



WTHSC NEWSLETTER

WELCOME TO ISSUE 05

“Work hard, train hard equals
positive results”

A WARM WELCOME TO OUR MAY 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.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 **CONGRATULATIONS**

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Huge congratulations to MASON who competed in the Swim England London Summer Championships 2025.

He came 10th in the 50m Butterfly and with a personal best time.

He is swimming again this weekend in the 50m Freestyle.



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CONGRATULATIONS

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To coach Danni who gave birth to a baby boy named Pharrell last month .
Mother and baby are doing well, we send them all our love and best wishes.

We are pleased to announce that Danni will be returning to work, just for
Thursdays at the moment, starting next Thursday 8th May.



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URGENT NOTIFICATIONS

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Please can we ask parents to remind the children:

MOBILE PHONES OR ANY DEVICE CAPABLE OF RECORDING OR TAKING IMAGES ARE NOT TO BE USED IN THE CHANGING ROOMS. SWIM ENGLAND HAVE A ZERO TOLERANCE (REFER TO WAVEPOWER).

Also, a reminder all swimmers, parents, carers and staff must adhere to the club's code of conduct.(see enclosed documents)

SAFEGUARDING OUR SWIMMERS IS OF UTMOST IMPORTANCE.

If you have any safeguarding concerns, please can we remind you to either speak to Suzanna (head coach), Julia (club chair) or Kathrine (club welfare officer).



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Competition Etiquette

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Parents please can you remind your children of the following rules during competitions:

- Remember to listen out for when your race is called.
- Remember when the referee does a long blow of the whistle this means they are getting ready to start the race **DO NOT WALK IN FRONT OF THE REFEREE AND STARTER.**
- Referee will do a series of short whistle blows to call you up too get ready to start your race.



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Competition Etiquette Cont'd

- This is followed by a long whistle to take your start position (for backstroke, this means you can enter the water)
- When you have finished your race **PLEASE HOLD ONTO THE LANE ROPES
UNLESS YOU ARE ASKED TO LEAVE THE POOL**
- **PLEASE SAY THANK YOU TO YOUR TIMEKEEPER AND OFFICIALS.**



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CLUB EVENT

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The 22 June will be the **CLUB PICNIC** in Lloyd Park, Croydon.

Please bring your good selves, chairs, food, drink and lots of laughter.



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Dates for your diary

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Octopus Gala 10th May Round 4 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)

Octopus Gala 14th Jun Round 5 – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers will be notified)

Bromley SC Invitational Meet 15th Jun - Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (awaiting final confirmation)

Club Picnic – 22nd Jun – Lloyd Park, 5 Coombe Road, Croydon, CR0 1BD



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Dates for your diary

Leatherhead SC Open Meet 28th & 29th Jun – Elmbridge Xcel Leisure Complex, Waterside Drive, Walton-on-Thames. (closing date 13 Apr)

We are hoping to enter the following two galas before the summer we will confirm as soon as we receive any further information.

NUEL End of Season Meet 05th & 06th Jul – London Aquatic Centre, Queen Elizabeth Olympic Park, E20 2ZQ. We will only be attending the 6th as we have the Octopus Gala on the 5th.

Bexley Summer Sizzler – 12th & 13th Jul – Crook Log Leisure Centre, Brampton Road, Bexley Heath, DA7 4HH.



WTHSC NEWSLETTER CLASS MOVERS

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Improvers 2 – Improvers 3

Adam

Luca

WELL DONE TO YOU BOTH



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Birthdays

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

ANTONI, ERIC, JAYDEN D, LEO, MASON, RISHITA, RYAN G, SAANVI, TANVEE,
TIANNA O

A VERY HAPPY BIRTHDAY TO YOU ALL



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DESIGN A NEW CLUB HAT

WTHSC would like to revamp their Swimcap. Our current design has been in place for many years, and we feel it would be nice to have a change and modernise it. We will therefore be holding a competition and would like all swimmers to get involved.

Over the Easter holidays, we would like you to design a new club hat. The winning design or combination of designs will be awarded a prize/s and our new hat will be manufactured using the design.



WTHSC NEWSLETTER DESIGN A NEW CLUB HAT

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There are a few stipulations to the hat as it has to be a clear representation of our club, and we cannot deviate too much from our original design.

The new hat design must contain:

- 1) our club logo
- 2) no more than 3 colours
- 3) 2 of the colours must be royal blue and yellow.
- 4) space must be left on the hat so it can be personalised if requested.

Please send your designs in by email or hand them in on paper to your coach by **Friday 25th April.**

We look forward to seeing your designs.



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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.





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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.



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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.