



WTHSC NEWSLETTER

WELCOME TO ISSUE 7

“Work hard, train hard equals
positive results”

A WARM WELCOME TO ALL OUR NEW MEMBERS AND PARENTS.

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

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





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Don't forget to check our Facebook 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.



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SUMMER TIMETABLE

The summer timetable will begin w/c 23rd July

Please remember there is an extra class at St Joseph's on the 29th July due to the pool closure in June.

St Joseph's

Closed during the holidays. Apart from the above.

Beginners will transfer to TH pool 7-7.45pm on Tues.

South Norwood

No training on Thursday's, all squads will train at TH pool.

Bronze/Silver – 7-8.30pm

Gold/Platinum & Diamond – 7-9pm



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SUMMER TIMETABLE

Cont'd

Thornton Heath

No Training at TH pool on Friday's, all squads will train at **SN pool** 7.15-8.30pm.

No training on the 19th Jul due to fun session

Land Training - No land training, last session will be 16th July

Fun sessions: We will be holding two fun session's **Tuesday 16th Jul @ TH pool**
Imp/pre squad 7-8pm (beginners from St Joesph's may join this session)
Squads 8-9pm

Friday 19th Jul SN pool
Imp/pre-squad 6.30-7.30pm
Squads – 7.30-8.30pm



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SUMMER TIMETABLE

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Cont'd

Training sessions will resume from **Tuesday 03rd September.**

We would like to wish you all a sunny, safe, relaxing summer holiday.



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Club Picnic

A very big thank you to all who attend last weekend, it was a lovely day with some nice weather.

A huge thank you to Kayla C for the beautiful cupcakes and to Ian G's dad for the extremely delicious pastries and cake.





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Dates for your diary

Octopus Gala 06th Jul round 5 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)

Bexley Summer Sizzler – 13th & 14th Jul – Crook Log Leisure Centre, Brampton Road, Bexley Heath, DA7 4HH. Entries are now closed.

Octopus Gala 14th Sep round 6 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)

EDSC Super Sunday Sprint Meet– 22nd Sep – Crook Log Leisure Centre, Brampton Road, Bexley Heath, DA7 4HH. (Entries Required by 30 Aug)



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Competition Information

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.

Your entries must Have the following information:

Child Name, date of birth, Swim England number, name of competition, race details and time (if they have one) i.e.

**Julia P....., XX/XX/XX, 170035, Croydon Boroughs, session 1 105
100M IM.**



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Competition Information

Just sending the race details as 100m freestyle, does not assist Jane or Natalie as to what race you would like as many of the races are age linked or Open.

It also takes an enormous amount of time trying to decipher what races each child would like when information is missing.

You can find you child's times by either looking in their book which should have their times or logging onto Swim England (www.swimmingresults.org) entering their family name, then selecting your child. This will also show their SE number.



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Competition Information

When you click onto their name it will take you into all the races they have done with the best times, **THESE MAY NOT BE THE MOST RECENT TIMES.**

You can click on each stroke to see all the times they have swum for that stroke.



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Drowning Prevention Week

Last week was drowning prevention week and this is what the children have been learning:

STAYING SAFE WHILE ON THE WATER



Take note of **LOCAL CURRENTS AND WIND DIRECTION**

TAKE YOUR PHONE in a waterproof pouch

CALL 999 in an emergency

Always wear a **FLOATATION AID**

Know your **LIMITS**

COLD WATER SHOCK was cited in 38% cases of outdoor drownings in the UK*

Always follow the **WATER SAFETY CODE**

- Go with others and **STAY TOGETHER**
- Never set out in **OFFSHORE WINDS**
- Take steps to acclimatise **IT'S COLDER THAN YOU THINK**
- Read **ALL SIGNAGE** before entering the water

*RISSE UK analysis based on water client feedback in 2022 based on accidental drowning in outdoor water in the UK

STAYING SAFE WHILE IN THE WATER



Over the last 5 years there was an average of **307 ACCIDENTAL DROWNINGS** per year across the UK and Ireland*


Always follow the **WATER SAFETY CODE**

- Choose **LIFEGUARDED VENUES**
- LOOK AROUND** before entering the water
- If in open water, **PLAN YOUR ENTRY AND EXIT POINTS**
- NEVER USE INFLATABLES** in open water
- If you get into trouble or feel tired, **STAY CALM AND FLOAT ON YOUR BACK**

- Know your **BEACH FLAGS**
- ALWAYS SWIM** with others
- Acclimatise to avoid **COLD WATER SHOCK**
- Read **ALL SIGNAGE** before entering the water

*Source: RISSE (2019-2023) and Water Safety Ireland (2019-2023)

10 CHILD DROWNING FACTS



- In the last 5 years, **119 children** accidentally drowned in the UK.
- 2022 saw a **46% increase** in the number of child drownings in the UK, compared to the 5-year average.
- Drowning is currently reported as one of the **leading causes of child trauma-related deaths** in England.
- The risk of drowning is **2x higher** for children from the **more deprived areas of England**, compared to those from the least deprived.
- 71%** of UK child drownings occur between May and August.
- 84%** of UK child drownings occur in inland waters e.g. rivers, lakes and canals.
- 83%** of child drownings in England occurred in the absence of adult supervision.
- The risk of drowning in England is **3.5 x higher** for children of **Black ethnicity** compared to White ethnicity.
- 79%** of children that accidentally drown in the UK are male.
- In our analysis, **71% of children aged 13-17** that accidentally drowned in the UK were swimmers.

No child should drown.
We provide expert lifesaving education in the UK and Ireland, protecting families from the sudden and devastating impact of drowning.

Notes: UK drowning data taken from WAD (2019-2022). Irish data taken from Water Safety Ireland (2019-2022). These numbers do not include UK or Irish nationals drowning overseas. *Inland and Coastal refers to the following locations: inland: open water, dry ground, drain, well, ditch, brook, stream, pond, quarry, reservoir, river, stream, ditch, burn. Coastal includes at sea, harbour, loch, coast, shore, beach. Locations excluded from this analysis are bath, pool, swimming and water containers. Data for England taken from the National Child Mortality Database (NCMD) Report: Deaths of children and young people due to traumatic incidents, July 2022. RISSE UK analysis based on n=120 cases of accidental drowning amongst teens aged 13-17 years.

STAYING SAFE WHILE AROUND WATER



In 2023, **50%** **ALWAYS LET SOMEONE KNOW** where you're going and when you intend to get back

accidental drowning fatalities never intended to enter the water*

Make sure your **PHONE IS CHARGED** before setting off

*50% drowning data taken from RISSE (2023)

- If at the coast, **BE AWARE OF LOCAL TIDES**
- Try to stick to **WELL-LIT, HIGH-TRAFFIC AREAS**
- STAY WELL CLEAR** of the edge
- Never drink alcohol while **NEAR WATER, OR WALK NEAR WATER WHEN DRUNK**
- If you see a person or animal in trouble, **NEVER ENTER THE WATER TO ATTEMPT RESCUE. CALL 999**
- If you accidentally fall in, **STAY CALM, FLOAT ON YOUR BACK AND SHOUT FOR HELP**





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Birthdays

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

Dora, Elijah-Hans, Ethan, Isabelle, Julia L, Joshua, Kayla C, Kayla P, Noah, Osian, Paul, Syria & Valentina.

Also, to coach Franck and official Louise .

A VERY HAPPY BIRTHDAY TO YOU ALL



WTHSC NEWSLETTER CLASS MOVERS

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Improvers 1 – Improvers 2

**Matthew
Sophia-Maria
Anthony**

Improvers 2 – Improvers 3

**Leon
Georgina
Samriddhi
Saanvi**

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Class Movers

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Improvers 3 – Pre-Squad

Dylan
Anna
Leo
Filip

Pre-Squad - Bronze

Eden
Sayena
Cayla
Louis
Karina
Tanvee

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Class Movers

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Bronze – Silver

Kenafu

George Matei

Sara

Toby

Silver - Gold

Adrian

Kayla C

Julia K

Lana

Tiana S

WELL DONE TO YOU ALL



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Notifications

Any parent who wish 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





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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.