



WTHSC NEWSLETTER

"Work hard, train hard equals
positive results"

WELCOME TO ISSUE 12

A WARM WELCOME TO ALL OUR NEW MEMBERS AND PARENTS.

We urgently require parents help to run our badge club as well as training to be officials.

Without any help we will be unable to attend galas or the extras we need to run our club successfully.

If you can offer any assistance please to speak to your coaches/ Julia, Natalie or Louise.

Volunteers are essential to developing a strong and efficient club





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WELCOME TO ISSUE 9

Please remember to **regularly check your emails** for updates, changes and the newsletter.

Please join our Easy Funding link <http://efraising.efraising.org/ZZnbqAyZoB>

Don't forget to check our Facebook page.



Also please check out our website www.wthsc.co.uk





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Dates for your diary

The following competitions are coming up, these competitions can fill up very quickly so be aware of what competitions you would like to enter.

When Jane sends out the email you will need to send in your entries AND payment promptly so Jane can return it to the organisers.



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Dates for your diary

Octopus Gala 10th Feb round 1 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)

Presentation Evening – 24th Feb – Addiscombe Social & Sports Club rear of 146 Moreland Road, Croydon, Surrey, CR0 6NE

Octopus Gala 02nd Mar round 2 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)



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Dates for your diary

Croydon Boroughs 16th & 17th Mar – Whitgift School. South Croydon, Surrey, CR0 6NE

Saxon Crown Gala 23rd & 24th Mar– Glass Mills Leisure Centre, 41 Loampit Vale, Lewisham, SE13 7FT

No Gala's in Apr



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Urgent Reminder

There are still some outstanding swim England fees, please can these be paid as a matter of extreme urgency.

If you do not pay these by the 1st week in February, then your child will not be able to swim.

If you haven't already done so, please remember your child's monthly subscriptions increased in January. Please ensure you have changed your standing order to reflect this.

Any underpayments will need to be brought up to date.



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Birthdays

Please wish the following swimmers a ***Belated Happy Birthday*** for the month of **Jan**
Abbie, Elijah, Lillea, Oliver C, Tamalia & Thai-Shay.

Please wish the following swimmers a ***Very Happy Birthday*** for the month of **Feb**

**Alby, Amber-Rose, Carmen, Eleonora, Giselle, Inaaya, Issac, Jamal, Jonathon, Jojo,
Luke, Matthew, Nathan, Nathaniel, Olivia A, Oliver F, Tegan, Ryan S, Skylar, Sophia.
Soriah, & Zachary**

A VERY HAPPY BIRTHDAY TO YOU ALL



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CONGRATULATIONS

To Oliver F and Mason on qualifying and entering the Surrey Counties



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CLASS MOVERS

Improver 3 – Pre-Squad

Marizu & Joshua

Pre-Squad – Bronze

Shamwell

Bronze – Silver

Julia K

Silver - Gold

Ian

Platinum

Lillea

WELL DONE TO YOU ALL



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Notifications

Please can we ask for any prize donations for the bingo on the presentation night.

Any parent who wish to become an official please find the link here [Swimming Technical Officials & Judge 1 Theory](#).

The link is also in the squad parents WhatsApp group. Please email Jane with your name, date of birth, address and email address as she will need to apply to Swim England





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Land Training Exercise

Parents, please remind your children they **must complete** pre stretching exercises prior to swimming. This is to be done before every lesson and competition.

This alongside land training will aid all swimmers to build their strength and stamina.



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SWIMMERS CORNER

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Remember to fill in your times from your last competition especially those who attended the last competitions.

Remember to eat a balanced meal, drink plenty of water and continue your land training during the holidays.

ALWAYS ENCOURAGE AND SUPPORT EACH OTHER.