

# Turtles Swimming Club Newsletter



Established 1964

## Turtles Win The Barracuda Trophy



The Turtles Gala Team won the Barracuda Invitation Trophy at Potters Bar on Saturday 24th June with every member of the team winning a medal.

Dominic O'Neill-Cuardos won the first event (Junior One Length) and the Turtles were then in the lead right through until the final event of the evening when the Mens Relay Team finished second to secure a victory by three points from a rejuvenated Stevenage Dolphins Team.

The last time that the Turtles won this trophy was back in 2013 and so our team of nine swimmers (above) enjoyed celebrating their victory! (Full details on Page 8)

*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.*

## 5 BDSL Gold Medal Winners



Congratulations to our ten swimmers who took part in the 2017 British Long Distance Swimming Association event in January.

Sophie Grey, Karen Hoffmann, Gyllian Lucas, Don Lamb and Dave Lee all won Gold Medals in their individual categories and Jeannette Prentice, Tillie Hewlett, Shaida Ghorbanian and Gary Lee were second in their categories. Jessica Grey swam the furthest for the Turtles and was placed 14th in the National result. Well done to all our swimmers!



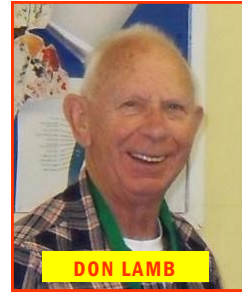
**SOPHIE GREY**



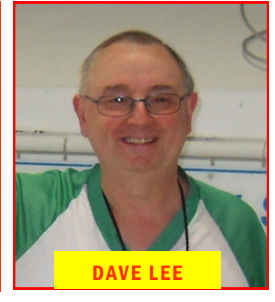
**KAREN HOFFMANN**



**GYLLIAN LUCAS**



**DON LAMB**



**DAVE LEE**



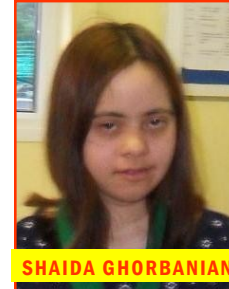
**JEANNETTE PRENTICE**



**TILLIE HEWLETT**



**GARY LEE**



**SHAIDA GHORBANIAN**



**JESSICA GREY**

Turtle Swimmer	2017 Distance Completed	2017 Highrove (Full Lengths)	National Position Within Classification	National Position inc. non-disabled (Within Age Group & Gender)
Jessica Grey	2838m	86	14th	14th
Dave Lee	2574m	78	1st Gold	9th
Sophie Grey	1848m	56	1st Gold	17th
Karen Hoffmann	1518m	46	1st Gold	22nd
Don Lamb	1518m	46	1st Gold	4th
Gary Lee	1386m	42	2nd	15th
Jeannette Prentice	1320m	40	2nd	24th
Tillie Hewlett	1155m	35	2nd	21st
Shaida Ghorbanian	1056m	32	2nd	10th
Gyllian Lucas	1056m	32	1st Gold	12th

# British Long Distance Swimming Association

# Alison Grey — Your New Turtles Chair



When Nigel and I first joined the Turtles many years ago, when Sophie was just a toddler, I would never have envisaged that the club would play such a significant part of my life. Initially Turtles was just a fun couple of hours out of the house on a Saturday evening, Sophie always loved swimming as did her siblings Jessica and Jack. We all enjoyed our family time together at Highgrove.

However, over the years I have seen the club go from strength to strength. More importantly, I have seen the impact of our club on families and individuals and have seen some amazing transformations over time as our swimmers gain their confidence in the water. I have been inspired by so many swimmers and their families.

Having been the Turtles' secretary for five years, I want to continue to play a role in the ongoing development of this great club and was very happy to have been nominated to stand as Chair at our recent AGM. I will work hard to ensure that Turtles continues to be successful.

## Turtles Diary Dates

Tuesday 5th September

Turtles Committee Meeting

Saturday 30th September

Turtles Invitation Gala

Saturday 14th October

Stevenage Dolphins Gala



Turtles Swimming Club is a Registered Charity  
 Charity Number 1055545  
 Established 1964

Chair

Alison Grey

Secretary

Andy Wallis

Turtles email:

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

Turtles website:

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

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



Friends of Ken



Combined Charities of Ruislip



Four Wheels Uxbridge Rotary

## Turtles Club Policies

The Committee has reviewed the club policies to ensure that they are up to date and reflect the needs of the club, the Highgrove management and best practice. The first 2 policies that have been updated are listed below for your attention.

### Members Code of Conduct

#### Members must;

At all times adhere to the rules of Turtles Swimming Club, Highgrove Pool Management and any alternative Leisure Centre Pool Management related to temporary re-location or competitive events, together with any local rules pertaining to any Turtles outings or social events.

At all times adhere to the Turtles' Child and Vulnerable Adult Protection Policy.

Treat all members and persons with due dignity and respect and at all times adhere to the Turtles' Equity Policy.

Understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club constitution or child protection policy.

Not participate in any swimming sessions contrary to the advice of their G.P and must ensure that the committee member at registration is made aware of any changes to medical conditions or emergency drug procedures or any other health changes that may require helpers and lifeguards to be more vigilant.

Not smoke or consume alcohol or recreational drugs of any kind at the pool or whilst representing the club at competitions and should not attend swimming sessions or competitions under the influence of alcohol, recreational drugs or contrary to the direction of prescribed medication.

Wear suitable swimming attire when attending pool sessions or when representing the club at swimming galas.

Pay annual subscriptions promptly (Due on 1<sup>st</sup> April).

Keep to agreed timings for gala events and competitions or inform the team manager if they are going to be late.

At competitions or galas support team mates. Everyone likes to be supported and they will be supporting you.

#### Please note:

Vulnerable adults and junior members must be accompanied by a parent / carer at all times. During the session the parent / carer should be seated upstairs in the auditorium. Requests to alter the above must be made to the committee. If an exception is granted the parent / carer at the pool side must be suitably attired to enter the water if required. The committee reserves the right to designate the parent / carer's specific location.

Photography at poolside is strictly prohibited without prior consent from both Highgrove Pool staff and the Turtles Committee. Any photographs taken must only include images of the person who is the authorised subject of the photograph. Turtles Swimming Club reserves the right to take photographs for publicity purposes as outlined in the Photograph Consent form signed when members join the club.

## **Turtles Club Policies — Parent & Carers Code of Conduct**

### **Parents & Carers must;**

At all times adhere to the rules of Turtles Swimming Club, Highgrove Pool Management and any alternative Leisure Centre Pool Management related to temporary re-location or competitive events, together with any local rules pertaining to any Turtles outings or social events.

**At all times adhere to the Turtles' Child and Vulnerable Adult Protection Policy.**

Treat all members and persons with due dignity and respect and at all times adhere to the Turtles' Equity Policy.

**Understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club constitution or child protection policy.**

Support your child or vulnerable adult's involvement and help them enjoy swimming but never force your child or vulnerable adult to take part in swimming activities (or any sport).

**Help your child or vulnerable adult to recognise good performance, not just result, and set a good example by recognising fair play, applauding good performance of all. But never punish or belittle a child or vulnerable adult for losing or making mistakes.**

Encourage and guide performers to accept responsibility for their own performance and behaviour. When participating in galas, encourage your child or vulnerable adult to learn the rules and act within them and publicly accept officials judgements, discourage unfair activity and any arguing with officials or other competitors.

**Not participate in, or allow a child or vulnerable adult to participate in, any swimming sessions, contrary to the advice of their G.P and must ensure that the committee member at registration is made aware of any changes to medical conditions or emergency drug procedures or any other health changes that may require helpers and lifeguards to be more vigilant.**

Not participate or allow a child or vulnerable adult to smoke or consume alcohol or recreational drugs of any kind at the pool or whilst representing the club at competitions and should not attend swimming sessions or competitions under the influence of alcohol, recreational drugs or contrary to the direction of prescribed medication.

**Wear suitable swimming attire when attending pool sessions or when representing the club at swimming galas.**

Pay annual subscriptions promptly (Due on 1<sup>st</sup> April).

**Ensure that your child or vulnerable adult keeps to agreed timings for gala events and competitions or inform the team manager if they are going to be late.**

Please note

Vulnerable adults and junior members must be accompanied by a parent / carer at all times. During the session the parent / carer should be seated upstairs in the auditorium. However, trial swimmers can have one spectator sitting at poolside for the trial session. Requests to alter the above must be made to the committee. If an exception is granted, the parent / carer at the pool side must be suitably attired to enter the water if required. The committee reserves the right to designate the parent / carer's specific location.

**Photography at poolside is strictly prohibited without prior consent from both Highgrove Pool staff and the Turtles Committee. Any photographs taken must only include images of the person who is the authorised subject of the photograph. Turtles Swimming Club reserves the right to take photographs for publicity purposes as outlined in the Photograph Consent form signed when members join the club.**

# Presentation of the 2017 Awards







**Potters Bar  
Barracuda**

**Turtles**



**Gala Team**

## Barracuda Potters Bar Gala Results

EVENT	SWIMMER	Ent. Time	Swum Time	Pos.
<b>Junior 1 length</b>	Dominic O'Neill-Cuadros	<b>0.37</b>	0.36	1st
<b>Ladies 1 length</b>	Shaida Ghorbanian	<b>0.35</b>	0.32	2nd
<b>Mens 1 length</b>	Anthony Orr	<b>0.33</b>	0.29	2nd
<b>Junior 3 lengths</b>	Matthew O'Neill-Cuadros	<b>1.35</b>	1.26	1st
<b>Ladies 3 lengths</b>	Sophie Grey	<b>1.37</b>	1.41	1st
<b>Mens 3 lengths</b>	Gary Lee	<b>1.54</b>	2.00	1st
<b>Junior 2 lengths</b>	Tillie Hewlett	<b>1.11</b>	1.05	
<b>Ladies 2 lengths</b>	Jeannette Prentice	<b>1.43</b>	1.35	1st
<b>Mens 2 lengths</b>	Josh Arends	<b>1.00</b>	0.56	2nd
<b>Junior Relay 3 lengths</b>	Dominic, Matthew & Tillie	<b>1.30</b>	1.43	3rd
<b>Ladies Relay 3 Lengths</b>	Jeannette, Shaida, Sophie	<b>1.50</b>	1.52	3rd
<b>Mens Relay 3 lengths</b>	Josh, Anthony & Gary	<b>1.36</b>	1.23	2nd

**Team Result**      **Pos.**      **Pts.**

Ruislip Turtles	1st	59
Stevenage Dolphins	2nd	56
Hatfield Platypus	3rd	40
Potters Bar Barracuda	4th	38
Harrow Kingfishers	5th	32
Enfield Venturers	6th	23

A fantastic team performance from the team, leading from the first to the last event to win the Barracuda Trophy.

Every team member won a medal and congratulations to Gold Medal Winners: Matthew, Dominic, Gary and Jeannette.

The victorious team went home very happy!

With 2 more galas remaining in the 2017 season, the situation at the top of the medal table could not be tighter with Sophie just edging ahead of Shaida.

2017 Medal Table	Total	Gold	Silver	Bronze	Events
Sophie Grey	<b>11</b>	<b>3</b>	<b>4</b>	<b>4</b>	5
Shaida Ghorbanian	<b>10</b>	<b>1</b>	<b>6</b>	<b>3</b>	7
Jeannette Prentice	<b>9</b>	<b>4</b>	<b>4</b>	<b>1</b>	7
Matthew O'Neill-Cuadros	<b>8</b>	<b>4</b>		<b>4</b>	4
Tillie Hewlett	<b>8</b>	<b>2</b>	<b>2</b>	<b>4</b>	5
Oliver Regan	<b>7</b>	<b>2</b>	<b>4</b>	<b>1</b>	3
Don Lamb	<b>6</b>	<b>2</b>	<b>1</b>	<b>3</b>	4
Gary Lee	<b>5</b>	<b>4</b>	<b>1</b>		6
Josh Arends	<b>5</b>	<b>2</b>	<b>3</b>		2
Jamie Woodbridge	<b>5</b>	<b>2</b>	<b>2</b>	<b>1</b>	3
Anthony Orr	<b>4</b>	<b>1</b>	<b>3</b>		3
Dominic O'Neill-Cuadros	<b>4</b>	<b>1</b>		<b>3</b>	3
Charlie Laws	<b>3</b>	<b>2</b>		<b>1</b>	2
Geraldine Leong	<b>3</b>	<b>1</b>	<b>1</b>	<b>1</b>	2
Antony Laws	<b>2</b>	<b>1</b>	<b>1</b>		2
Soloman Goddard	<b>2</b>		<b>1</b>	<b>1</b>	1
Scarlett Regan	<b>1</b>	<b>1</b>			3
Karen Hoffmann	<b>1</b>	<b>1</b>			2
Mark Bishop	<b>1</b>	<b>1</b>			1
Dave Lee	<b>1</b>	<b>1</b>			1
Gyllian Lucas	<b>1</b>	<b>1</b>			1
<b>Totals</b>	<b>97</b>	<b>37</b>	<b>33</b>	<b>27</b>	<b>7</b>

## Good Luck Pippa –and Thank You!



We are sad to be losing Pippa Haggit from our swim teaching team (once again). Pippa is a qualified Childrens Nurse and we all wish her the very best of luck in her new job when she relocates to Bristol. Pippa first joined the Turtles Team over 7 years ago and the picture on the right is taken from the April 2010 Newsletter.

We hope to see Pippa back from time to time for the occasional visit, but a huge thank you to Pippa for all the help that she has given the Turtles over the years.



## Say Hello to Daisy, Daffy and Donald



PURCHASED FROM 'JUST DUCKS.CO.UK'

The newest additions to our swimming equipment trolley are called Daisy, Daffy & Donald. These large flotation aids help with leg and buoyancy exercises. We have also recently purchased another 6 swim belts.

We are often asked for the details of the suppliers of our equipment. Some of the equipment can be sourced from various suppliers, whereas other equipment can be supplier specific e.g Twin Aqua Floats, but our current equipment suppliers are listed below. Should you wish to purchase your own equipment and bring the equipment along to the Turtles swim sessions, please make sure that you label beforehand to avoid any confusion.

### TWIN AQUA FLOATS



THERAPY WORLD

### HYDRO BELTS



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

### SPEEDO BELTS



### BARBELLS



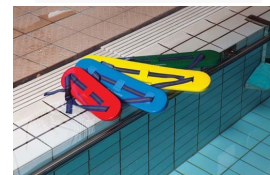
MAUDE SPORTS

<http://www.maudesport.co>

### AQUA BODY SUPPORTS



### TAHITI BELTS



### BECO BELTS



<http://www.jplennard.com>

### BECO MONO FLOATS



MIKES DIVING

<http://www.mikes-diving.co.uk/>

### EAR BUDDIES



### GOGGLES



### NEWITTS

<http://www.newitts.com>

### SHIRTS & SWIMCAPS

### WOODCHESTER GROUP

<http://www.swimcap.com/>