



WTHSC NEWSLETTER

WELCOME TO ISSUE 09

"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.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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RETURN TO REGULAR CLASSES

St Josephs – Returns 08 Sept. Beginners can swim at **Thornton Heath** on **02 Sept 6.00 - 6.45pm.**

Land Training – Returns 02 Sept, Please remember the new times:
6.00 - 6.45pm. Bronze/Silver/Gold squads. Coach Danni/Artur
6.45 - 7.30pm. Platinum/Diamond squads Coach Artur

Bronze Squad – Can train at Thornton Heath on 02 Sept @6.45-7.45pm

All other squads will return to their normal timetable from the 02 Sept



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Dates for your diary

Octopus Gala 06th Sept Relay Final – Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF (Swimmers have been notified)

EDSC Sprint Gala 21st Sept – Crook Log Leisure Centre, Brampton Road, Bexley Heath, DA7 4HH. **Closed 30 07 25**

Bromley Junior Gala 21st Sept - Beckenham Spa, 24 Beckenham Road, Beckenham, BR3 4PF

CASC Autum Sprint 04th Oct – Whitgift School, Hailing Park, Croydon CR2 6YT



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Dates for your diary

NUEL Early County Qualifier 11th - 12th Oct - London Aquatic Centre, Queen Elizabeth Olympic Park, E20 2ZQ. Deadline 16th Aug

Bromley Long Distance Meet 18th Oct – New Addington Leisure Centre, 88 Central Parade, New Addington, Croydon CR0 0JB

EDSC Fireworks Meet 01st & 02nd Nov - Crook Log Leisure Centre, Brampton Road, Bexley Heath, DA7 4HH.

WTHSC Club Championships 09th Nov – New Addington Leisure Centre, 88 Central Parade, New Addington, Croydon CR0 0JB



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BIRTHDAYS

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

🧒 AJ, ARCHIE, EDEN, FRANIA, GYANSHI, LAOLU, LOUIS, MIA, MIREI,
SAMRIDDHI, TIANA-JOY, 🧒

A VERY HAPPY BIRTHDAY TO US ALL



WTHSC NEWSLETTER CLASS MOVERS

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Improver 1 – Improver 2

Alex C

Luis F

Improver 2 – Improver 3

Ines

Jamelia

Improver 3 – Pre Squad

Amelie

Archie

WELL DONE TO YOU ALL



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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 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 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.