



**Drowning
Prevention
Week**
Page 4

**Who are the
2019
Champions?**
Page 3

**Diving
Sessions
are back!**
Page 6

**AGM -
Have you
ordered
your
Fish &
Chips?**

2019 AGM Agenda

Saturday 8th June 2019 19.30pm

**2nd Ickenham Scout Hall,
Community Close Ickenham**

1. Apologies for Absence
2. To Approve the 2018 AGM Minutes
3. Any Matters Arising
4. Chairman's Report
5. To Receive & Approve the Annual Accounts and Treasurer's Report
6. Secretary's Report
7. Election of Officers & Committee:
Chairman, Vice Chair, Treasurer, Chief Instructor
Secretary / Child Protection Officer, Assistant Secretary
Competition Secretary, and 6 Committee Members (and any
Co-opted Committee Members)
8. Appointment of Auditors
9. Any Other Business

**The 2019 Turtles Awards will be presented
following the AGM**



Annual General Meeting 2019 & Presentations

Saturday 9th June 2018 19.30pm

2nd Ickenham Scout Hall, Community
Close (off Long Lane, Ickenham).

Fish and Chip Supper at 18.45

AGM Commences at 19.30 but if you do
not wish to participate in the supper,
please feel free to come along at 19.30
for the AGM meeting.

**Remember to pre-order and pay for
your Fish & Chip Supper.**

**Huttons Fish Restaurant will be
delivering for 18.45**

**The cost will be £6.50 per person
prepaid.**

Please book with our Saturday Registration
Desk

The Annual Awards Presentations follow the AGM on the 8th June.

As well as the Championship trophies & medals, trophies will be awarded for:

**Senior Improver of the Year, Junior Improver of the Year, Volunteer of the Year and
the Don Lamb Award for Services to the Turtles.**

Congratulations to all the winners.

Their names will all be added to the Turtles Hall of Fame on the Turtles Website.

2019/ 20 Officer & Committee Elections

The following Officers and Committee members have confirmed that they intend to stand for re-election at the 2019 AGM:

Chair:	Alison Grey
Deputy Chair:	Nigel Grey
Treasurer:	Rosemary Noyes
Secretary :	Wallis
Child Protection Officer:	Andy Wallis
Chief Instructor:	Cheryl Lee
Competition Secretary :	David Lee
Assistant Secretary:	Bijan Ghorbanian
Committee Members:	Terry Cheshire, Linda Clarke, Peter Horne & Don Lamb

Co-opted Committee Members: Emma Hewlett and Patricia Bonney have decided to stand as Co-opted Committee Members (Non-voting). Ann Chivers has also confirmed that she wishes to continue as a Co-opted Committee member. Ann and Emma can no longer attend Committee meetings but wish to remain active for the club.

Our Constitution provides for 6 Committee Members and Heather Johnston has indicated that she wishes to stand for election. If anyone else would like to stand for election, then please let Alison know.

Turtles 2019 Championships

The Annual Club Championships took place on Saturday the 18th May including 'The Novice Championship'.

The evening was very successful with some very fine performances.

Congratulations to all the winners and competitors.

The 2019 Awards are listed below and all the winners have been added to the Turtles Hall of Fame on the Turtles Website.

We hope that you all enjoyed the fun!

2019 Turtles Championships Results						
	First	Second	Third	Fourth	Fifth	Sixth
Novice Race	Gaby	Keira	Ton			
Junior 3 Lengths	Stuart	Matthew	Dominic			
Ladies 3 Length	Jeannette	Sophie	Shaida			
Mens 3 Length	Don	Gary	Anthony o			
Helpers 3 lengths	Jack	Dave	Cheryl	Alison	Peter	Linda
Junior 1 Length	Dominic	Matthew	Stuart			
Ladies 1 Length	Jeannette	Tillie	Karen			
Mens 1 Length	Josh	Anthony o	Gary	Charlie	Antony L.	Jamie
Diving	Jamie	Sophie	Shaida	Anthony	Karen	Carl/stuart
Family Race 4 Lengths	Grey	Lee	O'Neill Cuadros	East		
Relay Race 3 Lengths	Dominic, & Matthew (2)	Anthony O Josh & Gary	Jeannette & Karen (2)	Shaida, Sophie & Tillie		



Cheryl's Chief Instructor's Tips

Turtles will be making a splash this month by taking part in Drowning Prevention Week 2019.

Drowning Prevention Week was created by the Royal Life Saving Society UK (RLSS UK) and this year will be organised in partnership with the RNLI and Swim England.



Water safety activity in the UK and Ireland will run from 14 - 24 June, 2019.

More than 700 people drown in the UK and Ireland every year, that's one every 10 hours, and many more suffer injury, sometimes life changing, through non—fatal drowning experiences.

The national campaign aims to ensure everyone knows how to have fun and stay safe near water. Turtles will be taking part by hosting water safety activities in the gala lane. We welcome all members to come and join in. For our less competent swimming members our helpers are on hand to help teach floating in a fun way in the shallow end.

Learning to float is a Core Aquatic skill of buoyancy and balance and progressive tips on how to achieve competency are listed below:



Picture 1

Learning to float with helper support like a star!

Teaching points

Head Back and ears in the water

Tummy and belly button up

Clench bum cheeks (glutes) together to propel pelvis up

Breath naturally and relax

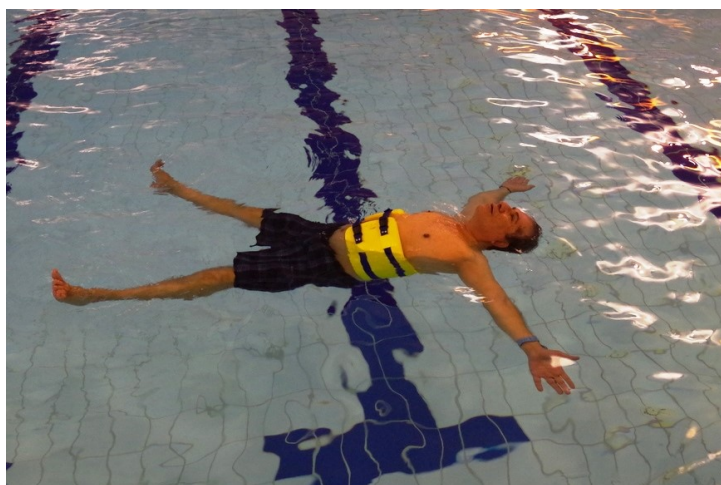
(If you find they are holding their breath ask them to count to ten)

Chief Instructor's Tips (Contd.)



Picture 3

Learning to float with no help and just a noodle like a star!



Picture 4

Learning to float on your own like a star

Picture 5 & 6

Pencil float shape

Letter L Shape float.

Now you know how to float you can try different shapes or even try to create the alphabet?



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



Current Medal Table (after 5 events)

	2019 Total	Gold	Silver	Bronze	Other	Gala Events
Stuart	11	3	2	5	1	5
Anthony O.	10	2	5	3		4
Matthew	9	4	1	4		3
Dominic	9	3	1	5		3
Josh	8	3	4	1		5
Karen	8	2	3	3		5
Jeannette	8	2	2	4		5
Sophie	7	3	3	1		4
Shaida	7	3	2	2		5
Gary	7	2	3	2		5
Don	5	2	1	2		3
Estelle	5	1	0	3	1	2
Ian Andrew	2	1	0	1		2
Jamie	2	1	0	1		2
Tillie	2	0	1	1		4
Soloman .	1	1	0	0		1
Gaby	1	1	0	0		1
Keira	1	0	1	0		1
Charlie	1	0	0	1		1
Tom	1	0	0	1		1
Antony L.	0	0	0	0		1
Totals	105	34	29	40	2	5

The medals won at the Club Championships have been included in the table opposite, Championship medals will be presented after the AGM on 8th June.

It is getting tight at the top now!

Three gala events remaining: Potters Bar, Hillingdon (Turtles) & Stevenage, with Anthony now just one medal behind Stuart.

Matthew has won the most Gold Medals so far and it all adds up to a close finish for 2019.

Up next, Potters Bar Barracuda Gala on the 22nd June. Turn to Page 7 for the team news.

Diving

The 2019 Diving Championships were very competitive and enjoyable. Congratulations to this year's champion, Jamie Woodbridge.

We used to allocate the final 15 minutes of our Saturday swim session for those wishing to practise or learn how to dive. However, we had to cancel the sessions for Health, Safety and Insurance reasons. This was because we needed to have a qualified Diving Instructor leading the session.

However, our current Chief Instructor (Cheryl) is a qualified Diving Instructor and so now we can re-introduce the sessions on the weeks that Cheryl is present at poolside. Any diving activity has to be under her supervision and we will not be using any of the diving boards—just poolside diving.

The sessions will take place at 5.45 at the right hand side of the deep end. Those wishing to continue swimming will be requested to move to the left hand side of the pool.

The sessions are open to any of our swimmers, so let Cheryl know if you wish to join in.

Potters Bar Barracuda Gala Saturday 22nd June 2019

The Barracuda Annual Invitation Gala will be held at Furzefield Centre, Mutton Lane, EN6 38W. **Report 5.30 for 6pm**

Team: Pool Length 33.3 Metres

Junior 1 Length: Essie **Ladies 1 Length:** Tillie
Mens 1 Length: Jamie **Junior 3 Lengths:** Solomon
Ladies 3 Lengths: Sophie **Mens 3 Lengths:** Josh
Junior 2 Lengths: Stuart **Ladies 2 Lengths:** Shaida
Mens 2 Lengths: Anthony
Junior Relay: Essie, Stuart & Solomon
Ladies Relay: Karen, Jeannette & Tillie
Mens Relay: Jamie, Gary & Don



Diary Dates

Committee Meeting

Turtles Annual General Meeting

Turtles Annual Awards

Barracuda Potters Bar Gala

Committee Meeting

Turtles Invitation Gala (Hillingdon)

Wednesday 5th June

Saturday 8th June

Saturday 8th June

Saturday 22nd June

Tuesday 9th June

Saturday 14th September

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.

Thank you to the organisations and individuals who support the Turtles

Waitrose



names.co.uk
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

Club President—Dave Lee

Turtles Website:

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

Turtles email:

turtlesswimming@yahoo.co.uk