

## TURTLES SWIMMING CLUB NEWSLETTER



**The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty.**

**Based at Highgrove Pool in Ruislip, the club meets every Saturday between 5pm and 6pm.**

**Registered  
Charity  
Number  
1055585**

# Well Done Alice

**Congratulations to Alice Evans who is now a Level Two Qualified Swimming Teacher.**

**Alice had previously completed her Level One qualification back in July 2015.**

**We are very grateful to all our helpers and swim teachers who give up their time to help the Turtles.**



**2016/2017 Subscriptions are now due**

**The subscription rates have been frozen once again at Disabled Members £8 and Family Members £16.**



# Turtles Evening Meal The Orchard, Ruislip Tuesday 15th March



## Long Distance Swim

Well done to the 8 Turtles who participated in the 2016 British Long Distance Swim.

We hope to be receiving the National Results and any awards (categorised by age and disability) in June.

The distances completed within the allotted 60 minute timescale were as follows:



Gylian Lucas	900 Metres (36 Lengths)
Shaida Ghorbanian	1000 Metres (40 Lengths)
Tilly Hewlett	1000 Metres (40 Lengths)
Gary Lee	1350 Metres (54 Lengths)
Jeannette Prentice	1400 Metres (56 Lengths)
Don Lamb	1450 Metres (58 Lengths)
Karen Hoffmann	1500 Metres (60 Lengths)
David Lee	2500 Metres (100 Lengths)

## Important Health Issue

The Duty Manager at Highgrove contacted the club on Sunday 13th March following an incident recorded on the previous day at the end of our swim session. It is possible that one of our younger members had an accident in both the Male Changing area and also the Training Pool leading to a subsequent pool closure. Should you be aware of any similar problems in the future please alert the pool staff immediately because on this occasion, no-one from the Turtles reported the incident. We therefore draw your attention to the following:

### *Diarrhea and Swimming*

*Diarrhea and swimming don't mix! Diarrhea is the most common recreational water illness (RWI). Swimmers who are sick with diarrhea—or who have been sick in the last two weeks—risk contaminating pool water with germs. Certain germs that cause diarrhea can live from minutes to days in pools, even if the pool is well-maintained. Once the pool has been contaminated, all it takes is for someone to swallow a small amount of pool water to become infected.*

## Pool Entrance Steps

The special entrance steps for the shallow-end of the Main Pool have been damaged and are currently away for repair. So please ask to use the hoist if you are unable to use the standard pool steps.

## Early Finish

**The Main Pool session finishes early on Saturday 30th April due to the Club Championships, but the Training Pool will remain open as usual.**

## Turtles Diary Dates

Date	Event
Sat. 9th April	Hatfield Platypus Gala
Tues. 12th April	Turtles Committee Meeting
Sat. 16th April	Hitchin Lions Gala
Sat. 23rd April	Turtles Club Diving Championship
Sat. 30th April	Turtles Club Swimming Championships
Sat. 21st May	AGM & Awards Ceremony
Sun. 11th September	Coach Outing
Sat. 17th September	Turtles Invitation Gala (tbc)

# April Galas

Hatfield Platypus



## Hatfield Platypus Gala

The Hatfield Platypus Gala takes place on **Saturday 9th April**. Report time 6pm for 6.30 start.

Postcode : **AL10 0EB**

The team for Hatfield is as follows:

Junior 1 Length	Tillie Hewlett
Junior 2 Lengths	Antony Laws
Junior 3 Lengths	Scarlet Regan
Ladies 1 Length	Karen Hoffmann
Ladies 2 Lengths	Shaida Ghorbanian
Ladies 3 lengths	Sophie Grey
Mens 1 Length	Neil Dew
Mens 2 Lengths	Gary Lee
Mens 3 Lengths	Gary Lee
Mens Diving	Oliver Regan
Ladies Diving	Sophie Grey
Junior Relay	Charlie Laws Oliver Regan Antony Laws
Ladies Relay	Sophie Grey Karen Hoffmann Shaida Ghobanian
Mens Relay	Neil Dew

## Hitchin Lions Gala

The Hitchin Lions Gala takes place on **Saturday 16th April**. Report time 6pm for 6.30 start.

Postcode **SG5 1HA**

We will be taking a mini-bus to this event.

We will be entering 2 teams for this gala.

### Team A

Tillie Hewlett,  
Charlie Laws,  
Oliver Regan,  
Shaida Ghorbanian,  
Karen Hoffmann,  
Neil Dew,  
& James Lesnek

### Team B

Scarlet Regan,  
Antony Laws,  
Jamie Woodbridge,  
Sophie Grey,  
Gary Lee ,  
& Don Lamb



Turtles



Gala Team

## Turtles 2016 Club Championships

The following swimmers wish to participate in this year's Club Championships:

Tillie Hewlett, Antony Laws, Charlie Laws, Scarlet Regan, Oliver Regan,  
Karen Hoffmann, Jeannette Prentice, Shaida Ghorbanian,  
Jamie Woodbridge, Gary Lee, Don Lamb Neil Dew & James Lesnek.

# Turtles Club Championships 2016

The 2016 Club Championships will consist of 10 competitive events. There will be both three and one length events for Juniors, Ladies and the Men. There will also be a Relay event for the Ladies, Men and the Juniors.

We are also going to establish the fastest Turtle Helper for 2016 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 (23rd April).

Event 1	Junior 1 Length
Event 2	Ladies 1 length
Event 3	Mens 1 Length
Event 4	Junior 100 Metres (3 Lengths)
Event 5	Ladies 100 Metres (3 Lengths)
Event 6	Mens 100 Metres (3 Lengths)
Event 7	Helpers 100 Metres Challenge*
Event 8	Relay Team Race (Men v Ladies v Juniors)
Event 9	Family Fun Relay (4 lengths)*
Event 10	Diving Contest (23rd April)

\* Events 7 and 9 will not involve staggered starts

As the Club Championships are scheduled to take place on Saturday 30th April 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 21st May.

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.

**If you would like to compete in the 2016 Turtles Championships, please let Dave Lee know.**

## Turtles Club Diving Championships Saturday 23rd April at 5.40pm.

## Turtles Club Swimming Championships Saturday 30th April at 5.45pm.

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



Alison Grey  
(Secretary)

Turtles email:  
turtlesswimming@yahoo.co.uk

Peter Horne  
(Chair)

Turtles email:  
turtlesswimming@yahoo.co.uk

# Turtles 2016 AGM & Presentations

Scout Hall  
Church of the Most Sacred Heart  
73 Pembroke Road, Ruislip, HA4 8NN  
Saturday 21st May 2016 7.30pm  
Fish and Chip Supper at 18.45

## 2016 AGM Agenda



1. Apologies for Absence
2. To Approve the 2014 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
  - Secretary / Child Protection Off.
  - Assistant Secretary
  - Competition Secretary
  - Chief Instructor
  - 6 Committee Members
- 8 Appointment of Auditors
- 9 Any Other Business;

## 2016 Presentations

Following the AGM,  
presentations will be made for  
the following annual awards:

Junior 3 Lengths Champion  
Ladies 3 Lengths Champion  
Mens 3 Lengths Champion  
Junior 1 Length Champion  
Ladies 1 Length Champion  
Mens 1 Length Champion  
Diving Champion  
Relay Champions  
Helpers Champion  
Family Relay Champions  
Junior Improver  
Senior Improver  
Volunteer of the Year  
Don Lamb award for 'Service to  
the Turtles'

**We would welcome new Committee Members, so If you are interested in joining the Committee please let Alison Grey know.**

**Turtles AGM & Presentations  
Saturday 21st May at 7.30pm.**

Alison Grey  
(Secretary)

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turtlesswimming@yahoo.co.uk

Peter Horne  
(Chair)

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