



Turtles Swimming Club Newsletter

**January 2018
Issue 98**

2018 Gala Season Off To An Early Start!



The 2018 Gala Season gets off to an earlier than usual start with our first visit to Northolt Leisure Centre for the inaugural Ealing Swimming Club Invitation Disability Gala.

The gala is scheduled for Saturday 13th January, report and warm up at

4.30 for 5.00 start time. The pool size is 25 Metres and the gala will operate under NASCH rules with the usual 10% repositioning applied to swimmers exceeding their submitted times.

Northolt Leisure Centre, Eastcote Lane North, Northolt, UB5 4AB.



ESTABLISHED 1964

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

Chair:

Alison Grey

Chief Instructor:

Linda Clarke

Secretary:

Andy Wallis

Turtles email:

**turtlesswimming@
yahoo.co.uk**

Turtles Website:

**[http://www.
ruislipturtles.org.uk](http://www.ruislipturtles.org.uk)**

Turtles Swimming Club is a registered Charity Number 1055545

Team News for the Ealing Gala



**Northolt Leisure Centre,
Eastcote Lane
North, Northolt,
UB5 4AB.**



TURTLES TEAMS FOR THE EALING GALA

We will be entering two teams for the Ealing Gala on Saturday 13th January. Please report by 4.30. The gala starts with the 100 Metres races and the relay events are structured in a different way to our usual galas. There is no Diving competition at Ealing

Ealing Team Sheet			Team A		Team B	
Event	Distance		Swimmer	Time Submitted	Swimmer	Time Submitted
1	Junior	100M	Tillie	2.33	Matthew	2.00
2	Ladies	100M	Sophie	2.25	Jeannette	3.41
3	Men	100M	Gary	2.48	Josh	2.16
4	Junior	50M	Antony	1.07	Dominic	1.29
5	Ladies	50M	Karen	1.15	Shaida	1.20
6	Men	50M	Don	1.27	Anthony	1.04
7	Junior	25M	Antony	0.29	Dominic	0.44
8	Ladies	25M	Karen	0.34	Jeannette	0.52
9	Men	25M	Don	0.41	Charlie	0.33
10	Junior Relay	100M	Tillie (2)	1.05	Matthew (2)	0.57
			Antony (2)	1.07	Dominic (2)	1.29
11	Senior Relay	100M	Sophie	0.27	Shaida	0.35
			Gary	0.29	Charlie	0.33
			Karen	0.34	Anthony	0.27
			Don	0.41	Josh	0.23
12	Junior & Senior Relay	200M	Sophie (2)	1.02	Shaida	0.35
			Gary (2)	1.09	Charlie	0.33
			Karen	0.34	Anthony (2)	1.04
			Don	0.41	Josh	0.23
			Tillie	0.26	Jeannette	0.52
			Antony	0.29	Matthew	0.25
					Dominic	0.44



A WARM WELCOME TO ELEANOR

We are very pleased to welcome Eleanor Horne to our team of Saturday volunteers.

Eleanor will be joining the Turtles as part of her Duke of Edinburgh training.

If Eleanor seems familiar to some of you then that is hardly a surprise because Eleanor is the daughter of our Health

and Safety Officer (Peter Horne) and brother of keen gala swimmer Ian Andrew Horne.

Eleanor will complete her induction training and then assist the Swim Teachers, the Poolside Team and the Reception Team.

Thanks for volunteering. Eleanor.

A New Helper Joins the Turtles



WELL DONE SAM & CHRISTINA



When Sam Randall suggested to his mum that he wanted to learn to swim again, Christina immediately suggested returning to the Turtles. The Randall family had previously been members back in 2012 during the time that the Turtles had relocated to Hillingdon Pool because Highgrove was being refurbished.

But progress has not only been good for Sam, but also for Christina. Both completed their ten metres distance award and then just a few weeks later completed their twenty five metres award, conquering the back stroke along the way! So, matching each other all the way, just how far will they manage next time?

Congratulations to both Sam and Christina and a big thank you to Christina for proposing the Turtles as one of the December Community Matters Charities at Waitrose South Harrow.

Mum & Son in Competition!

Waitrose

South Harrow

Community Matters

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. This month we highlight the **Helpers & Swim Teacher Policy** and the progression opportunities and support available. All of the club's policies can be viewed on the **Turtles Website**.

HELPERS & SWIM TEACHERS POLICY & PROGRESSION

The Club is dependent on a rich pool of volunteers who give up their time to provide tuition, assist at poolside or provide administrative support at pool sessions. Volunteers come along at their convenience and are not expected to attend pool sessions every week. However, whenever possible it is helpful to communicate likely availability to help with co-ordination of the Saturday sessions.

'Helper' shirts indicate those club members who perform an agreed role at either poolside or in administration.

'Swim Teacher' shirts distinguish those volunteers who have formal swim teaching qualifications that have been accepted by the committee. Committee decision will be based on Level, Issuing Body and date of qualification. Before a 'Swim Teacher' shirt can be awarded, documentary proof of qualification must be presented to the Club Secretary for formal recording at the next Committee Meeting.

Members wishing to become either a 'Helper' or a 'Swim Teacher' should approach either the Chief Instructor, the Club Secretary or the Chair to discuss the particular role that they wish to undertake.

Before a member can become a Poolside Helper or a Swim Teacher they must complete a 'Poolside Helper Induction'. Members cannot casually start assisting or instructing at poolside without first completing the induction programme.

'Helper' shirts for poolside and administration duties can only be awarded following a successful recommendation made by a Club Officer to the Turtles Committee.

Outlined below is how the club can support volunteers to progress in their poolside assistance through to formal Swim Teaching.

14+ years – speak to the Chief Instructor, the Club Secretary or the Chair about becoming a poolside helper. We can organise your induction and then under the direction and supervision of a swim teacher you can begin to help.

16+ years (with at least 6 months poolside helper experience) recommendation by committee member for Level 1 Swim Teaching Assistant course.

In order to request funding from Turtles Swimming Club you will need to have completed a minimum of 6 months helping at poolside.

HELPERS & SWIM TEACHERS POLICY & PROGRESSION (CONTINUED)

Funding Guidelines

Young Helpers

Turtles Swimming Club understands that each application will be beneficial for both the individual and the swimming club.

The details below indicate the policy approach to be followed regarding the financial support which can be offered by Turtles Swimming Club.

Young helpers will need to request (in writing) financial support to help fund either a level 1 Swim Teaching Assistant course or level 2 Swim Teacher course.

Requests will be considered on an individual case by case basis by the Turtles Committee at the next scheduled committee meeting.

A decision will be made whether to fund up to 33% of the cost of the course at that committee meeting and this will be shared with the young helper at the earliest opportunity.

Committee members and parents

Turtles Swimming Club understands that each application will be beneficial for both the individual and the swimming club.

The details below indicate the policy approach to be followed regarding the financial support which can be offered by Turtles Swimming Club.

Committee members and parents will need to request (in writing) financial support to help fund either a level 1 or level 2 training course.

Requests will be considered on an individual case by case basis by the Turtles Committee at the next scheduled committee meeting.

A decision will be made whether to support the funding of the course of the course and by how much at that committee meeting. This will be shared with the committee member or parent at the earliest opportunity.

All funding applications will be subject to Committee approval.

Payment

Financial reimbursement will follow successful completion of the course and a copy of the qualification certificate is given to the committee.

After qualification

Turtles Swimming Club would expect an element of continued support from the individual member once they have gained their swimming teacher qualification.

BRITISH LONG DISTANCE SWIMMING ASSOCIATION

We will be participating in the above event as usual. Our swim session will take place on Saturday 27th January at Highgrove Pool between 6pm and 7pm. So if you would like to take part, please register with Alison. All members may participate (even family members who do not have a disability). It is fun to see just how far you can swim in one hour (or less than an hour should you wish). Our recorded times are then pitched against clubs throughout the country and assessed by age and class of disability and medals awarded accordingly. We will also need volunteers to help with the counting and recording, so please let Alison know if you can help.

THANK YOU TO COMBINED CHARITY

We are very grateful to Ruislip Combined Charity for their generous donation of £200. A regular supporter of the Turtles, Ruislip Combined Charity first donated £200 for Christmas 2010. With so many other deserving causes we are always very grateful when we are chosen for support.

TURTLES 2018 CALENDAR

Tuesday 9th January	Turtles Committee Meeting
Saturday 13th January	Ealing Gala
Saturday 27th January	Long Distance Swim
Sunday 18th March	Hanworth & Feltham Gala
Saturday 14th April	Hatfield Gala
Saturday 21st April	Hitchin Gala



**Have you booked
for the Long
Distance Swim
yet?**

**THANK YOU TO THE
ORGANISATIONS AND
INDIVIDUALS WHO
SUPPORT THE TURTLES**

Waitrose

**Ruislip Combined
Charity**

Friends of Ken



names.co.uk
A DADA BRAND

Thank you!