



# WTHSC NEWSLETTER

## WELCOME TO ISSUE 3

*A warm welcome to all our new members and Parents.*

“Work hard, train hard equals  
positive  
results”

**Thank you to Nadine for joining Natalie to run the badge club.**

**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

WELCOME TO ISSUE 9

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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.efraising.org/ZZnbqAyZoB>

Don't forget to check our Facebook page.



Also please check out our website [www.wthsc.co.uk](http://www.wthsc.co.uk)





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## Competition Information

The following competitions are coming up this month

Octopus League – round two. 3<sup>rd</sup> March

CBSA - 16<sup>th</sup> & 17<sup>th</sup> March

Saxon Crown - 23<sup>rd</sup> & 24<sup>th</sup> March

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

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



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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.

To save any confusion, Your entries should have the following information;-

Childs name, date of birth, swim england membership number  
Name of competition, race details & times (if they have one)

For example: Julia P... XX/XX/XX 170035 Croydon Boroughs. Session 1  
event 105



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## Competition Information

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

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



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## Dates for your diary

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

**Croydon Boroughs 16<sup>th</sup> & 17<sup>th</sup> Mar – Whitgift School, South Croydon, Surrey, CR0 6NE - entries now closed**

**Please be aware there will be no parking at Whitgift School on the 16<sup>th</sup> Mar, you will either have to park on the surrounding roads or take public transport.**  
**We also need parent volunteers for both days for different roles, please speak to Julia.**



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## Dates for your diary

**Saxon Crown Gala 23<sup>rd</sup> & 24<sup>th</sup> Mar**– Glass Mills Leisure Centre, 41 Loampit Vale, Lewisham, SE13 7FT – Entries are now closed

**No Gala's in Apr**

**Octopus Gala 11<sup>th</sup> May round 3** – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)

**Octopus Gala 08<sup>th</sup> Jun round 4** – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)



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## Birthdays

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

**Aashvi, Alexander, Alysia, Bert, Dylan, Emma, Ivaan, Jamal, Joe, Siera, Sophia Maria & Stefano**

**A VERY HAPPY BIRTHDAY TO YOU ALL**





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## CONGRATULATIONS

### to all the winners from our club presentation evening

#### JACK PETCHEY WINNERS

Ryan Sharp

Sonia Brustowska

Aashvi Sawant

Julia Lewkowisc

Jorge Smith

Navaeh Marshall



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## CONGRATULATIONS to all the winners from our club presentation evening

Club Champion winners

AGE 9 YEARS

GIRLS

Maryam U

Gynashi D

Skylar B

AGE 10 YEARS

Girls

Alysia Z

Lana L

Eleni C

BOYS

Toby O

oliver C

Dylan C

Boys

Mason M-D

Taylijah R

Alex C





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## CONGRATULATIONS

### to all the winners from our club presentation evening

Club Champion winners

Age 11 YEARS

Girls

Mio N

Kyla P

Cara S

AGE 12

Lillea M

Tianna O

Klaudia B

BOYS

Enzo C

Kaloyan B

Adrian A

Liku N

Ian G

Luke R



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## CONGRATULATIONS

### to all the winners from our club presentation evening

Club Champion winners

AGE 13-14

Girls

Kitty R

Keira C

Tashlya R

Boys

Oliver F

Rafael B

William N

AGE 15 & over

Girls

Abigail B

Sonia B

Thai-Shay R

Boys

Levi M-D

Alvaro C

Reuben J





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## CONGRATULATIONS to all the winners from our club presentation evening

Teacher awards Winners

Beginners – Dora R

Improver one – Miah & Gabriel P & Siera M

Improver Two – Danielle P & Jamal

Improver Three – Anna K & Sara V

Pre Squad –George M



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## CONGRATULATIONS to all the winners from our club presentation evening

Coaches Champion

Jane (Bronze)- Alysia

Suzanna (Silver) – Ryan G

Franck (Gold)- Riley

Artur (Platinum) – Tianna

Artur Land Training - Frania



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## CONGRATULATIONS to all the winners from our club presentation evening

Five-year award Winners

Angelina, Emily, Keira & Yacoub

2024 club Captains

Kitty Ray & Oliver Foley

Jack Petchey Trophy Winner

Syriah Patrick





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## CONGRATULATIONS to all the winners from our club presentation evening

We would like to say a very big THANK YOU to everyone that attended on the night, helping make it such a great success - without your support we would not be able to hold our presentation Evening.

WELL DONE TO everyone that received a medal





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## CLASS MOVERS

### **Improver 2 – Improver 3**

Skylar

Yannis

Emilia

Danielle

Freya

### **Improver 3 – Pre-Squad**

Maryam

### **Pre-Squad – Bronze**

Rhys C

George M

Toby

WELL DONE TO YOU ALL



## CLASS MOVERS

### **Bronze – Silver**

Alysia

Eleni (moved up in February)

### **Platinum**

Anna

Devid

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### **Silver – Gold**

Linda

Alvara

Ruairi

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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.***