



CLUB NEWSLETTER (March 2021)

CLUB NEWS

We are looking forward to welcoming our swimmers back into the pool when the restrictions are eased in April. We are currently engaging with our pool operators with respect to their re-opening schedules and we expect them to re-open on 12th April. All training schedules will be published as soon as we have confirmation.

We will continue with the bubble approach adopted previously. Please click on the link below for the latest bubble lists:

[Squad Bubble Lists](#)

If you have a query with your bubble, please contact Anouska on membership@wandsworthsc.com

When the new timetable is published, the club will reissue the health check forms for you to complete prior to April 12th.

Fees

We have completed our annual Swim England (ASA) registration renewal so you will have seen an amount added to your March invoice representing the 2021 registration fee. The amount is dependent on whether your swimmer is Category 1 £16.70 or Category 2 £36.25. Category 1 is for swimmers who do not compete in open meets and Category 2 is for all the other competitors.

We will continue with the 50% fee reduction during April. We will make an appropriate adjustment from May.

Competitions

Level X competitions will be permitted from April 12th until July 18th. The Surrey Championship entries will be based on the Level X time trials.

Surrey County Championship will be run as a distributed meet this year with a finals weekend in July.

We are expecting to run our Club Championships as normal in Autumn along with Arena League and the London Region Short Course Championships.

We will keep you updated on the competitions as we get more information. Please look out for messages from your coaches.

Swim Manager - New Wandsworth Swim Club Platform

We are currently in the process of migrating the Wandsworth Swim Club platform from Team Unify to Swim Manager. Full details will be communicated in due course.

Coaches Update

Land Training on Zoom

Land training will continue online until the pools open. The schedule for squads is as follows:

Pre-dev , Dev 1 and Dev 2 - Monday and Wednesday 5.30 - 6.15

JD and SD - Tuesday 6.30 - 7.30 and Thursday 5.30 - 6.30

JP1 - Tuesday 6.30 - 7.30 , Thursday 5.30 - 6.30 and Friday 6.30 - 7.30

JP2 and SP - Mon - Fri 6.30 -7.30 with the exception on Thursday 5.30 - 6.30

Swimmers / Parents please note:

As all land training sessions are allocated to squads based on swimmers developmental stage as well as their training abilities and needs in terms of exercise duration, number of repetitions and intensity please make sure you **ONLY** attend training sessions for your squad.

JP2 and SP - you will need free weights for Monday , Wednesday and Friday sessions (boys under 13 and all girls 1,5 - 2kg , boys 14 & over 3-5kg) - any questions please ask Kamilla.



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Message from Cindy to the PD and Development 1 Squads

It has been a long time since most of you have been in a pool, but I don't think any of you will have ANY trouble picking right up where you left off. We are going to start with absolute basics for everyone, so don't worry about forgetting anything. This is a great way for me to make sure we cover everything, from strokes to starts, from strength to speed. So, whether you've just joined or been with me for ages, we are going to learn together!!

Parents, take a look at your swimmers' equipment, including swim suits and goggles, paying special attention to flippers, and make sure they still fit!!! (I just pulled out my favourite swimming costume and found it has disintegrated after sitting for months in my bag!! No stretch at all!!!)

Before you come for your first session, unpack and repack your bag!! Remember: SWIMMERS are responsible for their equipment. Parents can facilitate, but swimmers are responsible!!

In your bag make sure you have (clearly labelled with your name):

2 pairs of good goggles, adjusted to fit YOU before you arrive
2 swim suits (always have an extra in your bag)
A swim cap (again, an extra is useful)

A towel: it doesn't need to be huge
Pull buoy
Kick-board/float
Flippers that fit well (check them now!!)

A water bottle with WATER in it (no additives or juice)
Underwear (if you arrive in your costume you don't want to have to go home 'com-mando')

Speaking of getting dressed, make sure you wear something easy to take off and put on, like a track suit or a onesie. Avoid tights, socks, leggings, layers of tight clothing.

I've missed you and can't wait to see you all again!!

Website

It is crucial that all swimmers and parents check the website regularly for information.

This should be the source of all reliable knowledge regarding training schedules, cancellations, or any other changes and news.

Face Mask Fundraising Project: £2 from each mask goes to WSC

It looks like the wearing of facemasks will be required for a long time. Make sure you have one that reflects your personality and passion. Cindy and Anneke Hanegraaf are making aquatic-themed masks that have been designed to fit well and are breathable even on poolside! All masks can be made in any size! New fun fabrics will be posted on the website. Masks can be delivered to your door or by post. We contribute £2 from each mask to WSC. Go to www.camdenandco.bigcartel.com OR contact Cindy directly at academy@wandsworthsc.com.

CLUB OFFICIALS

The club will need more team managers for galas in future. The role of a team manager is to help the coach at galas to look after the swimmers. Please come forward so that the club can provide you with a course to qualify. Please contact Ina. thebaritschminis@googlemail.com



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USEFUL CONTACTS

Squad reps

*Pre-Dev: **Lee Donaldson** -
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com

*Dev 1: **Pippa Wilkins**—
Philippaann@yahoo.com

*Dev 2: **Barbara Spano**
barbara_spano@yahoo.it

*JD: **Samantha Barney**
samanthabarney@gmail.-
com

*SD: **Giles Cunningham**
giles.cunningham@live.com

*JP1: **Eloise Hill** -
compdevsquadrep@hot-
mail.com

*JP2 & SP: **Arabella Stewart-Liddon** arabella.stewart-
liddon@rpps.co.uk

*WSC officials co-ordinator:
Ina Baritsch - thebar-
itschminis@googlemail.com

Swim kit

Our **Club kit** is available to
order from Mailsport -
[https://www.mailsports-
co.uk/clubs/wandsworth-
swimming-club](https://www.mailsports.co.uk/clubs/wandsworth-swimming-club)

Other swim items without
the WSC logo can also be
bought from Mailsport where
you can get a 10% discount
(code: WAND2017)

WSC Committee
MARCH 2021