



Jersey Swimming Club

Teaching the Island to swim since 1865

Newsletter January 2018

Welcome to a new term at Jersey Swimming Club

Dates for your Diary

Club Champs - All Dolphin and Comp Squad members are expected to compete in these events. Please keep these dates free.

Tuesdays – 23rd and 30th Jan and 20th March

Winners from these events will be presented their awards at the Prize Giving evening, where trophies and medals will be awarded to 1st, 2nd and 3rd place in Open, 13 & Under, 11 & Under and 9 & Under age groups.

Hampshire Age Groups 27/28 January
Good luck to swimmers Filip Nowacki, Amber Smith and Amelia Germain

Winter Splash - Sunday 4th March. Entry forms available on the website. Payment must be made with entry.

JASA Island Champs- 24/25 March, details TBC.

Open water swims

Not yet...



TOO COLD!!

Half Term 12th -16th February

Annual Prize Giving Evening and meal
To be held at the Ommaroo Hotel on Saturday 24th February.

Contact the office 870788 for tickets.

The AGM will take place at the beginning of the evening.



2016 Trophies should be returned engraved and polished by 9th February. Please return to JSC office at Fort Regent.

We are still looking to purchase small trophies for the 9 & Under Age Groups, if you would like to add one to our vast existing collection. Cost will be £80 for trophy and engraving. It could be a family named trophy or perhaps your workplace would like to donate one.

Swimarathon - Saturday 17th March.



All Dolphins and Comp Squad. Forms will be handed out shortly.

Learn to Swim students and parents also welcome.

Speak to Ailie or Carole.

AND...

Look out for the launch of our new online membership due at the beginning of February. All swimmers will need to apply. Details on how to log on and apply will be sent out in due course.

Committee News

AGM to be held at the Ommaroo Hotel on Saturday 24th February, time to be determined, prior to the Prize Giving evening (note: you are welcome to attend the meeting even if you are not able to stay for the Prize Giving and meal).

Please make an effort to attend as this is important to the running and continued success of the club.

New Members are always welcome to apply to join the committee. If you are interested please speak to Carole.

2018 Fees

LTS	½ hour	Month	Term
	1 hour	£20.50	£82.00
Dolphins	1 per wk	£25.75	£103.00
	2 per wk	£26.75	£107.00
First Splash		£42.00	£168.00
		£22.00	£88.00
Comp squad		Month	Quarter
		£56.50	£169.50
ASA Membership Cat 1		£14.10 per year	
Cat 2		£32.40 per year	

JSC membership (due February 2018) :

Family membership for all swimmers under 18yrs	£35.00 per year
Single membership (over 18's only)	£25.00 per year

All fees are due at the beginning of February to coincide with the new online registration.

Volunteering

Officials courses

Anyone interested in becoming a swimming official, please contact Elaine Travers (traverselaine@hotmail.com). Timekeepers and Judge level 1 courses are always running.

Swim Teaching

If you are interested in becoming a teacher or poolside helper, talk to our Learn to Swim Manager, Tricia Barratt.

Fundraising

We welcome any ideas for fundraising and are always needing parents to assist with fundraising. Speak to Carole or Ailie or any committee member.

If you are shopping online, signup to www.easyfundraising.com where you can generate donations for Jersey Swimming Club while you shop!

Don't forget we hold a bake sale at our competitions and also every Friday evening (homemade donations welcome) at the Aquasplash Learn to Swim session, where we also sell teas and coffees.

The club shop is open on Friday evenings, for all your swimming needs.

Also, to assist parents who cannot get to Aquasplash on a Friday evening, our club shop can also be found at Barnaby Street, Holme Grown under the care of Tricia Barratt.



Swimarathon

We don't only swim at the swimarathon, Jersey Swimming Club has been involved since the very beginning and continue the tradition by assisting with the lap counting. Contact Carole or Ailie if you would like to have a go.

Coaching News

Dolphins

Lots of new swimmers are now training with the Dolphin Squad, who hopefully will be our new swimmers of the future.

2017 swimmers of the month were Daniel Kirkby, Hana Maddison, Joshua Talbot, Russell Walton, Paije Dorey, Alice Le Sueur, Theo Pullman, Rose Cabot and William Young.

Squads

Numbers and competition results are going from strength to strength. Lots of new meet records were broken in 2017.

In 2017, Filip Nowacki broke a massive **14** Club records from 18 events in the 10 & Under age group. Well done Filip – keep it up!!

We started a new venture in 2017, on Tuesday evenings 8-9pm - Masters Triathlon training. Especially designed for swimmers who want to improve their swimming fitness and technique to take to the open water at Tri competitions.

Learn to Swim news

Our numbers are increasing all the time and we now have older swimmers returning to the pool doing fitness swimming, however there is always room for more. If you know anyone who would like to learn to swim, point them in our direction.

We cater for every age group, from Parent and Baby classes at the Cheshire Home on Saturday morning to adult beginners at Langford on Wednesday evening 8-9pm.

First adult class is **free** with no obligation to continue. Tell your friends...

Parent Information

Drop-off & Collection Policy

The safety and well-being of each swimmer is the Club's priority. Both coaches and parents have a role to play in ensuring the welfare of swimmers and we need a working partnership to keep your children safe. With this in mind, the respective responsibilities of parents and coaches are set out below and guidance provided to help keep our swimmers safe.

This policy applies to both teaching and competitive sections of the Club.

Drop-off

Parents of all swimmers under the age of 14 should accompany their children into the pool facility to ensure they arrive safely and go straight into the changing rooms. This is particularly important at early morning training sessions. Where parents of swimmers aged 12 and 13 choose not to stay to watch the session (see below), they should ensure their swimmer is on poolside where a coach is present before leaving the complex.

We understand that on occasion parents may choose to delegate the responsibility for accompanying under 14s to older siblings.

All Swimmers at LANGFORD POOL will now remove shoes and enter via the door beside the office reception, therefore there will be no need for swimmers to enter the corridor along the sports hall area, unless entering and leaving the building with their parents. It also reduces the risk of young children going missing and is easier to control.

During Sessions

Swimmers aged 11 and under are expected to have a parent or other nominated responsible adult present at the pool facility for the duration of their session. Not only is this in the interest of the welfare of the children in the event that they become ill or distressed, but also allows parents to support their swimmers as they learn to swim or develop their skills.

It is recommended that parents of swimmers aged 12 to 13 also remain present during the session to support their children.

After Sessions

Some swimmers and siblings have been noted running in the corridors at Langford and peering into the windows of the sports halls. **THIS HAS TO STOP.**

Collection

The coaches are responsible for swimmers when they are on poolside, where they will ensure their safety and welfare. Beyond the poolside, responsibility for swimmers' safety and welfare lies with parents.

Parents of all swimmers under the age of 14 should collect their child from inside the pool facility. Parents are expected to arrive at the time the session finishes rather than when they think their swimmer will be ready so that they can assume responsibility for their child on leaving poolside. It is parents' responsibility to ensure that they arrive promptly to ensure their children are not left unsupervised.

We understand that on occasion parents may choose to delegate the responsibility for accompanying under 14s to older siblings.

If a child has to get out of the session early due to illness or injury, they will be asked to remain on poolside until their parent arrives. If a session finishes early, coaches will supervise the children until the published session finish time.

At Langford, if a child leaves the training session early for any reason, they must get changed and return to the spectators area to be collected by their parent, *NOT* wait outside in foyer.

If parents are not staying during training sessions, they should make sure they are contactable by phone.

Policy For The Late Collection of Swimmers

Where a parent is unavoidably delayed and knows they will not be able to arrive on time to collect their swimmer, they should arrange for an alternative nominated responsible adult to do so or to remain with the swimmer until they can be collected.

Failing this, parents should contact the relevant pool facility in advance of the end of the session so that the coach can be alerted and ensure their swimmer is supervised until they or an alternative nominated adult arrive.

Where no notice has been given of late collection and the coaches are aware that a swimmer remains uncollected, they will use the emergency contact details provided or, if a coach is unavailable, the swimmer should present themselves to the pool facility's duty manager for assistance.

Swimmers under the age of 14, if not collected, should not leave the building unsupervised.

Parents are asked to make their children aware of this policy.

In line with the ASA's guidance, persistent failure to collect a child on time will be referred to the Club's Welfare Officer.

JSC Sports Psychology Evening



Seventeen JSC parents enjoyed a session on the psychology of sport presented by Chartered Psychologist Debbie Thompson on 9th January. This interactive session was thought provoking and very well received by all that attended and it is hoped that more can be provided on this subject in the very near future. Psychology in sport is a relatively underused resource which can be very powerful when correctly linked to performance.

If you would like to know more please email Andy Kemp at kempman@gmail.com.

Old News

From last year



Congratulations to Club President Carole Penfold who was awarded an MBE last year for her services to both Island Swimming and the League of Friends at the Jersey Hospital. Well deserved!!

Open Water Festival

Over the bank holiday weekend in August we hosted the first Open Water Swimming Festival, which was kindly sponsored by Intertrust, who have agreed to continue their sponsorship this year. The weekend was extremely successful and we hope to improve on it this year.



View From the Viewing Gallery – Guernsey CI Champs - November 2017

The CI Champs held in Guernsey this year was a great opportunity for our squad to show off after all their hard work over the year. Supporting the team, and coaches, and shouting from the viewing gallery (when we were actually facing the pool and interested in the swimming and not chatting about everything under the sun) was great fun. We had the perfect spot, bagged early in the day with a great view of the pool. We'd like to think our shouting helped toward the amazing results the team achieved over the weekend, although overall I think the best result was 'the dance', mastered by Rachel Mauger after weeks of dedicated practice. Seeing the squad work together, hang out together and just like being with each other really showed others why we love this club. From showing great support at each lane end, to pre-race fist-pumps and post-race pats on the back - good job, you made us all very proud! (Madeleine Maddison)

View from the Poolside – Guernsey CI Champs - November 2017

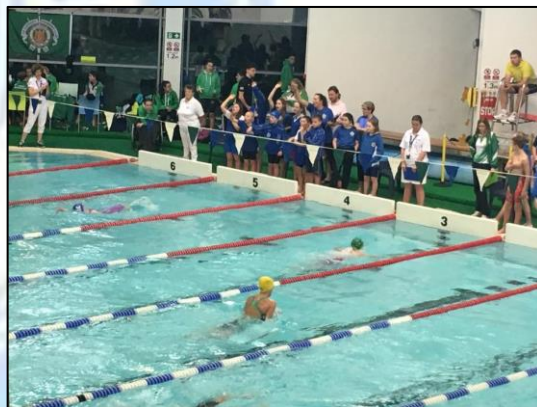
The CI Championships in Guernsey provided the travelling JSC swimmers with an opportunity to put into practice all the skills they had been working on and get their rewards for all the hard work and effort in training and they certainly delivered over the course of the weekend.

The coaches did a great job of getting swimmers to their races on time – not an easy task when being fired questions from all angles “Where’s my hat?”, “Who’s in my heat?”, “What’s the time”, “Has anyone seen my goggles?”, “Do I have time for another Haribo?”

Although much of the success was down to the training, I would hazard a guess that part of it could be put down to certain travelling supporters in the spectators’ gallery threatening to perform a group “twerk” should results not be up to scratch!! This seemed to provide considerable incentive to team members, although they should not have worried, as these same travelling supporters appeared to be more interested in gossiping and rarely turned round to view the action in the pool. When they did concentrate on the action, however, the decibel level rose considerably, and demonstrated that JSC really do have the best support, both down at poolside and up in the gallery.

It was noticeable from poolside how much of a close knit group the JSC team are, from pre-race pep talks from team mates to consistently having the largest presence at the end of any lane that contained a JSC swimmer and the enjoyment gained not just from being part of a group that was out to compete at their best, but to have fun whilst doing it too.

A big thank you must go to the coaches for all their hard work; to the supporters for travelling over to spend their weekend poolside and, when they could be bothered to watch, creating such an atmosphere; and a big well done to all who competed. You all make the club what it is.



Finally, I should echo the view of the “anonymous” correspondent from the viewing gallery – the biggest success of the weekend goes to Rachel Mauger for mastering “the dance”, which I am reliably informed will make an appearance at the awards dinner in February. You have been warned!! (Giles Le Sueur)



And finally...

Christmas Day

The final event of the year was our annual Christmas day swim. 100’s of people took to the water at Havre des Pas and we raised over £500.00 for the Jersey Cheshire Home.

HAPPY SWIMMING