



'Keep it in Your Locker'

An empowering new film has been commissioned by Swim England in a bid to prevent its teenage members falling foul of a key safeguarding policy change.



STRICTLY NO PHONES IN ANY CHANGING AREAS

'Keep it in Your Locker' aims to raise awareness of a recently-introduced element in Wavepower which prohibits the use of a mobile phone or device in changing rooms during Swim England regulated activity. Please see the link on the website for further information.

#Small club big talent

WE'RE ON THE WEB!

WWW.SKIPTONSC.CO.UK

Meet Assistant Head Coach - Tim Redfearn!

Hello! I am currently Assistant Head Coach of Skipton Swimming club, I have been coaching swimming for the last 5 years. I have progressed through coaching and I am currently taking my level 3 (senior coach) certificate to help build upon my level 2 and masters degree in coaching. I have also been involved with officiating qualifying as a level 2 starter. I have coached a number of sports with basketball being the area I have coached in the most. I love being part of SSC and helping the swimmers improve and develop not only their swimming skills but also their life skills. I am also a lecturer in sports coaching at Nelson and Colne College, having previously taught at Burnley college as well. I have coached and taught through all the age ranges from primary school to university and also coached senior teams at basketball. I have also previously managed a division 1 basketball club with a junior section as well this included managing professional basketball players including players coming over from America.

I enjoy watching and participating in plenty of sports, although I now only

really play cricket with a local village cricket team and cycle for recreational and fitness!! I have a wide array of fantastic DAD jokes, I also can do some great dad dancing and also enjoy watching films when I have some spare time!!!!

Working with the coaches at Skipton helping all the swimmers improve and develop has been fantastic and seeing the squad change over the years has provided challenges to the coaching team – which has also developed over the past few years, with many looking to develop their own skills and gain the next qualification. I am looking forward to the next few years at SSC with the potential of the young swimmers coming through and working with all the swimmers in the club.



Up and coming meets:

North East Regionals Championships
2nd - 3rd November 2024

Stockport Metro
15th - 17th November 2024

Blackpool Lights
16th - 17th November 2024

Airedale & Wharfedale Inter Club Gala
30th November 2024

Swim England Winter National Competition
4th - 8th December 2024

Stepping Stones Gala I
7th December 2024

City of Bradford Christmas long course
21st - 22nd December 2024

Harrogate Janus
4th - 5th January 2025

Young volunteer

Well done to Ava Barker and Amelia Redfearn, who have completed the requirements for the young poolside volunteer. Watch this space for Ava on poolside on Sundays and Amelia on poolside on Wednesdays!!





Yorkshire Championships

Well done to all the swimmers who qualified and took part in this years Yorkshire Winter Short Course Championships.

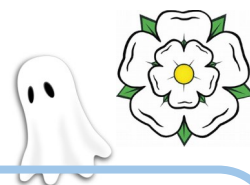
Over the 12th and 13th of October, the Yorkshire Championships took place for the older swimmers. Some strong performances were rewarded when Olivia Batty, Micah Warner and Jack Barnes all got their first medals, with a silver in the 50 freestyle, a bronze in the 50 and 100 backstroke and a bronze in the 50 breaststroke respectively. Stanley Dunne, Quinn-Austin Kelly and Sam Smith all had high performance swims, winning a gold, 2 silvers and 3 bronzes between them.

Stanley Dunne had electric swims taking off 5.7 seconds in his 100 breaststroke and 24 seconds in his 400 IM. Amelia Redfearn also had an outstanding performance in her 200 IM taking off 5.1 seconds off her previous personal best. The cuts in time didn't stop there as Sean Smith took off 7.4 seconds in his 100 butterfly.

The younger age group swam at Ponds Forge, Sheffield on the 19th and 20th October, with some Skipton swimmers competing for the first time at county level!

Lots of PBs all round from the younger age swimmers with many placing in the top 25 in for their event. Shout out to Jensen Hamilton who achieved an amazing 14 second PB on his 100 fly! Gray Chamley who won Bronze in the 50 Breaststroke, Noah Balnave for placing 5th in the 50m Backstroke and 8th in the 100m Backstroke and Will Barnes for placing 4th in the 50m Breaststroke and 8th in the 100m Breaststroke.

Outstanding swims and big personal bests all around for Skipton, and another successful Yorkshires for all who participated.



Annual General Meeting:

Thank you to those who were able to attend the AGM, and those who sent their apologies.

We are still in need of volunteers to help in running the club and making it the success that it is.

Committee roles are still available for male welfare and workforce co-ordinator along with general committee members - whose role is to provide support to the club and the committee in activities and roles as they arise, this can be helping organize fundraising, maybe you'd like to be press officer or redesign the newsletter? Whatever time or support you can give would really help.

We are also in desperate need of team managers to help with the younger age group meets, without volunteers these may need to become parent led.

If you have any questions at all, please don't hesitate to contact Rachel Barnes either poolside, she's there most nights or email at:

secretary@skiptonsc.co.uk

ANNUAL GENERAL MEETING



GET INVOLVED!

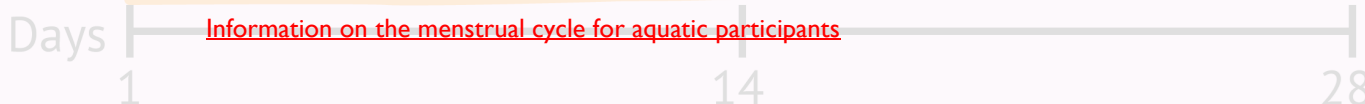
Swim England release female health resource on the menstrual cycle

18 October 2024

The first of Swim England's new female health resources has been published which focuses on the menstrual cycle.

The detailed document, developed by the national governing body, aims to provide information to female participants on each of the stages of the menstrual cycle, how it can affect the body and what they can do to help themselves and others to participate aquatics.

It has been put together by Swim England sport science and medicine manager Diane Elliot and Swim England sports scientist Craig Robertson to encourage female participants to not let their period stop them from getting active.



Fundraising

On Saturday 7th December, we are holding a Fundraising Bag Pack at Morrisons Supermarket, Skipton.



Last year we held a very successful bag packing fundraiser at Morrisons, raising over £600, which helped us purchase pace clocks for the club. This year we have managed to secure another slot on Saturday 7th December.

To make this event a success we need your help, if anyone could give 1 - 2 hours (or more of their time) we would be extremely grateful.

We will be putting a rota together that we need to fill to make it worthwhile and a big success!

This is a fantastic opportunity to raise awareness of our club and help raise money whilst we are doing it.

Don't worry if you haven't bag packed before all you need to do is turn up in your club top, we can provide one if needed.

Just speak to each customer and ask if they would like their bags packed and explain a bit about SSC, once you have packed their bags ask for a donation – every little helps!

Please help us make this a big success and volunteer: parents, swimmers, club, squad, siblings, grandparents.

Every penny we fundraise goes straight back to our swimmers and their sporting journey with SSC.

**A sign up sheet will be available poolside in the coming weeks or, have a chat to one of the committee, tell a coach, comment on facebook or email us and let us know what you can do.
Thank you!**



Christmas hamper raffle



This year we will also be running a Christmas hamper raffle, with some fantastic prizes including a gin hamper, club kit hamper, chocolate hamper and more!! Each swimmer will be given a book of tickets – to sell to friends, friends of friends, family, extended family, neighbours, work colleagues etc, anybody!!

More can be requested if needed and a prize from the chairperson will be given to whoever can sell the most tickets!

Further details to follow!



Christmas training dates:

Monday 23rd December - training as normal

Tuesday 24th December - TBC

Christmas Day 25th December - closed

Boxing Day 26th December - closed

Friday 27th December am - 10-11:30 invite only

Friday 27th December pm - TBC

Saturday 28th December - TBC

Sunday 29th December - 10-11:30 invite only

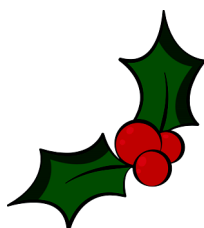
Monday 30th December - 10-11:30 invite only

Tuesday 31st December - TBC

New Years Day 1st January - closed

Thursday 2nd January - Back to normal

Barnoldswick training TBC.....



Save the Dates!

Stepping stones galas have been confirmed as:

Gala 1 Saturday **7th December** 15:00—18:00

Gala 2 Saturday **15th March** 15:00—18:00

Gala 3 Saturday **7th June** 15:00—18:00

Club Gala Sunday **13th July** 12:00—18:00



Don't Forget - new training times for a Monday and Thursday:



Monday 7:15—8:45 (or 9:15)

Thursday 7:15—8:15 (or 8:45)

