



# Thurrock Swimming Club Newsletter

JULY 2010

## MESSAGE FROM THE HEAD COACH

"I am sure we all join together in wishing the very best to all Thurrock swimmers competing in the Nationals at Sheffield over the next few weeks. To everybody, make the most of the summer break and come back ready to work hard and achieve great results next season. My thanks to all for their hard work in the last few weeks"

## BRITISH GAS NATIONAL CHAMPIONSHIPS 2011

There will be a presentation on Friday 15th July, 2011 at 8.15pm to Thurrock Swimming Clubs 2011 National Qualifiers. Please show your appreciation to the following: **Sophie Drake, George Epsly, Sonny Ford, Conor Harrold, Sean Houlihan and Harry Payne** who have attained National Qualifying Times in order to represent our Club at this year's National Championships being held at the National Stadium Ponds Forge in Sheffield



**CONGRATULATIONS TO ...Hope Jones, Aimee Newport, James Martindale, Andrew Martindale and Eavie Mickley** who will be moving to the Older National Age Group Squad in September.

**STUBBERS** - Just a reminder that the full and final payment for Stubbers needs to be made by **Friday 22 July**.

## EAST REGION AGE GROUP CHAMPIONSHIPS

Well done to all our Age Group swimmers who competed in this year's East Regional Championships at Norwich over the first two weekends in June. A special well done to **Imagine Stuart** who secured a gold medal in the 200m butterfly to become East Region Champion.

## ESSEX CHAMPIONSHIPS SPECIAL RELAYS

"How good was that! Terrific performance by all swimmers - from the younger swimmers to the senior swimmers. Lots of medals well deserved. A very big thank you to all the swimmers for making it such a fun day, and to all the organisers, coaches, helpers and parents for a great gala. Congratulations to the Youth Boys for being joint winners of the Griffin Trophy" - **Alan Mitchell, Head Coach**

## CANVEY ISLAND GALA / 3T's

Some fantastic swims at the Canvey Island gala. Well done swimmers - keep up the good work. **3 T'S** - Another successful year at the 3 T's gala which was held on Sunday 3rd July at Blackshots. As usual a very noisy event! The blue team were this year's winners - *see photo gallery attached.*

## CLUB CHAMPIONSHIPS - 1 LENGTH EVENT SUNDAY 18 SEPTEMBER

This event is open to **ALL** hat colours and O1. Attached is a copy of the entry form for completion. Spare forms can be obtained from the Membership Desk or from Lyndsey.  
**Closing Date Friday 16 September**

## CLUB CHAMPIONSHIPS FOR SQUADS SATURDAY 9 AND SUNDAY 10 OCTOBER

Full details of the Club Championships for squads is on our website. Entry forms can be handed either to the Membership Desk or to Lyndsey.

## TIMETABLES

A reminder that full current schedules will resume on 1st September and that the summer schedules can be found on the TSC website and TSC notice boards.

## PARTY MAN WORLD - TSC HALLOWEEN PARTY



### 20 OCTOBER - FANCY DRESS

We have managed to secure the whole venue at Party Man World, Brompton Walk, Thurrock Lakeside, on Thursday 20th October from 4.30pm - 6.30pm for TSC's sole use. We are limited to 100 tickets at a cost of £5 per ticket (entry cost only). Ages: toddler to 12/13 for Thurrock members, siblings and friends. Fancy dress: prizes for 3 categories

## SUMMER BBQ



The summer BBQ went well on Saturday 25th June and we were blessed with extremely good weather. We hope this will be an annual June event at TSC. Keep an eye on the TSC Calendar and future newsletters around spring next year when this event will be advertised. - see photo gallery

## DATES FOR THE DIARY

17 July	Open Water Swimming Event
22 July	Squads break up for summer
19 August	Squads Return (limited schedule)
1 September	Full squad schedules resume
2/3 September	Stubbers
18 September	1 Length Club Champs
8/9 October	Club Championships
5/6 November	Thurrock Meet

## ASA EAST REGION ENGLAND TALENT

Well done to **James Day, George Epsly, Sonny Ford, Sean Houlihan and Harry Payne** who were selected for the recent ASA East Region Talent Camps at Basildon Sporting Village.

## MESSAGE FROM HEAD OF SWIM SCHOOL

As we are coming to the end of a new swimming season, I would like to take this opportunity to thank all the fantastic support staff, helpers and teachers who give their time and energy to make TSC such a great place to learn to swim. And of course a big thanks to our wonderful swimmers, who make it all worth while.

A special big thanks goes to Lyndsey our super Gala Secretary who works tirelessly to produce our wonderful Learn to swim galas. These Galas have proved to be a big success and lots of FUN! Thank you Lyndsey.

'From beginners to Champions' our motto which encapsulates TSC Style and Flare and is seen time and time again in our lessons and our super galas!



## SWIM SCHOOL RULES :

All hats **MUST** be worn!  
All hats **MUST** be in the correct colour of the stage in which the swimmer trains! This is vital for the safety of the children.  
Swimmers that are persistently late for class, have a detrimental affect on the whole class. Therefore swimmers that are persistently late will **NOT** be allowed to swim in the lesson.



Wishing everyone a safe and happy summer! - **Karen Epsly**





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## PHOTO GALLERY



Imagine Stuart  
Regional Champion  
200m Butterfly



Canvey Island Gala  
18 June



3 T's Gala - 3 July  
Winners - The  
BLUE Team



Thurrock Unveil New Head Coach  
Alan Mitchell welcomed by  
Club Chair Keith Day

## TSC SUMMER BBQ



[thurrockswimmingclub.btck.co.uk](http://thurrockswimmingclub.btck.co.uk) -

E&O: Please note that, every effort is made to ensure the details in this newsletter are accurate. .



# Thurrock Swimming Club's 1 Length Club Championships 2011

**Sunday 18<sup>th</sup> September 2011  
1.00pm-4.00pm**

**Closing Date Friday 16<sup>th</sup> September 2011**

First Name ..... Surname.....

Address .....  
.....

Date of Birth ..... Age as on 18<sup>th</sup> September 2011 .....

Male / Female ( delete as appropriate )

Hat Colour.....

<u>Event</u>	<u>Stroke</u>	<u>Please tick</u>	<u>Open to</u>
1width	Freestyle		White,sky blue, red
1Length	Freestyle		Red, yellow, green, orange, blue, purple & O1
1Length	Backstroke		Red, yellow, green, orange, blue, purple & O1
1Length	Breaststroke		Red, yellow, green, orange, blue, purple & O1
1Length	Butterfly		Red, yellow, green, orange, blue, purple & O1

Total Number of Entries ..... @ £3.00 per event

Total Entry Fee Enclosed .....

**Trophies will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each age group and ALL participants will receive a medal**

Telephone No.....

Email Address.....

Signed.....

**Please note: All Sunday LTS Classes will remain on as usual but will start at 2pm (1pm class) and 2.30pm (1.30 class)**

By filling in and signing this entry form you are also agreeing to photos being taken at this event