



WTHSC NEWSLETTER

“Work hard, train hard equals
positive results”

WELCOME TO ISSUE 12

A WARM WELCOME TO ALL OUR NEW MEMBERS AND PARENTS.

We urgently require parents help to run our badge club as well as training to be officials.

Without any help we will be unable to attend galas or the extras we need to run our club successfully.

If you can offer any assistance please to speak to your coaches/ Julia, Natalie or Louise.

Volunteers are essential to developing a strong and efficient club





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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.efraising.org/ZZnbqAyZoB>

This has raised over £150 for the club so far, which we used to subsidise the cost of the coach to the Arena Gala in November

Don't forget to check our Facebook page.



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





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**WTHSC
NEWSLETTER
CONGRATULATIONS**

**TO ABBIE, SONIA AND SYRIAH FOR
OBTAINING THEIR TEACHING
QUALIFICATIONS**



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Dates for your diary

The following competitions/events this month

Arena League – Round 3 – 09th Dec – Swimmers have been notified by email

Bexley Fizz Gala – 10th Dec - Crook Log Leisure Centre, Brampton Road, Bexleyheath, Kent, DA7 4HH

Whitgift & White Oak SC meet – Whitgift Boys School, South Croydon

Annual General Meeting – 13th Dec 7PM – Zoom details will be sent out shortly



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Dates for your diary

The following competitions/events this month

Annual General Meeting – 13th Dec 7PM – Zoom details will be sent out shortly

Club Christmas Trip – 17th Dec – Please look out for the email with the details

NO TRAINING THURSDAY 21st DECEMBER , ALL GLL POOLS CLOSED



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Dates for your Diary Cont'd

Christmas Fun Sessions

THORNTON HEATH - Tuesday 19th December

Beginners, Improvers, Pre Squad 7.00-8.00pm

Squads 8.00-9.00pm

SOUTH NORWOOD – Friday 22nd December

Beginners, Improvers, Pre Squad 7.00-8.00pm

Squads 8.00-9.00pm

Last club swim sessions –

Monday 18th December – No training at St Joseph's

Friday 22nd Dec at South Norwood LC Only

Returning Monday 08th January 24 at St Joseph's



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BIRTHDAYS

Please wish the following swimmers a ***Belated Happy Birthday*** for the month of **Nov**

**Albert, Amelia, Danielle, Edith, Eleni, Kai, Kitty, Lumi, Margot, Rafael, Rhys,
Ruairi & Somayah**

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

**Anna, Damien, Josha-Marie, Joshua A, Kahvelle, Kendal, Lana, Lottie, Matthew,
Philip Randima, Rayyan, Riley, Sophia, Tashyla-Rai, Tyrese & Zara**

HAPPY BIRTHDAY TO YOU ALL





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NEWS!!!

Club Badges

We will be resuming this in the New Year, we are looking at possibly using the times from recent galas



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ANNUAL SWIM ENGLAND FEES

Fees for 2024

Squads & Pre Squad £55

Beginner & Improver Classes £35

This is for all swimmers that joined the club before September 2023

Due by 31st January 2024

Please pay into the following account, with your child's name as reference

Account Number 33136965

Sort code 207015





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CLASS MOVERS

Improver 1 – Improver 2

Archer & Julia B

Improver 2 – Improver 3

Emma, Leo & Sahara

Improver 3 – Pre-Squad

David M, Isabella, Karina, Rahman, Rhys C & Sara

WELL DONE TO YOU ALL





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CLASS MOVERS

Pre-Squad – Bronze

Clara, Damien, Edith, Kobe, Polly, Soriah & Sophia

Bronze – Silver

Enzo, Kahvelle & Wesley

Silver - Gold

Devid, Eliza, Emily, Frania, Mio, Riley & Serene-Rose

WELL DONE TO YOU ALL





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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

Any new Squad swimmers that haven't received a club log book, please let Jane know .



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.