



WTHSC NEWSLETTER

WELCOME TO ISSUE 02

“Work hard, train hard equals
positive results”

A WARM WELCOME TO OUR FEBRUARY ISSUE

*A WARM WELCOME TO ALL OUR NEW MEMBERS AND
PARENTS.*





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

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

Don't forget to check our  page.

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

Please remember volunteers are essential to developing a strong and efficient club.

Without help we will be unable to attend galas or the extra activities we like to do in order to run our club successfully.





WTHSC
NEWSLETTER
URGENT REMINDER

“Work hard, train hard equals
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There are still some fees outstanding, please can these be paid as a matter of urgency. If there are any issues, please speak to Suzanna or Jane.

Can we also remind you if (that)your child's Swim England Membership fees are due this month

£58.00 compete (squads)

£38.00 train (teaching classes)

Account Number:33136965

Sort Code:207015

Ref: child's name

This is for all swimmers that joined the club before October 2024
(if you have not already paid this , can you kindly do so before 31st January)





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CONGRATULATIONS

HUGE CONGRATULATIONS TO:

ALYSIA

ENZO

MASON

TAYLIJAH

TIANNA O

WHO COMPETED IN THE SURREY COUNTY CHAMPIONSHIPS THIS WEEKEND AND
THE WEEKEND OF THE 18TH & 19TH JAN.

PB'S AND 4 SILVER MEDALS FOR MASON.

WELL DONE TO YOU ALL





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Notifications

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

If you just wish to do time keeping here is the link [Swimming Technical Officials & Timekeeping](#)

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 with this information.





WTHSC NEWSLETTER Dates for your diary

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Octopus Gala 08th Feb Round 1 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)

CLUB SOCIAL 08th Mar – 6-8 Oliver Grove, London, SW25 6EJ. Further details to follow

Croydon Boroughs 15th & 16th Mar – Whitgift School, Hailing Park, Croydon CR2 6YT (Email sent 19/01 Please send in your entries asap)

Saxon Crown Spring Challenge 22nd & 23rd Mar – Glass Mill Leisure Centre, 41 Loampit Vale, London, SE13 7FT (Deadline Closed)



WTHSC NEWSLETTER REQUEST FOR VOLUNTEERS

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Croydon Boroughs 15th & 16th Mar

Dear parents,

For the Croydon Boroughs they have asked for non-technical assistance for both days, the roles will vary on the day.

Taking money on the door

Prize table

If you do help you will be able to watch your child swim.



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Birthdays

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

ALBY, ELENORA, JONATHON, JOHN, KARINA, LEON, LUKE, MATTHEW,
MAXIMILLIAN, MIA, OLIVIA, OLIVER, SORIAN, SKYLAR, TEGAN & WILLIAM

A VERY HAPPY BIRTHDAY TO YOU ALL



WTHSC NEWSLETTER CLASS MOVERS

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Beginners – Improvers 1
Ines

Improvers 2 – Improvers 3
Gabriel
Mihal
Nushayba
Sophia

Improvers 3 – Pre-Squad
Archer
Elijah-Hans
Jamal
Lucas G
Lucas J

WELL DONE TO YOU ALL



WTHSC NEWSLETTER CLASS MOVERS

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Bronze - Silver

Filip
Louis

Silver - Gold

Toby

Gold – Platinum

Alysia
Zara

Platinum - Diamond

Enzo
Jane
Theodora

WELL DONE TO YOU ALL



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Land Training Attire

We have received a number of queries regarding the dress code for participating in our Land training sessions.

This is a strenuous session aimed at building endurance and increasing our swimmers core strength. Hence, the swimmers will be participating in vigorous activities involving stretching, jumping, running, to name a few.

It is of the utmost importance that your child is dressed appropriately to be able to undertake these exercises properly and safely.

As well as dress for the cold when leaving land training.



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Land Training Attire

Your child should be wearing tracksuit bottoms/sports shorts and a t-shirt. No jeans, cargo pants, free flowing clothing or anything which prevents or restricts movement. Hoodies and oversized jumpers are not appropriate to be training in, especially with a hood up. This could cause the body to overheat and also prevents the child from hearing instructions clearly.

JEWELLERY

No jewellery is permitted to be worn during the land training exercises apart from small stud earrings and a watch.



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Land Training Attire

WATER

A water bottle or sports drink should be brought to every land training session.

YOGA MAT

A sports/yoga mat needs to be brought to every land training session as a number of our exercises are performed on the hard floor and this will help to reduce impact.

Thank you for your cooperation



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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.



WTHSC NEWSLETTER 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.