



WTHSC NEWSLETTER

WELCOME TO ISSUE 5

“Work hard, train hard equals
positive results”

A WARM WELCOME TO ALL OUR NEW MEMBERS AND PARENTS.

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

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





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Don't forget to check our Facebook 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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New Swim England Rules for Phone in Changing Rooms

Please ensure you watch this with your children.

[New film urges Swim England members to keep phones in their locker
\(swimming.org\)](http://swimming.org)



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NEW SQUADS

You would have now received your emails regarding the new make of Gold, Platinum and Diamond squads.

BRONZE AND SILVER SQUADS HAVE NO CHANGES

If you were previously in Gold or Platinum and have not received an email, please email Jane as soon as possible for confirmation.

New Gold Squad will swim at South Norwood on Thursdays & Fridays



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Dates for your diary

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

HOLD: 29th May – Training Session 11am-2pm at London Aquatics Centre – We are hoping to have 2 1.5hr sessions a deposit of £5.00 per swimmer will be required to hold your place. More details to follow. **We will only book if we have enough interest.**



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Dates for your diary

Octopus Gala 08th Jun round 4 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified) **We are hosting this Gala we will need volunteers to run the raffle, door collection, handing out of sweet & water to official. Please speak to Julia/Jane/Natalie or Louise as soon as possible.**

Charlie Farnsbarns Invitational Junior Meet – 16th Jun - Southbury Leisure Centre, Southbury Road, Enfield, EN1 1YP. 14yrs and under all 4 stroke at 50M, 100IM, 12 x 25mn Freestyle relay. Email sent 28th Mar



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Dates for your diary

Club Picnic - 23 June – Lloyds Park, 84 Coombe Road, Croydon, CR0 5RA

**Leatherhead SC End of Season Open Meet – 29th & 30th Jun – Elmbridge Excel
Leisure Centre, KT12 2JG. All ages 50m,100m,200m Free & IM.**

**Bexley Summer Sizzler – 13th & 14th Jul – Crook Log Leisure Centre, Brampton
Road, Bexley Heath, DA7 4HH. Closing Date is 15th May. This is a very popular
gala and we have to get our entries in as soon as possible.**



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Competition Information

The following competitions are coming up, these competitions can fill up very quickly so be aware of what competitions you would like to enter.

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

Your entries must Have the following information:

Child Name, date of birth, Swim England number, name of competition, race details and time (if they have one) i.e.

**Julia P....., XX/XX/XX, 170035, Croydon Boroughs, session 1 105
100M IM.**



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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.

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

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.



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Competition Information

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 RECENT TIMES.**

You can click on each stroke to see all the times they have swum for that stroke.



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Birthdays

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

Ahmed Joshua, Cara, Eliza, Emilia, Eric, Janvee, Jayden, Leo, Levi, Mason, Nevaeh J, Ryan, Saanvi & Tianna

A VERY HAPPY BIRTHDAY TO YOU ALL



WTHSC NEWSLETTER CLASS MOVERS

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Beginners – Improvers 1

Margo
Lumi
Joseph
Olivia

Improvers 1 – Improvers 2

Eric
Gabriel
Mihai
Natalia
Anais
David
Siera

Improvers 2 – Improvers 3

Filip
Julia B
Eric D

WELL DONE TO YOU ALL



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Class Movers

Improvers 3 – Pre Squad

Josh-Marie
Emilia
Wesley
Lily
Sahara
Janvee

Pre-Squad - Bronze

Iris
Sara
Bertram
Marizu
Kemafo
Isabella
Shamwell
Mishka

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Class Movers

Bronze – Silver

Clara
Soriah
Sophia
Nathan
Mia

Silver to Gold

Koko
Enzo
Alex
Teagan
Ryan G
Reuben

Those moving from Gold to Platinum and Platinum to Diamond have been notified by email.

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 **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.