



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



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

tdswim.club@gmail.com

Welcome to the 2nd edition of our Newsletter. The Swimming Club Committee and Coaching Team are continuing to work through these difficult times to both develop the club and start to plan for a return to the water when it is possible. We are already in consultation with our Swimming Pool providers to understand the likely constraints that will be required so we can try and put together a package to ensure the whole club can get back into the pool as soon as it is safe to do so.

I hope you have also seen the designs that have been developed for the new Club Kit. I hope everyone has had the chance to comment, and if not please do so. We want to make sure we choose a design and options that suit all the members of the Club in every discipline (and also those likely to pay the bill...). Finally, stay safe and if there is anything that the Club can do to help you in these unprecedented times please do get in touch with us. Craig Hanson. Interim Chair



COVID19 is a difficult time for everyone due to the extreme change in everyday life, making things like walking 2m apart a normality. However imagine having to go through a global pandemic without the company of your family. Even though being 5000 miles away from my family has become the regular thing I am normally reunited with them during the holidays,

however COVID19 has taken that away from me. I have now been parted from my family for 5 lengthy months and I don't know what the future will look like. Being a teenage girl, I struggle with homesickness daily. Nonetheless I am incredibly thankful for the invention of social media which allows me to virtually watch my brother grow up, my mum create art and my dad explore new places. Due to boarding closing, I have been taken into the Emery household in which I am so grateful for, creating a home away from home. Each day that goes by is a day closer to me being re-joined with my family, a day I can't wait to experience. By Niamh Baker, Tanzania via Casa Emery. (Thanks to Niamh for the land video)

Land sessions

have taken a slightly different format recently which I hope will help following feedback. Against the wishes of the camera shy we will get some Zoom land sessions happening as well as our catch ups. The big ZOOM this week is the club quiz which will be on Sunday At 7PM hosted by Dave, live from his living room- it's a family quiz, with no cash prizes.

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 are encouraging the swimmers to have a go at the land workouts. Emily my assistant coach has set them the plank challenge on tiktok. All coaches are being encouraged to complete online safeguarding training who need it. All future national and regional events have been cancelled up to July.



Water Polo

County & regional Swimmer with Coventry then moved to the South West.

Started playing Water polo at Age of 12 with W-S-M.

At 14 played for South West (Western counties) and Wales Junior captain for Home internationals.

At 15 made senior international debut at 8 nations tournament in Norway.

At 16-19 trained & played for Wales and Great Britain Junior squad.

At 17 started playing club water polo with Bristol Central.

National club champions in 1994/5 undefeated.

Aged 19 -25 continued in national GB squad playing numerous overseas tournament.

Highlight- 1 month GB tour of South Africa in 1996.

Today would have been the final day of the British Swimming Championships and Olympic Trials at the London Aquatic Centre. Taunton Deane would have been well represented by our 6 Qualifiers. This is the pinnacle of swimming in this country and we recognise these swimmers achievements.



Ben Penhale

Taunton Deane Swimming Club: Squad

British Swimming Championships 2020

Qualified in:

16th April – 400 IM – 4:41:16



Oscar Barlow

Taunton Deane Swimming Club: Squad

British Swimming Championships 2020

Qualified in:

200m Backstroke, PB of 2:10.42



Ryan Whitworth

Taunton Deane Swimming Club: Squad

British Swimming Championships 2020

Qualified in:

50 Backstroke 27.45

100 Backstroke 59.20

200 Backstroke 2:08.62



Dylan Gallagher

Taunton Deane Swimming Club-Squad

British Swimming Championships 2020

Qualified In:

100m breaststroke 1.06.38

200m IM 2:10.96

400IM time 4.38.42



Charlotte Emery

British Swimming Championships 2020

Taunton Deane Swimming Club: Squad

Qualified in;

200 Breaststroke 2.39.53

200 IM 2.23.25

400 Free 4.27.56

**OUR OLYMPIC TRIALS HEROS- THE SWIMMERS THAT DIDN'T GET TO SWIM (APRIL 14-19)
(HOLLY H IS THE 6TH NOT APPEARING ABOVE)**

Without you helping at our Time Trials **we can't run them** and if we do run, the times wont be recognised.

They are essential for the swimmers and for the club, and we need a member of EVERY Family to become one to share the load.

(often we have parents with no swimmers swimming officiating to support your child)

How you get qualified as a Judge 1.....

You will need to be a club member that holds a Swim England Number and sign up to the IOS:
https://id.swimming.org/register/redirect_url=https%3A%2F%2Fwww.swimming.org%2Fios%2F

Contact Stacey on tdswim.stacy.ryder@gmail.com to become a member and get your SW number.

- The outline training will proceed as follows: The online training covers the theory and questions in the old workbook. Once the questions have been successfully completed, the trainee be able to start on their poolside experience.
- The online Contemporary Issues course still needs to be completed and candidates are encouraged to do this alongside their online learning.
- There is the same focus on assessing the Timekeeping competency early.
- The other competencies will be signed off as the trainee attends meets at various levels. We will now be relying on this competency sign off, as there will no longer be a poolside assessment at the end.
- The assessment will now be based on a brief review of the poolside experience log, ensuring the trainee has demonstrated their competence at meets of different levels (they MUST have attended both level 1/2 and level 3/4 meets, and are encouraged to do unlicensed league galas etc).
- There is now a strict time limit of 11 months between completing the online component and achieving a pass. Anyone going beyond this will have to start again.
- Finally, we have quite a few people who are working to the old course. These people must have passed their assessment by 31 July 2020 or they will need to start again with the online course. The best opportunity for this is at the County Championships. Whilst the Somerset referees will do their best at later meets, it is likely there will only be certain sessions at certain meets where this will be possible. Chris is of course happy for old course candidates to contact him to see what we can arrange.



TOP 10 STRENGTH TRAINING EXERCISES

ROB ALLEN FITNESS





Team Manager Course

As well as officials we will now need multiple team managers with the new guidance meaning we need a 1-8 ratio! We have 10 spaces to fill for you as an internal course.

We will do this as an online 3 hour workshop. Please contact tdswim.swimmark@gmail.com if you would like to support the coaches and swimmers at meets.



Well done to everyone who qualified for SWR championships. Let's see if we can make sure there are even more of you next year! Big thanks to Rhys for his work on this project.

