

Head Coach's Update

October 2021

Deben Swimming Hats £6

Speak to your coach to get one

It has been a month since we returned to training and the new season started.

Firstly, I wanted to thank all parents, carers and swimmers for their patience and understanding as there have been a lot of moving around in the last few weeks. There are still a few minor changes that are being addressed but I believe the majority of swimmers are now in the correct places.

I have been extremely impressed by all of the swimmers' attitude and focus during training sessions, everyone has been fully engaged and are progressing very well. There is a real buzz around the development squads, keep up the good work swimmers!

The coaches and helpers have been vital during this return, and I can not thank them enough for all of their hard work.

Matt Boreham

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Competitions (Squads only)

We have around 20 swimmers signed up for the development meet on 23rd & 24th October. Entries have now closed but there will be other opportunities coming up which I will promote. There are some who are still awaiting confirmation whether we have managed to sign you up, we will let you know as soon as we hear from the organisers.

The development meet is at Crown Pools and the races start at the shallow end of the pool. We are working hard to evaluate all swimmers diving ability, and will make a decision whether we feel the swimmers are safe to dive at the competition. I will then communicate to swimmers whether they will be diving from the blocks or starting in the water. Swimmers can also choice not to dive if they do not feel comfortable.

Equipment

Please can I encourage swimmers have the below equipment for training sessions:

- **Water Bottle (All Squads)**
- **Kick Board (All Squads)**
- **Pull Buoy (All Squads)**
 - **Fins (SD & AGD)**
- **Hand Paddles (AGD)**
 - **Snorkel (AGD)**



Coming Up

October

- 23rd & 24th: Development Meet
- Half Term: Squad Moves

November

- TBC: Squads Races during training
(More info to come)

December

- 4th: Ipswich Christmas Novice Meet
(More info to come)
- Christmas Holidays: Progress reports plus Lessons & Squad Moves