



# Amersham Swimming & Diving Club

## Weekly Bulletin

### 16<sup>th</sup> October 2020



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## Chairman

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Dear all

As I write this week's note, the news is that more than half of England's population will now be living under high or very high-alert restrictions.

This is clearly very worrying and not at all good for the people living in those areas.....so far Buckinghamshire is still at Level 1 medium alert.

This makes the part that we as a club can play even more important, keeping to our strict rules on face covering, washing hands, and social distancing, doing our bit to keep our families and our communities safe and well.



### TVJL Champions 2020

The pandemic brought all our competitions to an abrupt halt, but we did manage to swim one round of the Thames Valley Junior League which put Amersham at the top of the league. As we have not been able to swim any more rounds, under the TVJL rules, the club with the most points after as many rounds that could be swum, have been swum, are declared league champions. So a massive congratulations to all of the Amersham A team, our coaches, and supporters, you are Thames Valley Junior League Champions for 2020.

Can I take this opportunity to thank **Anton Restall** who was TVJL chair for 2020, he will now hand over the organizing of the league to Bracknell and Wokingham, who will chair the 2021 league.

### The end of the note note

This weekend sees the return of the International Swimming League [<https://isl.global/>] which will be available on BBC online services.  
<https://www.bbc.co.uk/programmes/m000nwn1>



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I had the privilege of being an official at the London leg of the 2019 league and I can testify that this is super super exciting and because it is swum over a short-course 25 metre distance, it is blindingly quick.

This year ISL have introduced for 2020 some 'technical novelties':  
100 IM for men and women.

A change to the points for the skins competition - you have to see that race to believe it, it is bonkers - by the way they do wear swimming costumes, just in case you were wondering.

A 'jackpot time rule' - Theoretically, the winner of the race that out touches all of his opponents by more than the jackpot time (full jackpot) can earn 37 points for his club in an individual race and double that in a relay.

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

"The beauty of sport is unpredictability and intrigue. I think the ISL format gives a lot of unpredictability. It's team strategy, it's luck, it's psychology. You can lose all the races but win the match." ISL Founder and Chairman, Konstantin Grigorishin

Stay safe and have a great week.

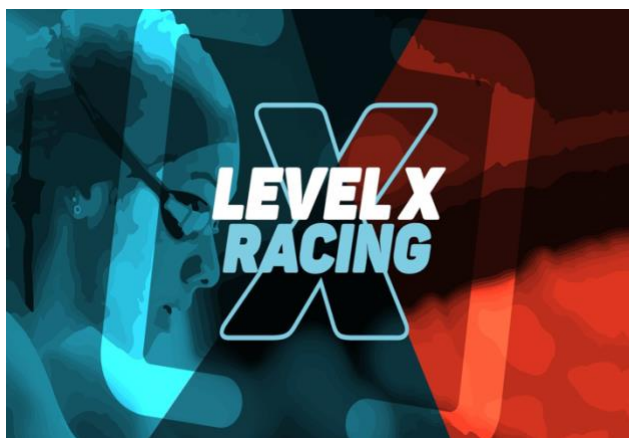
Peter Roycroft  
Amersham Swimming and Diving Club  
[chairman@amershamswimmingclub.co.uk](mailto:chairman@amershamswimmingclub.co.uk)

## Note from the Head Coach

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Hi All,

It's great to see lots of great progress in the pool over the last few weeks/months and I'm pleased to ask you to watch out for emails/social media early next week about the



Virtual League we will be entering. Also today Level X has officially been launched by Swim England and we will be looking at how we can run these meets/sessions and confirm details as soon as possible.

As Peter has mentioned above it's as important as ever to make sure that we are following the Covid rules that have been put in place to ensure that we can keep swimming. Therefore can we please ask that all swimmers

keep their masks on whilst they are on poolside changing and not to take them off until they are about to go to their lane (this is more important now that they are on poolside 10 mins before the session starts and with the mask on they can stay 1m apart instead of 2m).



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Finally I can confirm that the Luton Meet will not go ahead at the end of this month, we are currently in the process of chasing them up regarding refunds.

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

## Note from Assistant Head Coach

### TVJL success!

As Peter mentions, back in February (in the distant memory of competitions so loud you return home with your ears still ringing...) we had the first round of the Thames Valley Junior League 2020! With a sterling effort by all and looking to retain the title, swimmers raced brilliantly and the A team placed overall 1st. Now that result stands as final and means we are the champs again (22 points clear), with the B team also finishing in 11th. A huge congratulations to every swimmer, official, coach and volunteer that makes this league so successful for ASC. We look forward to getting back to the full programme in 2021!

### Inter Squad Swimmers:

All target sheets should be returned (via email) by the end of today. Please let me know if you have any questions.

Kind regards  
Gemma Jones BSc  
Assistant Head Coach - Amersham SC  
[assistantcoach@amershamswimmingclub.co.uk](mailto:assistantcoach@amershamswimmingclub.co.uk)





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## 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)

## 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