

# Rushmoor Youth Swimming

A member of Rushmoor Swimming Association

Newsletter—October 2013 Issue 7



## Pool Closure

The pool will be closing on 23rd November for 4 weeks, with Thursday falling on 26th December this means we will not resume until 2nd January.

This means we have adjusted our course dates during 2014 to ensure assessments do not fall during school holidays.

We have also brought forward the annual long distance swim we hold in conjunction with Farnborough Swimming Club. This event gives our advanced swimmers to attempt distances they could not achieve in our other distance swim nights. See page 2.

## This Term

The first 3 weeks will be from 31st October to 14th November, the course will resume for week 4 on 2nd January and run till 27th February with test on the following 2 weeks, see "Your Course" for the date of your assessment.

## Important dates

Term start dates: -

March 20th 2014

July 10th 2014

October 30th 2014

Assessment dates: -

Mar. 6th & 13th 2014

June 19th & 26th

October 9th & 16

Distance swim dates

Up to 1500m—3rd July 2014 & 23rd October 2014, pupil can attempt up to 200m from 6:30 to 7p.m. or longer distances from 7 to 8p.m.

Long distance swim, 1000m plus—18th December, see page 2.

**Vacancy: - Badge Secretary**—A voluntary role to issue badges & certificates on the test and distance swim nights, keep a stock of badges / certificates and prepare orders for a STA member to order.

Person should be available to attend all test and distance swim nights (about 10 per year). A BDS check will be required prior to starting. More details from :- chairman@rushmooryouthswimming.org.uk or speak to Mick or Richard on poolside

## Course changes

The STA have changed the requirements for the International Learn to Swim Programme we follow. It is 12 years since they last modified the content of the ILSP courses.

These changes give an improved progression through the scheme, details of new criteria can be found on our website.

**Payments**—Course fees must be paid before the pool closes (last Thursday 21st November) Those who have not paid (unless agreed by treasurer) will be deemed left and places filled from our waiting list .

Dive Weeks: - Refer to your pupil registers as for area of pool allocated during dive weeks.

## Pool plan for next term

6:30

Octopus 1

Goldfish 2	F S C
Angelfish 2	
Goldfish 1	

Octopus 3 — 10m and treading water practice, Teacher to agree with a main pool teacher as to timing.

7:00

Octopus 2

Shark 2	Angelfish 3
Angelfish 1	Shark 1
Goldfish 1	Goldfish 2

7:30

Octopus 3

Shark 2	Shark 3
WS Bronze	WS Gold
Angelfish 2	Goldfish 3

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## Long distance swim 21st November

This annual event has been brought forward due to the pool closure, this is a chance pupils to swim continuous for up to 3 hours swimming up to 5000m.

The session is for our more advanced swimmers as a reasonable stroke or strokes are expected.

Those wishing to take part in the swim should arrive on the poolside by 18:00, we will not accept swimmers who arrive after 18:30.

## Octopus swimmers

Lessons for Octopus 1, 2 & 3 pupils will take place in the teaching pool, there will be no lessons in the main pool

**Swimming during the break.** It is always useful for pupils to practice swimming other than during our lessons. It would be even more advantageous to visit a pool and have a swim and work on skills during the 5 week break. There are pools at Aldershot, Camberley, Farnham and Fleet but you should check opening times before making the journey.

## The Web

Visit us at: -

[rushmooryouthswimming.org.uk](http://rushmooryouthswimming.org.uk)  
and

follow us on  
**twitter**

@rushmooryouth



rushmooryouth

## Staff news

Elisabeth completed her level 1 teachers course during August—well done

**Vacancy**—Stella has stood down as Badge Secretary, she has been with the club since it's inauguration in 1973 working with Ray in the teaching pool before standing down as an assistant teacher and taking on the role of badge secretary. Richard has taken on the task of ordering badges until a replacement is found.

## Important—Hair

For safety reasons it is important that pupils with long hair have it tied up or enclosed in a swimming cap. This applies to all pupils where the hair is long enough to reach round to the mouth and / or cover eyes.



## Some of our General Rules

- 1 Parents are responsible for safety and welfare of their children prior to and after lessons.
- 2 Do not interrupt teachers during lessons.
- 3 Pupils should shower before lessons
- 4 Overshoes provided by centre should be used on the poolside
- 5 Do not obstruct the fire exit or exit routes
- 6 Distance swims—reasonable strokes required above 100 metres.
- 7 Inform Mr Bright of any changes of information given on enrolment form
- 8 Parents and spectators are to keep to the seated area on the poolside, **DO NOT** cross the area between pools or enter/leave the poolside from the changing rooms
- 9 For emergencies a parent, or someone with parental consent, should be on the poolside during lessons.

**Parents & Pupils**—I would like you to participate in the newsletters, if you have anything you would like to add to future news letters please email: -  
Richard@rushmooryouthswimming.org.uk

## Information

Parents, if you would like to receive information and reminders by email, i.e. test date and times, unplanned pool closures etc. send an email to me saying "add to mailing list": -

Richard@rushmooryouthswimming.org.uk

## Web Edition

Our newsletter comes in 3 editions: -

1. For pupils and parents, this give specific information for the class pupil has enrolled for, time of lesson, assessment date and time, additional clothing (if required) and an enrolment form to be removed an handed to course teacher.
2. For Staff, this gives information on what class they are working with, a pool plan, information on meetings and training events etc.
3. The web edition, open to all who wish to view our newsletter.

We are always on the lookout for more help on the poolside, especially qualified swimming