



# Loughborough Town Swimming Club

*Spring Edition*



## County Age Groups 2016

Loughborough Town Swimming Club had a squad of 35 swimmers at this years Age Group Championships taking part in 17 events, swimming 210 races in total.

Between them they achieved:-

143 PB's, 46 finalist places in which 23 Gold, 9 Silver and 9 Bronze medals were won  
3 swimmers won BAGCAT Top Ten awards  
2 swimmers won Junior/Senior and Open Champions awards, and  
8 swimmers achieved Midland-qualifying times

A very big well done to all of you who took part and a big thank you to all the Coaches, Judges and poolside helpers.

For photos of the swimmers in action and their medals/trophies please visit our Photo Gallery on the website [www.ltsc.org.uk](http://www.ltsc.org.uk)



## LTSC Sprint and Distance Galas 2016

Our annual Sprint and Distance Galas are to be held on Saturday 7<sup>th</sup> May and Saturday 11<sup>th</sup> June respectively, **the closing date for the Sprint Gala is 21<sup>st</sup> April and entries are on first come first served basis.**

We are a competitive swimming club and entering these galas enables your child to gain 'race' experience as well as times so they can enter further swimming competitions.

*LTSC will be encouraging ALL of our swimmers to enter both of these galas.*

*Entry forms for the Sprint Gala only have now been emailed to all members, please can you check your junk folder if you have not yet received these and add the LTSC email address to your contact list. These forms can also be downloaded via our website. Thank you.*

Any queries regarding eligibility on entering these galas, please speak with your child's coach.

## March Madness City of Sheffield – Long Course

On Sunday 13<sup>th</sup> March 2016 a handful of Loughborough Town swimmers along with their parent(s) travelled to Sheffield to make the early warm-up time of 8am to compete in this Open Meet.

Congratulations to the below swimmers as the results show a fantastic day with plenty of PBs and medals to come home with. Well done to all swimmers.

Harriet	50m Freestyle 50m Fly 100m Freestyle	New long course time New long course time New long course time
Niamh H	50m Freestyle	PB
George	50m Fly 50m Breaststroke	New long course time New long course time
Ashleigh	50m Freestyle 100m Freestyle 100m Breaststroke 50m Breaststroke	PB Bronze Medal in 15 years/Over age group Bronze Medal in 15 years/Over age group
Mia	100m Freestyle 50m Breaststroke	PB Silver Medal in 13/14 year age group
Nick	50m Freestyle 100m Breaststroke 50m Fly 50m Breaststroke	New long course time New long course time New long course time New long course time
Tej	50m Freestyle 100m Freestyle	PB PB

A huge thank you goes to the poolside helpers; Kieron, Karen and Julie for your continued help in supporting our swimmers at these events.

## Could you help the swimmers by being an Official?

Officials are key volunteers when running a gala for the swimmers.

We are looking to hold a time keepers course at the Sprint Gala on Saturday 7<sup>th</sup> May and a Judge 1 course (requires timekeepers qualification) at the Distance Gala on Saturday 11<sup>th</sup> June. Both of these training sessions will be held BEFORE the galas commence.

Time keepers minimum age is 14 years old and Judge 1 minimum age is 15.

We would actively encourage parents to consider these courses – if you would like to take part please let Fiona Conway know as soon as possible.





## Easter Closure

Good Friday 25<sup>th</sup> March – As Normal at Loughborough University

**Sunday 27<sup>th</sup> March –**

**NO TRAINING AT WELBECK OR LOUGHBOROUGH**

All our training locations are fully open throughout the Easter Holidays.  
All training will be as normal.

## Volunteers

We are always looking for volunteers to help at galas etc

These small jobs include:-

Entry Desk

Runner (to bring timekeepers slips to the results desk)

Time Keepers (please see course details in Newsletter)

We are also looking for parents/carers to take the registers at the beginning of the training sessions (the register will be emailed to you for the whole month) :-

Sunday AM (Welbeck)

Wednesday (2<sup>nd</sup> Session at Welbeck)

If this is something you will be able to do, please email the website [ltscwebsite@ltsc.org.uk](mailto:ltscwebsite@ltsc.org.uk) to express your interest, thank you.

## Upcoming Diary Dates:

Saturday 9<sup>th</sup> April – Diddy Gala at Loughborough Leisure Centre\*

Saturday 7<sup>th</sup> May – LTSC Sprint Gala

Saturday 14<sup>th</sup> May – Diddy Gala\*

Saturday 11<sup>th</sup> June – LTSC Distance Gala

Saturday 25<sup>th</sup> June – Diddy Gala\*

*If your child is selected for the first gala, you will probably be needed for the remaining two.*

\* These gala dates are important – please keep free if possible.



## Email Communication



It has been noticed, via Membership, that many members have their 'work' email address as a point of email contact.

The majority of our communication is sent via email and notice boards at Loughborough Leisure Centre. It is important to contact our members through these means so all are kept fully up to date with information and/or last minute training changes (in unforeseeable circumstances that LTSC have no control over).

In the event of you being 'away from office' for periods of time this could result in missing these messages from LTSC and could lead to unnecessary travel to cancelled sessions etc.

If this affects you, would it be possible to provide another email address that you can gain access to outside of working hours?

Please email [membership@ltsc.org.uk](mailto:membership@ltsc.org.uk) with your new details so this can be changed on our database system, thank you.

If a change in email is not possible, please bear in mind that every effort will be made to try and contact any member if any changes occur.

## WHAT DOES A SWIMMER NEED IN THEIR KIT BAG?

It is very important that all swimmers are carrying the correct amount of kit when they are competing in any gala.

Inside a swimmer's bag they must have the following items:-

- 2 x towels (one for poolside and a 'dry' one for changing)
- 2 x goggles (in case one pair breaks/leaks etc)
- 2 x hats (for male and female swimmers these can be purchased from Fiona, Elaine, Julie or Lisa at £5.00 each).
- 2 x costumes (in case one costume tears/splits – it does happen!)
- Plenty of water (not fizzy drink)
- Snacks e.g. cereal bars, fruit, etc. (No nuts please)

It can get very cold for the swimmers whilst they are waiting for their swim. Some poolside can be very warm or cold depending on the venue. Always be prepared for both eventualities.

Poolside attire:

- LTSC T-Shirt
- Zip-up Jacket/Jumper
- Shorts/Light Joggers
- Flip-Flops or Crocs (similar waterproof poolside shoes)



## Your News Is Wanted

Where every effort goes into bringing you up to date news and events, please appreciate that it is very hard to keep track of all our swimming members as a few do belong to other clubs e.g. City of Leicester, Loughborough University etc and are competing further afield.

If there is anything that you wish to be published in the LTSC newsletter please email [ltscwebsite@ltsc.org.uk](mailto:ltscwebsite@ltsc.org.uk) with your publication (including photo if necessary) and this will be forwarded for the next upcoming newsletter.



The evenings are still chilly – please ensure that your child is dressed accordingly for leaving the pool.

To go outside with wet hair will not do them any good, please ensure they have a coat and a hat to put on for when leaving training/galas etc.

In the event of any pool breakdowns/cancellations during this cold period, please keep a daily/regular check on our website [www.ltsc.org.uk](http://www.ltsc.org.uk) and your emails as this will be the method of contact in such events arising.

### PICK UP AFTER TRAINING

Can we please ask all parent/carers to arrive promptly when picking up their child(ren) from training.

Please arrive for when training finishes so your child(ren) are not left in foyers or outside. There is a warm space inside the leisure centres but for other pools like Welbeck we have to vacate the building 15 minutes after training has finished.

e.g. Welbeck -Tuesday Training finishes at 8:45pm, the building is locked at 9pm. Any child that hasn't been picked up by then is left outside.

Thank you.

## LTSC MEMBERSHIP 2016

All renewals have now been sent and processed by the ASA for 2016. Thank you all for getting the forms and payments to me by the closing date.

*Lisa Harrison, Membership Secretary*