



# Amersham Swimming & Diving Club

## Weekly Newsletter

### 10<sup>th</sup> September 2021



## INSIDE THIS NEWSLETTER

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Note from the Chairman	1
Note from the Head Coach	2
Note from the Assistant Head Coach	3
Meets	4
Communications	5
Welfare	5
Club Shop	5
ASC Lost Property	6
External events	7

## Note from the Chairman

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Dear all

As I write my contribution for this week's newsletter, I see that today, Friday 10 September marks World Suicide Prevention Day.

It shines a light on an important topic that touches many of our lives, yet can be difficult to talk about.

I know that we all try our best to look out for each other, and over the last 18 months plus, we have all been going through challenges of various types. Please continue to reach out to each other, there are many sources and resources available to help us keep ourselves and those around us safe and well both physically and mentally.



Our Welfare Officer, **Abigail Findley**, is available as the first point of contact if you have concerns about the welfare of any swimmer or diver.

I am sure that everyone is greatly relieved to be training without the constraints of the past many months and I also know that we will all still be aware that COVID-19 has not suddenly disappeared and that we still need to be cautious to avoid an outbreak in the Club.



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In line with current thinking, if any swimmer or diver is displaying any coronavirus symptoms, they should make the Club aware and follow the NHS advice.

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

As we get closer to moving to our new pool, our thoughts will turn to the Club's 50 year history in the Chiltern Pools.

I am sure there are numerous stories going right back to 1966 of swimming in the pool.

If you would like to share any memories I would love to hear them.

For example, can anyone remember when we had a Water Polo Section? Was there diving before the current diving pit was opened?

Have you ever seen an official accidentally step into the pool during a race?

Please share your memories, with pictures if possible.

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

“Never, never, never give up.” Winston Churchill

Have a wonderful 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 been fantastic to get back into some normal training and great to see all the swimmers enjoying their time in the water.

Please don't forget to enter Club Championships & the other upcoming meets that are relevant to you.

Kind regards,  
Jason Keeler  
Head Coach - Amersham SC

Weekly Newsletter

## Note from the Assistant Head Coach

### Achievement alert!

A huge well done to Ollie Mowbray, Lucy Quill, Navya Shandil, Farah Morris and Alicia Bethell who have been selected for the Swim England National Development phase 1 programme. This is a phenomenal achievement and takes them onto the first step of the National framework. Selection is based upon performance, taking into account ranking positions, and only includes the top swimmers in the country aged 13/14 years. We know you'll gain a great deal from the experience and should be extremely proud. Well done!



### Medal success:

At the end of last season we attended the Festival of Swimming which took the place of Regional Champs in 2021. ASC achieved fantastic results all around, including 8 top 3 finishes, and they now stand proud with their new medals. Well done Ollie, Alicia, George and Kreswin.



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#### Trial morning:

We will be hosting our next trial morning on Saturday 25th September at Chiltern Pools. These trials are for swimmers of stage 5-6+. If any swimmers would like to trial for the club, please contact Nicola on [ascnewmembers@hotmail.co.uk](mailto:ascnewmembers@hotmail.co.uk).

Anyone wishing to join our lessons (from beginners to stage 6), please contact Gemma on [swimschool@amershamswimmingclub.com](mailto:swimschool@amershamswimmingclub.com)

Kind regards  
Gemma Jones BSc  
Assistant Head Coach - Amersham SC

#### Meets

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The events page of the website has the details for all upcoming meets. Please remember to read the full entry conditions for each meet, especially regarding qualifying times.

Registration deadlines coming up:

ASC Club Championships 2021 - Weekend 1 (25th & 26th Sept) - registration deadline Fri 17th Sept, 8pm

Wycombe L3 County & Regional Qualifier (26th - 28th Nov) - registration deadline Mon 20th Sept, 8pm

ASC Club Championships 2021 - Weekend 2 (2nd & 3rd Oct) - registration deadline Fri 24th Sept, pm

If you have any queries at all regarding meets please email me on [meets@amershamswimmingclub.co.uk](mailto:meets@amershamswimmingclub.co.uk).

Thanks  
Lynn



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## Communications

We have recently had a few people ask questions which might benefit from getting some broader exposure across the ASC community. Examples are asking questions about how to pass on old kit/sell old kit, fins which are too small, hoodies with lots of life left in them, which could be useful to share with other parents. Aside from face to face or informal connections (which has been less over the past 18 months) we haven't had a means for parents to share info/advice as happens in many school or work WhatsApp groups.

Therefore, we have set up a Facebook group which is only accessible to ASC members via a password which you'll find in this week's newsletter email (as we did with LevelX filming). Please join up and feel free to post any questions/comments and check in regularly to see what's being discussed. You can find it on our Facebook page under Groups.



On this topic, and a really great example of where the Facebook group could help, Toni Chapman bought an ASC unisex t-shirt for her daughter and it's far too big. It is unnamed and brand new. If anyone has a medium sized, Toni's keen to swap it or if not, sell it on to someone else who can use it. Toni is happy for you to email her on [toni\\_chapman@zestex.com](mailto:toni_chapman@zestex.com).

Thanks  
Dan  
[communications@amershamswimmingclub.co.uk](mailto:communications@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, Abigail Findley, with any concerns in confidence by emailing: [welfare@amershamswimmingclub.co.uk](mailto:welfare@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 in Wooburn Green or online (not at meets). The Club will also receive a 5% commission on all sales. Enter discount code: **AMSC498** at checkout.



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### 10<sup>th</sup> September 2021



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

For all shop enquiries, please contact: [shop@amershamswimmingclub.co.uk](mailto:shop@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.

Weekly Newsletter

### External events

**OCT HALF TERM 2021**

# ASPIRE TO GREATNESS

Be coached by  
**MARK FOSTER**  
6 Times World Champion  
with Katy Sexton MBE  
World Champion  
Backstroke



**Our 9th Year of Inspiring Swimmers!**

- One Day Swim Camp hosted by Mark Foster & Katy Sexton MBE, the team includes Sports Scientists, Nutritionists, & Strength & Conditioning Coaches.
- Drills and techniques to dramatically improve your stroke efficiency including starts & turns. Latest land training, flexibility & core training techniques, as well as talks on nutrition, mindset, race preparation and lots more!
- For club swimmers from 9yrs\* aiming for County, Regional or National times. Limited numbers per day. \*9&10 yr olds will need County Consideration times
- Early Booking Price £100\*\* for the day which includes Mark's book 'BE THE BEST YOU' (\*\*if booked before 1/10/21, £120 thereafter)
- MON 25 OCT: PETERSFIELD, Churchers College  
TUE 26 OCT: BASILDON Sporting Village  
WED 27 OCT: CORBY, East Midlands International Pool  
THU 28 OCT: MALVERN ACTIVE, Malvern College Sports Complex  
FRI 29 OCT: WILTSHIRE, Calne Leisure Centre

**BOOK ONLINE TODAY**  
MFSA.CO.UK



**BOOK YOUR PLACE AT [WWW.MFSA.CO.UK](http://WWW.MFSA.CO.UK) OR EMAIL [ALI@DAILYWORKOUT.COM](mailto:ALI@DAILYWORKOUT.COM) TO FIND OUT MORE**