

YDSC Head Coach gets Senior level course. Mr Iain Angell, was one of 12 candidates selected from over 80 applicants for the prestigious Swim England Senior Coaching course, previously known as Level 3. This annual programme develops the skills to plan, deliver and evaluate long-term competitive coaching programmes. As a senior coach, Ian will be able to lead a coaching team and manage resources to support all areas of a swimming club or squad programme. Completing the programme will also allow him to develop self-confidence, improve communication and interpersonal skills, identify the principles of coaching in a development or performance environment, develop awareness of his professional roles and responsibilities, adopt an integrated approach to the theory and practice of performance swimming and reflect his experience and skills and identify areas for personal development. In order to achieve this certificate, Ian will be expected to complete a series of assessment tasks to ensure that effective development has taken place. The whole club would like to congratulate Ian on this amazing achievement and wish him all the very best on, what will be, a very arduous and demanding course.

Issue 1 – Sep 2019 - So here it is...our first ever fundraising Newsletter!! Thank you so much to all those that who attended the Presentation Day, celebrating all our wonderful children's achievements. With our hamper raffle and 'new to you' sale rail we made over £290!! Next, we are going to test our youngsters packing skills at another bag packing event leading up to Christmas. (Date and venue to be confirmed). After that, our next fundraising event will be held at our Christmas Meet at Millfield on 21st & 22nd December. We would really like to raffle off large tubs of chocolates (currently on sale in Tesco at £3.50 on special offer). So, if you wanted to grab a bargain (or two!!) Nearer the day we would also be grateful for donations to our luxury food hampers (a list of items will be passed around for families to choose from). Last year we made over £1000, so let's see if we can smash it again this year!! All monies from fundraising will go directly back to benefit the children such as buying equipment, trips and activities or fun items so every penny counts!! Don't forget to like and follow YDSC on Facebook to keep up to date with Club shenanigans and connect with other parents and families. Club page: Yeovil District Swimming Club & Families page: YDSC #pinkarmy Family. Thank you so much for your continued support. Clare and Kate – your YDSC Fundraising Team.

Coach Paul Perry's corner. I've put together an information card, of which there are a few still available, which covers the equipment and food you will need on competition day. Equipment wise, you should bring a racing costume (normal swim costume is acceptable) & a spare costume, 2x towels, 2x pairs of goggles, 2x swim hats, a T-shirt (preferably a club one) & some swim shorts, a pair of flip flops or sliders, a book, a game or some lovely homework. I suggest that your competition lunch bag should contain at least 2x water bottles (700ml+) containing water or diluted fruit juice with a pinch of salt or sports drink, pasta salad or plain sandwiches, maybe tuna and cheese with salad, a banana, peanut butter, bananas, grapes, apples, plums, pears, dried fruit (raisins, apricots, mango), rice cakes, cereal bars, fruit bars or other healthy snacks your child will happily eat. I hope that will help on competition day so best of luck and see you all poolside.

Huish Swim Venue update. Following the meeting last night at Huish, with centre manager James Walpole, and representatives from Ilminster Swimming club, we have reached an agreement that allows YDSC performance swimmers to return to Huish on Tuesday evenings, in lieu of the Millfield session. Subject to formal confirmation by James, and commencing 15th October, Ilminster will use the pool between 1830 and 2000. YDSC will use the pool between 1930 and 2100, the period of 1930 to 2000, being shared by both clubs. James has been extremely helpful, not only reconciling the needs of both clubs, but also agreeing to amend the centre adult swim schedules on Tuesday evening to allow this to happen. We will need to disseminate this information to swimmers and parents once I receive the confirmation from James. As an aside, James also advised that owing to errors by the contractors in the pool build, essential repairs will take place in December - the pool will be closed for the duration. Again, this will be formally advised, at which point we can advise our members.



Figure 1 Head Coach Ian Angell on presentation day (left).

Duel in the Pool 2 – Sunday 29th Sep 19. Held at the Oxley Sports Centre in Sherborne, this was an excellent opportunity for the Pink Army to bond with other swim teams. The visitors were The Heron Swim Club from RNAS Yeovilton and as soon as the swimmers were at pool side, the combined coaching and volunteer staff set about organising the 42 swimmers present in to 6 teams of 7. After a warm up, the teams had to choose names, which went as follows: Team 1 – The Swimming Nuggets, Team 2 – Team Scooby Doo, Team 3 – The Sail-Fish, Team 4 - Save the Turtle, Team 5 – Da Jim Bobs and Team 6 – The Marauding Mackerels. It was then straight in to the friendly competition with Coach Mark taking the announcers role and other staff assuming team manager or lane monitor roles. There were several different and somewhat unorthodox race types, which meant each and every swimmer and spectating parents alike, thoroughly enjoy the fun day. There was a toggle race, where each competitor sat atop a knotted foam tube and swam not unlike a dog on a bike and the front crawl with head always above water race, which is extremely counter-intuitive for trained swimmers, to name just two. The day finally ended with lots of tired children keenly eyeing up the cake stall as the results were read out. Although it was a very close thing from first to last, The Marauding Mackerels took the honour of being the winning team on this occasion but clearly everyone present were winners as the mornings swim went so well and everyone had so much fun. Throughout the event, Natasha Perry & Isabella Hudson were running the cake stall and believe me, there were some amazing cakes, buns and sweet treats on offer, which did really well although no figure was available at time of going to press.



Figure 2 The Marauding Mackerels – Duel in the Pool 2 winning team



Figure 3 Natasha & Isabella on cake duties

New Members. The Pink Army is always looking for new swimmers to join the club so if you are interested in joining our club, please contact our membership secretary by emailing: membership.ydsc@gmail.com We offer a week's FREE trial and an extremely comprehensive programme of swimming and cater for young swimmers who are thinking about moving into competitive swimming and want to complete Stages 7-10 of the Swim England program, through to National swimmers. forms required can be found on the YDSC Website: <http://www.ydsc.co.uk/information/join-the-club>.

Next event for the Pink Army. This will be the Somerset ASA Development Meet at Millfield on the 5th & 6th October 2019. Maybe we'll see you there?!