



WTHSC NEWSLETTER

WELCOME TO ISSUE 8

“Work hard, train hard equals
positive results”

A WARM WELCOME TO OUR SEPTEMBER 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.





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REGULAR TIMETABLE

Can we remind you we will be returning to our regular timetable from Tuesday 3rd September

St Joseph's Beginners class will swim 7.00-7.45 pm Tuesday 3rd at Thornton Heath LC,

St Joseph's from Monday 9th September

Beginners Classes

6.45 - 7.30pm

Bronze 7.30-8.30

Silver, Gold, Diamond & Platinum 7.30-8.45pm





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REGULAR TIMETABLE

Cont'd

**From Tuesday 3rd September Thornton Heath LC
ALL SQUADS**

Land Training 6.30-7.30pm

SILVER, DIAMOND & PLATINUM SQUADS
7.45pm-9.00pm

IMPROVERS 1-3 and Pre-Squad
7.00-7.45pm



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REGULAR TIMETABLE

Cont'd

Thursdays Thornton Heath LC

Bronze - 7.00-8.30pm

Diamond and Platinum 7.00-9.00pm

South Norwood LC

Silver - 6.30 - 8.00pm

Gold 6.30-8.30pm



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REGULAR TIMETABLE

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Fridays Thornton Heath LC

Diamond and Platinum 6.30-8.30pm

South Norwood LC

IMPROVERS 1-3 and Pre-Squad
6.30-7.15pm

Bronze, Silver and Gold Squads 7.15-8.30pm



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Dates for your diary

Surrey Age Group Championship 2024 Relay Gala – 08th Sep – London Aquatic Centre, Queen Elizabeth Olympic Park, Stratford, E20 2ZQ . Swimmers have been notified.

Please see email sent on 30 Aug.

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

EDSC Super Sunday Sprint Meet– 22nd September – Crook Log Leisure Centre, Brampton Road, Bexley Heath, DA7 4HH. Entries Now Closed



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We will be holding 2 Gala training sessions this month

Friday 6th September

This is for all swimmers taking part in the Surrey Relays on Sunday 8th September. Please make every effort to attend so that each relay team can practise, this will also give the coaches a chance to finalise the medley and freestyle positions.

Friday 20th September

This is for anyone attending the EDSC Super Sunday Sprint meet on Sunday 22nd September. (see email for entries, for anyone still not paid, please could you send payments in asap. Thanks)

Anyone Diamond or Platinum swimmers not attending these meets should train with Danni at South Norwood LC 7.15- 8.30pm on these evenings





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Birthdays

My apologies for no newsletter for August and more importantly missing the birthdays.

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

**Enzo, Filip, Freya, Jadeanna, Klaudia, Liku, Lilly, Manuella, Maryam, Nailah, Natalie Ann,
& Patrick-George.**

A VERY HAPPY BIRTHDAY TO YOU ALL



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Birthdays

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

AJ, Diego, Eden, Frania, Gynashi, Iris, Kemafo, Koko, Pollyanna, Reuben, Samriddhi, Serene-Rose, Tamara .

Also, to coach Suzanna.

A VERY HAPPY BIRTHDAY TO YOU ALL



WTHSC NEWSLETTER CLASS MOVERS

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Improver 2 – Improver 3

Gynashi

Bronze – Silver

Isabella
Erika

Improver 3 – Pre-Squad

Leon

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 with this information.





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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.