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## Happy 21st Birthday!



**Congratulations to our Swim Teacher  
Jordan Mason who celebrates her  
21st birthday on April 22nd.**





## Turtles Win the Hitchin Lions Gala Saturday 6th April 2019—Results



Turtles entered 2 teams into the Lions Hitchin Gala.

Turtles B Team won the gala and the Turtles name will appear on the Marcus McCarthy Shield for the very first (and last—see below) time.

Turtles A Team finished in third place. A really great performance by all the swimmers representing the Turtles with an exciting final race that decided the winners. Swim times can be found on the Turtles website.

In total the teams won 23 medals:

- Matthew won 3 Gold,
- Karen 1 Gold and 2 Silvers,
- Shaída 1 Gold & 2 Silvers,
- Dominic 3 Bronze,
- Gary 1 Gold, 1 Silver,
- Anthony 1 Gold, 1 Silver,
- Ian Andrew 1 Gold, 1 Bronze,
- Jeannette 2 Bronze.
- Stuart 1 Gold,
- Josh 1 Gold,
- Jamie 1 Bronze.



The Victorious Team B—but where was Josh?

Team Results	
Ruislip Turtles B	65 pts
Hatfield Platypus B	63 pts
Ruislip Turtles A	59 pts
Hatfield Platypus A	54 pts
Stevenage Dolphins	53 pts
Letchworth Pisces	45 pts



Team A	Team B
Dominic	Stuart
Jamie	Matthew
Gary	Josh
Anthony	Ian Andrew
Tillie	Shaída
Jeannette	Karen

Unfortunately, this is likely to be our last Hitchin Lions Gala as we have been informed that next year the entry criteria will change and we will be outside of the newly defined catchment area.

## Hatfield Platypus Gala Results Saturday 13th April

In a hard fought close contest, Turtles finished 3rd but just 3 points behind the winners, Platypus B.

Sophie won a Gold in the Ladies Diving and both of the Senior Relay Teams won gold.

A good performance with every Turtle swimmer winning at least one medal.



Team Results	
Hatfield Platypus B	48 pts
Stevenage Dolphins	46 pts
Ruislip Turtles	45 pts
Hatfield Platypus A	41 pts
Harrow Kingfisher	30 pts

Event	Swimmer	Submitted	Actual	Medals
Junior 3 Lengths	Stuart	3.20	3.08	Bronze
Ladies 3 Lengths	Tillie	2.30	2.25	Bronze
Mens 3 Lengths	Josh	2.00	2.02	4th
Junior 1 Length	Essie	0.43	0.45	Bronze
Ladies 1 Length	Karen	0.45	0.51	Bronze
Mens 1 Length	Anthony	0.41	0.41	Bronze
Ladies Diving	Sophie			Gold
Mens Diving	Anthony			4th
Junior 2 Lengths	Essie	1.43	2.00	4th
Ladies 2 lengths	Jeannette	1.27	2.24	Silver
Mens 2 Lengths	Gary	1.35	1.35	Bronze
Junior Relay	Stuart & Essie (2)	2.33	3.04	4th
Ladies Relay	Shaida, Sophie & Karen	2.12	2.16	Gold
Mens Relay	Gary, Anthony & Josh	1.57	1.53	Gold

## Harrow Kingfisher Gala

Unfortunately, we will not be able to participate in the 2019 Harrow Kingfisher Gala as the date (10th June) clashes with our AGM and Annual Awards Presentations.

So, sadly we will not be able to defend the Shield that we won last year.

## Hanworth & Feltham Lions Gala Results (17th March)

### Lions Hanworth & Feltham Gala – Certificate Winners

Congratulations to the following winners:

#### First Place (Gold)

Junior Relay Team (Essie, Solomon & Stuart)

#### Second Place (Silver)

Boys 1 Length Backstroke – Stuart

Ladies 2 Lengths Freestyle – Karen

Mens 1 Length Freestyle - Josh

#### Third Place (Bronze)

Boys 2 Lengths Freestyle – Stuart

Girls 1 Length Freestyle – Essie

Girls 2 Lengths Freestyle – Essie

Mens 1 Length Freestyle – Don

The timings can be found on the Turtles Website and also in last month's newsletter.



### Current Medal Table (after 4 Events)

	2019 Total	Gold	Silver	Bronze	Other	Gala Events
Stuart E.	9	2	2	4	1	4
Anthony O.	7	2	3	2		3
Matthew O'N.C.	6	3	0	3		2
Josh A.	6	2	3	1		4
Karen H.	6	2	3	1		4
Dominic O'N.C.	6	1	0	5		2
Shaída G.	5	3	2	0		4
Sophie G.	5	3	1	1		3
Estelle B-B	5	1	0	3	1	2
Jeannette P.	5	0	2	3		4
Gary L.	4	2	1	1		4
Don L.	4	1	1	2		2
Ian Andrew H.	2	1	0	1		2
Solomon G.	1	1	0	0		1
Tillie H.	1	0	0	1		3
Jamie W.	1	0	0	1		2
Charlie L.	1	0	0	1		1
Antony L.	0	0	0	0		1
<b>Totals</b>	<b>74</b>	<b>24</b>	<b>18</b>	<b>30</b>	<b>2</b>	<b>4</b>

Stuart continues to head up the Medal Table in his first season with the squad.  
Keep it up Stuart!



## New Turtles Swimming Club T Shirts



Following the launch of our new logo earlier this year, we have organised the design of new Turtles Club T-shirts that are available to all club members.

The T-shirts can be ordered from Bijan (on our Saturday registration desk) at a price of £10 each. The Shirts come in the normal UK sizes:

Children: Ages — 3-4, 5-6, 7-8, 9-10, 11-12, 13-14

Adults: S - M - L - XL

## Chief Instructor's Tips

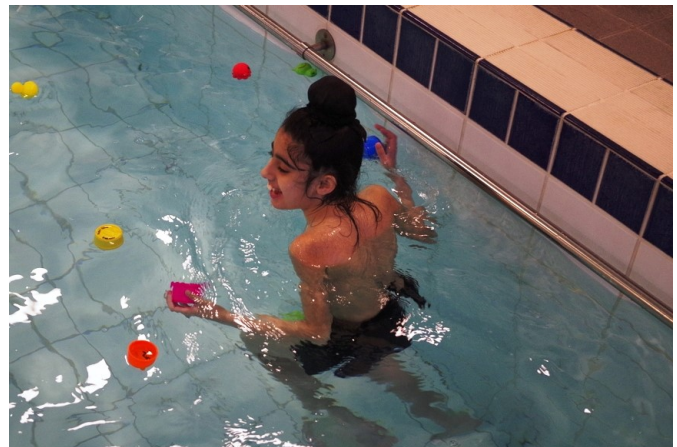
We are pleased to announce that Turtles have invested in more equipment to help you progress your swimming. The equipment will help you achieve some of Swim England's Fundamental Movement and Core Aquatic Skills.



Please note the advice in these articles is only general advice and you should always follow the advice of your G.P.

## Chief Instructor's Tips (Contd.)

### Aquatic Breathing



#### Treasure Hunt Game:

We have bought two building stacking cups. Try placing all the cups afloat in the pool and see who is the fastest to collect them and build their own tower on the poolside before someone knocks it down.

The stacking cups help:

- Develop Fine Motor Skills by putting cups together or trying to build them up.
- Teach colours, letters, shapes and counting.
- Co-ordination to stack the cups themselves.
- To teach size while stacking them correctly.
- Spatial awareness moving objects through the water and around.

Safety advice: - Safe kids toy: No BPA. No sharp edges. No smell. Very lightweight and durable, safe toy for babies 1 year + to be used in water.

## Chief Instructor's Tips (Contd.)

### Aquatic Breathing

### Travel & Coordination

#### Let's go Fishing Game:

Fun fishing game with 4 characters to catch with a fishing net.

Characters link together to make a chain.

Can be used to encourage counting.

Can be used to encourage blowing bubbles and submerging into the water for 3 seconds at a time.

It can also be used to collect sinkers.

BPA free



#### Floating Animals:

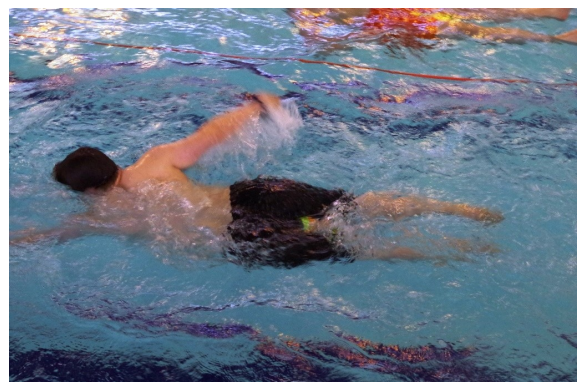
Can be used to help with co-ordination.

Spatial awareness moving objects through the water to and from each other.

BPA free

### Travel & Coordination

To help with upper arm strength we have bought pull buoys for the gala lane to use.



## Chief Instructor's Tips (Contd.)

### Aquatic Breathing

#### Speedo Sinker Puzzle Game (Gala Lane Use)

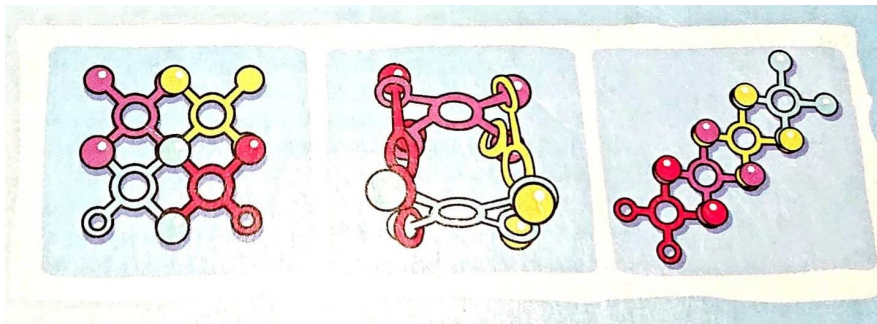
We have bought two puzzle sets that will be used in the main by the gala lane swimmers, working as a team.

Sinking silicone dive puzzle designed for swimmers to collect in the pool.

Helps improve dive skills and underwater confidence.

Helps improve fine motor skills and co-ordination.

Shapes can be connected in a variety of ways; diamond, a line, a square or in a pair.



**Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool, Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm.**

## Turtles Swimming & Diving Championships 2019

The 2019 Club Championships will consist of 11 competitive events. There will be both one and three length events for Juniors, Ladies and the Men. There will also be a Relay event for the Ladies, Men and the Juniors. We also have The Novice Event (Young Children swimming one width of the pool).

We are also going to establish the fastest Turtle Helper for 2019 and then we have the Family Fun Relay to round off the racing.

The Diving event will take place at 5.40pm the previous week (11th May).

### *Saturday 18th May 5.30-7.00*

Event 1	Novice Race (Young Children)
Event 2	Junior 1 Length
Event 3	Ladies 1 length
Event 4	Mens 1 Length
Event 5	Junior 100 Metres (3 Lengths)
Event 6	Ladies 100 Metres (3 Lengths)
Event 7	Mens 100 Metres (3 Lengths)
Event 8	Helpers 100 Metres Challenge
Event 9	Relay Race (Men v Ladies v Juniors)
Event 10	Family Fun Relay (4 lengths )
Event 11	Diving Contest (28th April)

As the Club Championships are scheduled to take place on Saturday 18th May at Highgrove Pool, our club swim session in the main pool will be limited to 30 minutes on that day (finishing at 5.30) and then we will commence with the Club Championships with a pool extension until 7pm.

Results will be announced and trophies awarded at the Club AGM on the 8th June.

There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year, Senior Improver of the Year and also the Don Lamb Shield for 'Services to the Turtles Swimming Club'.

We will also need helpers for the Championships, so please let Rosemary Noyes know if you are able to help.

*Let Dave Lee know if you wish to take part in any of the events*

### Diary Dates

**Turtles Diving Championships**

**Saturday 11th May**

**Committee Meeting**

**Tuesday 14th May**

**Turtles Swimming Championships**

**Saturday 18th May**

**Committee Meeting**

**Wednesday 5th June**

**Turtles Annual General Meeting**

**Saturday 8th June**

**Turtles Invitation Gala (Hillingdon)**

**Saturday 14th September**

## Eastcote Methodist Church

Thank You to the Eastcote Methodist Church who fund raised £70 for the Turtles. We are very grateful for all donations towards the running of the club.

## Annual Subscriptions Are Due

Annual subscriptions are due from the 1st April.  
Rates remain unchanged as follows:

All disabled members £8  
Non-disabled members £16  
Non-disabled junior members £8  
Visitors (per session) £2



There is an entrance fee charge of £1 per session (£3 for a family) in return for a raffle ticket.

## Annual General Meeting 2019

Our AGM will take place on Saturday 8th June at the 2nd Ickenham Scout Hall, Community Close (off Long Lane, Ickenham).  
The annual awards will be presented after the meeting.

Should you wish, you can order a Fish and Chip Supper for delivery ahead of the AGM meeting. The cost of £6.50 should be paid to our Saturday registration desk.

**Please order your Fish and Chips for the AGM**

**Reminder—the main pool will close at 5.30 on the 18th May, but the small pool will remain open until 6pm as usual.**

*Thank you to the organisations and individuals who support the Turtles*

Waitrose



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A DADA BRAND

ASDA

Ruislip Combined Charity

Eastcote Methodist Church

**Chair:**

**Secretary:**  
Andy Wallis

**Alison Grey**

**Chief Instructor:**  
Cheryl Lee

**Gala Team Manager—Dave Lee**  
**Gala Team Captain—Sophie Grey**

**Turtles Website:**

<http://www.ruislipturtles.org.uk>

**Turtles email:**

[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)