



END OF SEASON NEWSLETTER SQUAD

Wow! what a season we have had here at SSC. We have soon found ourselves in July and the final competitions to end the season being entered.

As this season ends, we have said goodbye to swimmers that have been in the club for nearly 10 years, Bea and Sam. We wish them well in the future and thank them for being excellent role models over the years.

We have new swimmers joining us after the club break so a big warm welcome to them. We are in the process of advertising for a new coach to take up the hours of Assistant Coach. In the meantime, Scriv and Susie have been covering the AM sessions and our volunteer coaches have picked up some sessions.

Please help spread the word about this new and exciting post here at the club. I have attached the flyer for you to perhaps print / share

NEW SQUAD FEES

Back in Jan 2019 we gave you advanced notice that the fees for squad would be increasing and committee have now set the date for this to be the 1st of September. The new fees will be sent out shortly. Please can you ensure you change your standing order in time for this payment, as it is an enormous headache checking and reminding people ☺

CHANGES TO TRAINING

Over the next couple of weeks with British Champs and Nationals our coaching team is off to Glasgow and Sheffield and with this in mind a couple of sessions for squad have been cancelled, namely the AM training sessions.

The last training session for squad is Thursday the 1st of August 2019.

Back to training Monday the 19th of August

KIT

Please make sure you have a full kit back for back to training,
(yes fins that fit and don't rub!!)

This includes the smaller speedo bio fuse finger paddles for 13 and under swimmers and Scriv has asked that swimmers 14 and over get the slightly larger size. (Medium not Large!)

Please stick to the speedo ones and make sure you put initials on!

If you have been borrowing hand paddles, please return them ASAP as we seem to be missing a few which in turn costs the club when we have to replace them.

CLUB GALA

Our annual club gala is on the 8th of September 2019. Please can all squad support and enter this event as it is an inclusive event for all of SSC. Parents ... A volunteer sheet will be going up on the board very soon please can you all take the time to add your name to the list, we need extra help with officials to feed and look after, plus a mountain of swimmers to TM and get to the right race at the right time ! ... the list goes on 😊

All going to plan this gala will be licenced and therefore swims will qualify for Winter Yorkshires however as a Level 4 meet they cannot be used for NER qualifications.

TRAINING AMENDMENTS JULY / AUGUST 2019

British Champs	22-Jul	Monday	
British Champs	23-Jul	Tuesday	
British Champs	24-Jul	Wednesday AM	NO TRAINING
British Champs	24-Jul	Wednesday PM	
British Champs	25-Jul	Thursday	
British Champs	26-Jul	Friday AM	NO TRAINING
British Champs	26-Jul	Friday PM	
British Champs	27-Jul	Saturday	
English Nationals	29-Jul	Monday	
English Nationals	30-Jul	Tuesday	
English Nationals	31-Jul	Wednesday AM	NO TRAINING
English Nationals	31-Jul	Wednesday	
English Nationals	01-Aug	Thursday	LAST SESSION
English Nationals	02-Aug	Friday AM	CLUB BREAK
English Nationals	02-Aug	Friday PM	CLUB BREAK

That's all for now! Have a great club break and good luck to all our swimmers in their End of Season Meets, British and English Champs