



# Amersham Swimming & Diving Club

## Weekly Bulletin

### 23<sup>rd</sup> October 2020



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## Chairman

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Dear all

After my 'promotion' of the International Swimming League in last week's newsletter, I for one wasn't disappointed by the excitement of seeing elite racing at its most fast and furious.

London Roar with Adam Peaty won match two very convincingly by a margin of over 200 points.

One of the things about the coverage of the ISL for all club swimmers is the really great underwater shots of the swimmers starting, turning and finishing. So if you want to see some really brilliant underwater technique it's all there to see.

Coverage continues this weekend on BBC iPlayer.

### New Pools

On Wednesday the club had a meeting with the development team building the new Chiltern Lifestyle Centre. We went through a lot of the detailed fittings and equipment that will be going into both the diving and swimming pools and it will give us truly top-notch facilities.

We were shown an animated 'fly-through' which gives a sense of the space and light that will be in the new centre, very exciting.

### Annual General Meeting

As you will see, this year's Amersham Swimming and Diving Club AGM will be on 15 November at 2 pm and will be held using Zoom.

We hope that there will be a really good virtual turnout as people will be able to join by phone, PC, or tablet from wherever they are, so please put the date and time in your calendar and join us on Sunday 15th.





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## Our COVID 19 Precautions

I need to reiterate that the processes that the club has put in place for both swimming and diving have been developed based on Government and Swim England rules and guidance and after careful risk assessments and liaison with Everyone Active. We know that our precautions, in some areas, go further than some other clubs, but they are the ASC rules that all our swimmers, of any age (including Masters), have agreed to abide by. They are not optional and are designed to keep everyone; swimmers, coaches, marshalls, operator's teams, and families safe.

Can I call on all parents to reinforce the need for all swimmers to strictly adhere to the rules at all times, this is serious and needs to be treated as such by all concerned.

If we see that something isn't working as expected or we think we can change a procedure and still maintain the same level of safety we will do so. For example, following a review of risks, coaches now have the option to not wear face coverings whilst poolside and while all swimmers are in the water.

## The end of the note note

So as COVID 19 continues to be our biggest concern along with all the very real challenges that it is bringing for families and businesses, we must remain vigilant.

As we go into the half term we need to be particularly careful; maintaining our high standards both at training and outside of training.

The basics remain Hands - Face - Space. If we continue to work hard and think about the people around us, we can keep each other and the whole ASC family safe and well.

## The end of the note quote.

“If you fail to prepare, you’re prepared to fail.”

– Mark Spitz

Have a great week and stay safe and well.

Peter Roycroft

Amersham Swimming and Diving Club

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



**Reminder: British Summer Time ends this weekend; clocks go back an hour!!**



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## Note from the Head Coach

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Hi All,

I hope everyone is excited about getting back to racing soon, please check your emails for all the information. Next week we also have the 'boot camp' sessions for Inter & Senior Squads, there are still spaces if you would like to join.

To confirm the current timetable will be in place until at least the end of November, we will let you know of any updates for December or January as soon as possible.

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

## Officials

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### OFFICIALS FOR LEVEL X

As you will have seen from Jason's email, we will soon be starting the Level X races in training time. We will need officials, of all levels, to help out please. As there are multiple sessions, I plan to send out a request to officials on a weekly basis, asking if you can sign up for the following week's sessions.



Look out for an email from me soon with the link to the Swim Meet sign up page. All help will be gratefully received.

Thank you, Nina

Nina Bagot  
ASC Officials Coordinator  
[officials@amershamswimmingclub.co.uk](mailto:officials@amershamswimmingclub.co.uk)

## 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