

Haverfordwest Seals Swimming Club

November 2016 Newsletter

Upcoming Events

17th-18th December – Bristol Christmas Meet – Entries Close 24th November.

**14th January 2017 – New Year Pentathlon – Open to swimmers 9-15 years of age
(Age on 31/12/17) – See swim Wales Website for entries.**

**2nd/3rd/4th/11th/12th February – West Wales Regionals – A MUST ATTEND GALA FOR
SWIMMERS 11+ Age at end of year 2017 – Details to follow.**

**18th&19th March – Tiger Bay Open (Cardiff) Level 3 Long Course Event – Details to
follow.**

**Christmas Presentation & Disco – FRIDAY 9th December 6:30pm –
Tickets Only.**

Christmas Break – Last swim session is Wednesday 21st Dec and we will return to the water on Wednesday 4th January – Have a good Christmas and New Year.

Club Champs – We have just finished our 3rd session of the Club Champs 2016, well done to everyone that took part. New Records will be updated soon and published. Thanks to all parents and coaches that have helped over the three sessions.

Swimmers Feedback/Suggestions- We have been asked about the best way for a swimmer to put ideas to the club – This can be done in a number of ways. A swimmer can talk to a coach before or after a session. Swimmer or parent can talk to our Parent Liaison Officers (Leanne Goddard or Jenny Webb) or a Parent can email the club account to arrange a chat with any committee member.

Congratulations – (Where do we start)

First of all well done to EVERYONE who took part in the Pembrokeshire County Champs, the result and winning margin was amazing. Swimmers swam their hearts out and gained great PBs and medals along the way.

Again for the junior section that we took to Pembroke for the RAOB winning, Boys, Girls, Overall and the Cannon Race was amazing – The trophy cabinet that we are looking in to is going to look great.

Lotty Whalley has been selected to train with Welsh Skills Squad. A great achievement, well done Lotty.

PCS County Swimmers – More and more swimmers making the new structure squads. Well Done!

Louisa Twigg has been nominated for Junior Sport Achievement 2016 with Pembrokeshire County Council. Louisa has now made the top 3 and will attend a presentation where the winner will be announced. Haverfordwest Seals were also nominated for two awards – Junior Team & Club of The Year, whilst we have not made the top three it is great to see all the hard work pay off.

KIT for Squads – With Christmas around the corner now might be a good time to get swimmers the required kit. All swimmers need a kickboard. When doing 2 sessions or more a week swimmers will then need fins (Short Fins) & Pull Buoy. Once in DS1 or above a snorkel is also required. Please can parents ensure goggles are in working order as coaches are spending a lot of time adjusting goggles to stop them leaking. It is always good to have a second/spare pair in their mesh bag to be used if others fail. A lot of kit is often left behind, please put names on any kit that you can in order for it to be returned quickly. Squad Tshirt is also required for poolside at galas/presentations, these are available for Tees R Us. Any County Squad Swimmers can order County kit by emailing Sharon Whalley – kit.pcs@gmail.com

Arriving for sessions – Please can swimmers be POOLSIDE between 10-15 minutes prior to the session starting in order to warm up. It is important for swimmers to warm up/stretch before entering the pool. Swimmers arriving after the pool session has started then disrupt the warmup by entering the pool in-between other swimmers.

After Sessions- We are sorry to keep repeating ourselves with regards to behavior, however swimmers are still not behaving as expected. You may have seen a social media post regarding to a fall in the changing rooms. We are concerned that if this silly behavior continues one of our children will suffer a more serious injury. PLEASE can you discuss this with your child. Over the next 7 days all squads and individual chats will take place during the swim session. As mentioned before the committee will enforce a period of suspension from the club if an individual is found to be behaving in an inappropriate manner.

Any questions please get in touch - Regards Gareth.