



Amersham Swimming & Diving Club

Weekly Bulletin

11th September 2020



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Chairman

Dear all

As the famous Jaws quote goes "*Just when you thought it was safe to get back in the water*" something changes, in this case, the rules around social gatherings.

Fortunately, it has been confirmed that club activity and swimming lessons will be able to continue as previously as they are taking place in COVID-secure environments – but they must continue to adhere to our Returning to the Pool guidance.

The stricter and hopefully less complicated rules around the gathering of more than six people do mean that we will need to ensure that outside of the swimming environment our children do not fall foul of these new laws.

As a reminder can I please ask you to consider these things:

- If your child is unwell in any respect, please do not send them to training.
- Social distancing remains hugely important. The current advice is two metres as standard and only one metre plus if you are taking additional measures such as wearing face coverings.
- Anyone who displays symptoms of coronavirus can and should get tested.
- Can we please ask parents to inform us of any tests in their household and to share the test results with us as soon as possible?

CLC

The new Chiltern Lifestyle Centre continues to grow, with some of the internal structures now being built. As he is a regular visitor to the edge of the construction site, Jason will let us know when he sees evidence of a pool taking shape.

Coaching Development

Can I take this opportunity to congratulate Gemma and David on being selected for the Institute of Swimming Senior Coach Course. This is a significant step in a swimming coach's career and will give the club an even greater depth of coaching expertise going forward.



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The end of the note note.

As nights begin to draw in and the weather gets a little chillier, we will need to be ready to adapt and ensure that our swimmers remain safe whilst waiting to enter the pool buildings to train.

Please consider what the most appropriate clothing to wear is and feel free to share any brilliant ideas you may have around that subject.

The end of the note note quote

"Have fun, because that's what life is all about." Ryan Lochte. 12-time Olympic medalist.

Stay safe and have a great week.

Kind Regards

Peter Roycroft
Amersham Swimming and Diving Club
chairman@amershamswimmingclub.co.uk

Note from the Head Coach

This is going to be a bit of a holding note from me this week as I don't have too much to update yet, but please rest assured we are continuing to work on the new timetable for the start of October and I will confirm as soon as possible, the same with regards to the details of the virtual competition at the beginning of November.

Kind regards
Jason Keeler
Head Coach - Amersham SC
coach@amershamswimmingclub.co.uk

Note from Assistant Head Coach

As we close out our 5th week back to training, another huge well done to all swimmers for returning with and continuing to hold themselves to such high standards, both in terms of Covid procedures and application to training. It's fantastic to see so much progress and continued positive attitudes after such a long break.

Juniors:

Training sessions are on the 'On Deck' app, on the left panel under Workouts. They will be updated daily and available for swimmers prior to their sessions instead of the daily emails.

Swim school:



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We have had further positive communications with our school venues this week and are continuing to finalise our return. Parents will receive an email as soon as we know more. Please however just let me know if you have any questions.

Kind regards
Gemma Jones BSc
Assistant Head Coach - Amersham SC
assistantcoach@amershamswimmingclub.co.uk

Academy

Update next week

Kind regards,
Alberto Marigo
alb.marigo@gmail.com

Club Shop

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

Welfare

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

ASC Lost Property

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. 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