



# Amersham Swimming & Diving Club

## Weekly Bulletin

### 4th September 2020



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## Chairman

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Dear all

Hopefully, with schools going back, things may begin to feel a little more normal, like more traffic on the roads.

I was reading an article by Jason Tillotson, online which was talking about ['Five Things to Focus on After a Long Break From the Pool'](#).

On the question of needing to be patient when getting back into training, he says "It is often assumed that for every one week you take away from the pool, it takes one week to get back to where you were. This is actually a fallacy. The more accurate rule of thumb essentially forces us to take double the time we have taken away from the pool to get back in fighting shape (one week out = two weeks in, etc.). The most important thing when coming back from a break is to be patient and remember what your long-term goals are. This can help ease the process and make each day more purposeful." This has been an enforced break, not one that anyone chose to take and so there is no doubt that it will take time for swimmers to get back to the level they were at before lockdown. As our Jason says in his note in this newsletter, we would not normally be competing until the end of September so it is a steady and planned building of fitness that is needed.

As the weather becomes a little cooler and wetter, the challenges of not having changing facilities available will become more pronounced, but as we all know the arrangements we have in place are there to keep everyone safe, so please continue to reinforce this with your swimmers.

### **The end of the note note**

If everything continues to go according to plan, this time next year we will be preparing to move from The Chiltern Pools to the new Chiltern Lifestyle Centre. By then we hope that the need for social distancing will be something of a distant memory, but who knows what will happen.



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Please continue to keep your guard up and wear face coverings whenever you are required to.

If you have needed to start using public transport again, please be extra vigilant about washing hands and keeping your distance whenever possible.

Kind Regards

Peter Roycroft  
Amersham Swimming and Diving Club  
[chairman@amershamswimmingclub.co.uk](mailto:chairman@amershamswimmingclub.co.uk)

## Note from the Head Coach

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I hope everyone going back to school is going smoothly. As I said last week our timetable & sessions will be the same until the end of September and we are currently working on the plan for October and will let you know as soon as possible.

I'm pleased to say that we are planning to compete in a Virtual Swimming League that will be run at the beginning of November, full details are to be confirmed soon, but it will involve timed swims as well as skill/technique challenges and we will be competing against approx. 10 other clubs. We are also looking at options for Club Championships sometime between October and November and will let you know as soon as possible.

In the mean time, I have been sent information on some more open water races in September which you are welcome to attend (Dorney Lake - 12th September and Merchant Taylor's Lake - 19th September - search for details online), please take into account how much open water/ pool swimming you have done and remember that currently there isn't any need to compete so please don't push yourselves too hard (we wouldn't normally start racing until the end of September). Finally, just to confirm, these open water sessions will not be run by Amersham Swimming Club and there will not be a coach present.

Finally please remember that whilst we are arriving and leaving 'beach ready', that there is no changing on poolside but please ensure that as the weather changes that you are staying warm from the poolside to the car. Also please ensure that you complete your post pool stretches/activities as soon as you get home.

Kind regards  
Jason Keeler  
Head Coach - Amersham SC  
[coach@amershamswimmingclub.co.uk](mailto:coach@amershamswimmingclub.co.uk)



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## Note from Assistant Head Coach

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Well done to everyone that swam at the Henley event last weekend. Great to have such a strong Amersham presence and enthusiasm to swim both in and outdoors.

Swim school:

As all swimmers have been notified, we have now received confirmation that our school venues are not yet ready to reopen to external users. We are still planning on returning this term and will confirm as soon as we have opening dates. Please do get in contact if you are looking for lessons as we can discuss in the interim.

Kind regards

Gemma Jones BSc

Assistant Head Coach - Amersham SC

[assistantcoach@amershamswimmingclub.co.uk](mailto:assistantcoach@amershamswimmingclub.co.uk)

## Academy

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I would like to congratulate the Academy swimmers that took part at the Henley swim last week. I also would like to say a huge well done to all the swimmers that are attending our training sessions. Lots of effort and commitment from everyone. We are just a few weeks back in and everyone looks very strong in the water! Well done!

Kind regards,

Alberto Marigo

[alb.marigo@gmail.com](mailto:alb.marigo@gmail.com)

## Club Shop

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**Mailsports** - 10% discount for ASC members

Amersham members can get a 10% discount on full price items from Mailsports either at their shop or online (not at meets). The Club will also receive a 5% commission on all sales.

<http://www.mailsports.co.uk/>

Enter discount code: AMSC498

For all shop enquiries & ASC hat orders, please contact:

[shop@amershamswimmingclub.co.uk](mailto:shop@amershamswimmingclub.co.uk)



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## Welfare

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Amersham Swimming Club is committed to looking after the best interests of our swimmers. You may contact our Child Welfare Officer with any concerns in confidence by emailing: [welfare@amershamswimmingclub.co.uk](mailto:welfare@amershamswimmingclub.co.uk)

## ASC Lost Property

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If you find something that has been left poolside or in the changing rooms by an ASC member, please keep hold of it & email Lara Trail (or speak to her) on [lostproperty@amershamswimmingclub.co.uk](mailto:lostproperty@amershamswimmingclub.co.uk). She will maintain a list and publish it regularly in the weekly bulletins.

If you lose something, then Lara should be your first port of call