



Amersham Swimming & Diving Club

Weekly Newsletter

13th May 2022



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Note from the Chairman

Dear all

As Jason mentions in his note below, this weekend is the Windsor Swimming Club, Level 3 Spring Open Meet being held at the Braywick Leisure Centre in Maidenhead. Good luck to everyone who is competing.

Link to our attendance at the meet is a reminder to all parents that each swimmer and diver signs up to the Club's Code of Conduct, this is an important document, and indeed there is a Code of Conduct for all members of the Club and parents.

The reason I mention this is because the Committee has been informed by the Chilterns Lifestyle Centre management, that some of our children have been acting inappropriately in the changing area, running around, shouting, banging on cubicles and littering.

This is not acceptable and it must stop. Please talk to your children and explain that they have a responsibility as members of the Club to act in accordance with the appropriate Code of Conduct. (Link below)

<https://uk.teamunify.com/team/ukserasc/page/home/important-docs>

The particular element that applies here, comes under the heading of General Behaviour:

4. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.

When we are visiting other Clubs for meets, such as this weekend, I never want any of our swimmers to be seen as being anything other than, polite, well behaved athletes and a credit to the Club.



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Actually on the subject of politeness, ask your children if they thank the officials that have been judging their race when they get out of the pool. As a volunteer official, I can assure you there is nothing more satisfying than getting a simple "thank you" from a swimmer at the end of a race.

The end of the note note

I would like to add my welcome to Chantal Robinson who is joining the Club as our new Strength & Conditioning Coach.

This is another example of the superb coaching that we as a Club are able to offer swimmers of all levels, especially those who aspire to compete at the highest competitive levels.

The end of the note quote

"Act the way you'd like to be and soon you'll be the way you act." Leonard Cohen

Have a wonderful week, stay safe.

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

Note from the Head Coach

Hi All,

Last weekend was the finale of South East Regionals 2022, with some more great races from Amersham swimmers finished off incredibly by Alicia in the 400 I/M to gain a nearly 10 second PB and qualify for another National race. It was great to be back at Regionals and see so many great results and now looking forward to the Windsor Meet this weekend being held at Braywick Leisure Centre.

The National qualifying window closed on Sunday and I'm very pleased to say that Alicia Bethell, Brigitte Chapman, Michael Grachev, Ollie Mowbray, Lucy Quill & Kreswin Smith have qualified for this years Summer Nationals at the end of the year.



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Further congratulations to Alicia, Michael, Ollie & Lucy who also qualified for British Summer Nationals. This is an incredible achievement from them all.



Updated training for this weekend has been communicated to the specific squads, but please see a reminder below.

Saturday 14th May

IP, JE & JP moved from 6.30-8.15am to 10.00-11.00am

Sunday 15th May

IE & IP Landwork cancelled

CE & SP Landwork cancelled

IE & IP swim moved from 4.00-5.30pm to 6.30-8.00pm

Tech Dev swim moved from 5.30-7.00pm to 5.00-6.30pm

Half Term & Jubilee Weekend Updated Timetable

Please see attached an updated timetable for the half term week & Jubilee weekend - we will not be swimming on Friday, Saturday & Sunday during the Jubilee weekend to give everyone swimmers & coaches a break before the last 2 months of the season (some sessions have been adjusted before & after to give squads additional sessions during the week particularly fitness, competitive & Academy).

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Amersham Swim Timetable

Squads		Sat 28/05	Sun 29/05	Mon 30/05	Tue 31/05	Wed 01/06	Thur 02/06	Fri 03/06	Sat 04/06	Sun 05/06	Mon 06/06
Central Elite	AM			05.30 - 07.30 A	05.30 - 07.30 A		05.30 - 07.30 A				05.30 - 07.30 A
	PM		15.00 - 18.00 P	19.00 - 20.00 A	17.00 - 18.30 A 19.15 -		18.30 - 20.00 C				
Senior Performance	AM			05.30 - 07.30 A	05.30 - 07.30 A	05.30 - 07.30 A	05.30 - 07.30 A				A - Children's Lifestyle Centre, Amersham
	PM		15.00 - 18.00 P	18.00 - 20.00 A	19.15 - 20.15 L		18.30 - 20.00 C				C - Chesham Leisure Centre
Inter Elite	AM			05.30 - 07.30 A	05.30 - 07.30 A		05.30 - 07.30 A				05.30 - 07.30 A
	PM		16.00 - 17.30 A	19.00 - 20.00 A	19.30 - 21.00 A	17.00 - 19.00 A	18.00 - 19.00 A				
Inter Performance	AM	06.30 - 08.15 A		05.30 - 07.30 A		05.30 - 07.30 A	05.30 - 07.30 A				05.30 - 07.30 A
	PM		16.00 - 18.00 A	19.00 - 20.00 A	19.00 - 20.00 A						P - Pipers Corner School
Junior Elite	AM	06.30 - 08.15 A			05.30 - 07.30 A	05.30 - 07.30 A					05.30 - 07.30 A
	PM		18.30 - 20.00 A	18.00 - 19.00 A	18.00 - 18.45 L 19.00 - 20.00 A	17.00 - 18.00 A					19.00 - 20.00 A
Junior Performance	AM	06.30 - 08.15 A				05.30 - 07.30 A					
	PM		18.30 - 20.00 A	18.00 - 19.00 A	18.00 - 18.45 L 19.00 - 20.00 A						19.00 - 20.00 A
Technical Excellence	AM				05.30 - 07.30 A	05.30 - 07.30 A					
	PM	10.00 - 11.00 A	17.00 - 18.30 A	18.00 - 19.00 A			18.00 - 19.00 A				19.00 - 20.00 A
Technical Development		09.00 - 10.00 A	17.30 - 19.00 A		18.30 - 19.30 A	18.00 - 19.00 A					
Academy 1		08.15 - 09.00 A	16.00 - 17.00 A		18.00 - 19.00 A						18.00 - 19.00 A
Academy 2		09.00 - 10.00 A	16.00 - 17.00 A		17.00 - 18.00 A						
Academy 3		08.15 - 09.00 A	18.00 - 19.00 A								18.00 - 19.00 A
Academy 4			17.00 - 18.00 A								18.00 - 19.00 A
Inter Competitive	AM				05.30 - 07.30 A		05.30 - 07.30 A				
	PM		19.00 - 20.30 A	18.00 - 20.00 A	20.00 - 21.00 A						19.00 - 20.00 A
Junior Competitive	AM	10.00 - 11.00 A					05.30 - 07.30 A				
	PM		19.00 - 20.30 A		18.30 - 19.30 A	18.00 - 19.00 A					
Competitive		16.00 - 17.00 A			18.00 - 19.00 A		18.00 - 19.00 A				
Fitness (Junior)		18.00 - 19.00 A					18.00 - 19.00 A				
Fitness (Youth)		19.00 - 20.00 A			20.00 - 21.00 A						20.00 - 21.00 A
Masters			20.00 - 21.00 A	20.00 - 21.00 A		05.30 - 07.30 A	05.30 - 07.30 A				20.00 - 21.00 A
							19.00 - 20.00 A				

We have swum through all the recent bank holidays & Easter due to upcoming competitions but this weekend falls far enough ahead of the Maidenhead Meet at the end of June & end of season meets in July (Wycombe / Nationals), to be ok for the swimmers to rest and then focus on training again after the weekend.

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

ASC Annual Summer Party & Awards Evening



CLUB CHAMPS TROPHY WINNERS



IF YOUR CHILD WAS PRESENTED WITH A TROPHY AT LAST AWARDS PARTY, PLEASE READ THE FOLLOWING:

By the deadline of **Friday 27 May**, we request all trophies to be returned. We will engrave winners' names on them before they are presented at our Summer Party & Awards Evening on **Sunday 10 July**. For this to happen, we need plenty of time to organise and engrave each trophy. For those Club Champ winners receiving trophies



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this year, engraving costs will be charged via your go cardless account in July (approx. £8 per trophy).

Please return 'sparkling' trophies ASAP to your coach or Taeona Hutton, Simone Tyson, Lara Traill, Myfanwy Ronchetti, Rayna Butcher or Becky Jones.

For any queries please don't hesitate to email taeona.hutton@icloud.com

Thank you

Officials

Hi All,

I am still rather short of officials for the Duel in the Pool gala on 21st May (warm up 5.45pm) If you are free to help out, please do sign up <https://swim-meet.com/Availability/?m=819>

Thank you!
Nina Bagot
ASC Officials Coordinator
officials@amershamswimmingclub.co.uk

Meets

Dates for the diary

14th - 15th May - Windsor L3 Spring Open Meet - accepted entries and final information has been emailed out. Please note spectators will not be allowed.

21st May: Dual in the Pool - Round 1 - this is a team event. Selected swimmers have been emailed directly.

19th June: Dual in the Pool - Round 2 - this is a team event. Selected swimmers will be emailed directly.

25th & 26th June: Maidenhead L3 Meet - registration closed.

16th & 17th July: Wycombe End of Season LC L3 Meet – Registration open and will close on Fri 20th May at 8pm

Thanks
Sara
Meets@amershamswimmingclub.co.uk





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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

Club Shop

We have some stock which is immediately available, please see the list on the next page. We also now have some **unnamed** swim hats in stock.

If you would like to enquire about/buy any of this stock, please contact shop@amershamswimmingclub.co.uk



Swimzi Club Shop is now closed: Register your interest with the club to prompt future shop openings. Orders already placed are due for delivery April-June* (see shipping policy for details).

For all other items such as training & competitive swimwear, fins, snorkels, goggles etc, we recommend Mailsports. *Please note, there is no specific ASC swimwear.*

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

ASC members can get a 10% discount on full price items from Mailsports either at their shop in Wooburn Green or online (not at meets). Enter discount code: **AMSC498** at checkout.

If you have any questions, please email shop@amershamswimmingclub.co.uk



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Apr-22			
Swimming	Size	Qty available	Price
Team towel	one size	4	£21.00
Tracksuit bottoms	XS	3	£29.95
Sports shorts	9/10 YRS	1	£15.95
Female hotpants	13 YRS	1	£12.95
Female hotpants	XS	1	£15.95
Apr-22			
Diving	Size	Qty available	Price
Sports shorts	9/10 YRS	2	£15.95
Tracksuit top	7/8 YRS	1	£34.45
Tracksuit top	9/10 YRS	1	£34.45
Tracksuit top	S	2	£41.95
Tracksuit top	M	4	£41.95
Tracksuit top	L	2	£41.95
Tracksuit bottoms	7/8 YRS	1	£24.45
Tracksuit bottoms	9/10 YRS	1	£24.45
Tracksuit bottoms	13 YRS	1	£24.45
Tracksuit bottoms	XS	1	£29.95
Tracksuit bottoms	S	4	£29.95
Tracksuit bottoms	M	2	£29.95
Club shirt - unisex	S	3	£30.95
Other			
Arena training fast mesh bag	pink with black writing		£10.00
Arena training fast mesh bag	red with white writing		£10.00
Arena training fast mesh bag	navy		£10.00
Speedo equipment mesh bag	grey/yellow		£11.00
Speedo equipment mesh bag	black		£11.00
Speedo equipment mesh bag	red		£11.00
Adidas swim mesh bag	green		£13.00
Vorgee for water mesh bag	pink		£8.00
Maru mesh bag	pink		£9.00
TYR ASC alliance 45L backpack	black		£40.00
Arena training swim snorkel one size	acid/lime		£15.00
Fin racer fins - UK 12.5-1	black		£15.00
Head soft fins - UK 2.5-3	yellow		£15.00
Maru training fins - 33/34	lime		£15.00
Maru training fins - 35/36	lime		£15.00
Maru training fins - 37/38	pink		£15.00
Maru training fins - 39/40	orange		£15.00
Maru training fins - 39/41	orange		£15.00
Mad wave fins - 33-34	blue		£15.00

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