



TDSC will be introducing a regular newsletter to help keep the TDSC community informed and up to date.



PROTECT THE NHS

♥ save lives

Have any comments or questions please get in touch with us at

tdswim.club@gmail.com

Hello Everyone,

I hope everyone is doing ok and are staying safe in this difficult time?

I sent an update to the whole club a couple of weeks ago and would just like to stress as I hope you read in the note that if there is anything we as a club can do to help any of our members through this difficult time please do ask.

As well as focusing on continued engagement with our members including daily training sessions and Zoom meetings with the Coaches we will also be looking to provide you with a regular drumbeat of updates to the club. With this being our first Newsletter we would welcome any comments or tips you would like to pass onto us so we can continue to improve.

We are still working hard as a committee and coaching team to prepare ourselves for the time when we can get into the water again. We have enlisted the help of many different members across the Club to try and design our new clothing line. It is important to me that our members decide what we should have as it is them that will be wearing it. Clearly I am also interested in what the parents say given we will no doubt be paying for it. We have also been meeting with both the County and the Region associations to better understand what will happen in respect of events going forward. I hope

that we will get a better understanding in the next few weeks and will keep you updated.

If I can please just make another plea for some more volunteers to support the club. We desperately need Squad Representatives and Team Managers. There has been a change to our Regulations (Wavepower) which means we have to provide more people to Team Manage at events if we wish to continue to support our swimmers competing. If we don't have any more volunteers to support this we will be forced to limit the numbers of swimmers that can attend each event. It is not a massive commitment (2 Online Courses and a DBS Check) and the training can now be completed online which makes it much easier, no previous knowledge is required. As a committee we would much prefer a large pool of volunteers rather than having to rely on the same few.

Once again if you need us as a Club we are here to help you in any way we can please do just ask.

Stay safe,

Craig Hanson
Stand In Chair

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Daily Land Sessions- Every weekday we are sending out cardio sessions for all the groups. You might want to make these shorter if you need to, it's important we don't work too too hard on these too often. We need to keep our immune systems in good shape. These sessions are being complimented with resistance sessions that are either body weight, band focused or Weight focused. A lot of our land work gets pulled across from Pilates and with this in mind we will be sharing some excellent links to develop our understanding in this field too.

We have also been using Zoom to engage in catch up chats with many groups and I hope we can expand on this going forward.

Upcoming events

This is unknown currently. We do however need to prepare and we hope to have our time trial series and club champs in the diary from September. There is online training available including Safeguarding, Team Manager and Teaching/Coaching sessions.



Artistic Swimming

We have agreed a change of name to artistic swimming to comply with national changes. We are encouraging all members to practice their land grades at home and also to continue with stretching and land exercise. We are encouraging all swimmers to send into Facebook pics of them doing synchro at home, so we can keep in touch. Finally we are pleased that we can access Graham's land training through team unify which will benefit all.

Water Polo

The Water polo calendar has been drastically effected from the shutdown. All teams had completed their pre season training and had just started playing their respective league matches. The u13's were really progressing well notching you some of there first wins against local rivals. The ladies team played really well in their first game of the season only being beaten narrowly by Newton Abbot. The men's team won their 1st league game defeating Devonport. This will all resume when we are back in the water.

All squad coaches have been setting some weekly challenges to keep the groups together and having fun. Keep smiling everyone.

Swimming.....

It's been great to see the positive response from the swimmers and parents over the last few weeks. We realise this period is different but that doesn't need to be a negative. We can now work on our athletic prowess and develop our fundamental movement skills, speed, strength, power, flexibility, balance and co-ordination. The first couple of weeks of the land work, we have tried to offer varied and engaging land sessions, there is a shift from this point on as the training squads will focus more on developing strength for the next two weeks and then a week on power and we will continue to follow a 3-1 week ratio on strength to speed. Hopefully this will see our pool speed increase. The technical development groups will focus on understanding with

Weekly input from coach Rhys.

We have been asked how long it will take to get back "on it"? Well, that will depend on how well we do the now, we will gain in some areas and lose in others. Bath tub sculling to keep our feel sounds silly but could be significant!

Keep at it everyone, keep posting on Facebook and sharing your journeys.

YOUR CLUB NEEDS YOU

TDSC ESSENTIAL volunteering opportunities

Coaching- assistant coaches/lane helpers all groups working with lead coaches

Time Keepers- to assist with the running of our gala program

Team Managers

Squad Reps- All groups, to assist with group communication working with the Parent Liaison officer and coaches.

