



Amersham Swimming & Diving Club

Weekly Bulletin

17th September 2020



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Chairman

Dear all

As I was doing my bit for the Club as a COVID Marshall on Monday, I had time to reflect on what it means for different parts of our Club 'family' and the long term effects that what has become known as the Coronavirus experience presents for sports performers, athletes, coaches and officials and the potential effects on their lives and in some cases their career trajectories.

I hope that our young swimmers will look back on this period as a bit of a hiccup in their swimming lives, the older swimmers may reflect on what they see as lost opportunities to achieve their goals.

For our coaches, I hope that the continuity we as a Club have been able to maintain during this period will mean that they actually will derive benefit from having had to operate in a different, sometimes more creative ways.

Which leaves the officials, a group of dedicated swimming parents, some of whom no longer have active swimmers in their families, who during the pandemic has not been able to pursue, what for many is an integral part of their lives. Normally at this time of year officials would be gearing up to be involved pretty much every weekend. at a gala somewhere.

As a Club, we have a really strong cohort of officials and I have no doubt that once we get back to running competitions our officials will once more don their white Super Woman and Super Man outfits and be ready to take their (possibly socially distanced) places on the pool deck. Hopefully, they will remember most of the rules!

Just a thought, as there are 1,200 swimming clubs affiliated to Swim England, that means there will be upwards of 30,000 licensed officials poised and ready to go when competitions start again, that is one very big group of dedicated people which I suspect no other sport even comes close to having. Just a thought!

The end of the note note

Please continue to adhere to our rules and protocols around training, all designed to keep the whole Club family safe and well.



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The end of the note note quote

“Take care of yourself, take care of each other, and the rest will take care of itself.”

Have a great week

Kind Regards

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

Note from the Head Coach

Over the last few weeks I have seen and coached a wide variety of the squads within the club and it's been great to see the progress that has been made over the last 7 weeks across the whole club.

Whilst I had hoped to have a full update for the start of October (this should be out in the next day or so), I can confirm a few things that will happen from 1st October. We will be moving to the new squad structure with an increase in pool time for all squads and in some sessions we will be using the blocks for Starts Practice. There will also no longer be a 10 min gap between sessions (we will explain how this will be managed in the update, but social distancing will be maintained at all times).

For those that are not aware, for the time being we won't be able to start before 7pm at Chiltern Pools Monday to Thursday to accommodate their lesson programme (same is true for the change in times on Saturday) and this has been required by Everyone Active to ensure they can continue to keep the centre open during these times - when we are back to normal we will be given our normal time slots back. So please bear with us and thank you for continuing to support the club.

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

Note from Assistant Head Coach

Juniors land - Tuesday 22nd

There will be no land on Tuesday evening this week. I will send a session to be completed at home and swimmers are encouraged to group call each other. Swimmers are also invited to join seniors land on Friday 25th if wanted (7.15-8pm). If so, please let me know and I'll send you the zoom link.



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Swim School:

Update email sent this week. Please let me know if this wasn't received.

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

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