Centre on Tuesday 22nd and 29th October 7-7.45pm.

Bronze and Gold Squad will be able to train at Thornton Heath Leisure Centre on Tuesday 22nd and 29th October , 7.45-9pm.

**NO CHANGES TO TUESDAY & FRIDAY IMPROVER CLASSES**



Cont'd

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## HALF TERM TIMETABLE

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Thursday 31st October - SOUTH NORWOOD LC

**There will be no Squad training at South Norwood LC on Thursday 31st October.**

Gold will join in with platinum at Thornton Heath, 7-9pm.

Silver will join in with bronze at Thornton Heath, 7-8.30pm.

Friday 1st November -THORNTON HEATH LC

**There will be no Squad training at Thornton Heath LC on Friday 1st November.**

Diamond and platinum will join in with gold at South Norwood , 7.15-8.30pm.

LAND TRAINING

**There will be no land training at Thornton Heath L Con Tuesday 29th October.**



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## Dates for your diary

The Arena League – 12<sup>th</sup> Oct - Dover District Leisure Centre, CT16 3GZ. Swimmers have been notified.

EDSC Fireworks Meet– 02<sup>nd</sup> & 03<sup>rd</sup> Nov – Crook Log Leisure Centre, Brampton Road, Bexley Heath, DA7 4HH. Entries Now Closed

Club Championships - 08<sup>th</sup> Nov – South Norwood Leisure Centre

The Arena League – 09<sup>th</sup> Nov - TBC. Swimmers to be notified.



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## Dates for your diary

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**Club Championships - 12<sup>th</sup> Nov – Thornton Heath Leisure Centre**

**Club Championship - 22<sup>nd</sup> Nov – South Norwood Leisure Centre**

Confirmation and further information will be sent out shortly.

**As always, we will require parents help to ensure we are able to run these championships, please can any parents who are able to assist please speak to Jane, Suzanna, Julia, Natalie or Louise.**

**We need timekeepers and marshals ( to get the children into the right places)**



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## Birthdays

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

**Adam, Autumn, Clara, Dormenika Sofia, Emily, Erika, Florence, Gabriel-Eusebiu, Maximus, Mihai-Casian, Mio, Patrick, Shamweel, Shara**

**A VERY HAPPY BIRTHDAY TO YOU ALL**





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## Land Training Attire

Recently, 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.



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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 or sports drink bottle 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.



# WTHSC NEWSLETTER CLASS MOVERS

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## Beginner – Improver 1

Jahmelia A  
Catherine S

## Improver 1 – Improver 2

Elisa J  
Maria N  
Olivia A  
Amelie M  
Jonathan P

## Improver 2 – Improver 3

Natalia C  
Matthew T  
Amelia W-S

WELL DONE TO YOU ALL



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## Improver 3 – Pre-Squad

Skylar B

Eric D

Leon S

Leon I

Saanvi S

Emilia D

## Pre-Squad – Bronze

Dylan C

Filip K

Valentina M

Sahara P-B

Lilly B

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# WTHSC NEWSLETTER CLASS MOVERS

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## Bronze – Silver

Rhys C  
Damien D  
Mishka B  
Edith F

## Silver – Gold

Diego T-M  
Kayla P  
Alysia A

## Platinum - Diamond

Enzo C

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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 with this information.**







# WTHSC NEWSLETTER 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.**