

DEEPINGS

SWIMMING CLUB

BAGS 2 SCHOOL!
WE RAISED **£162!**
THANKS TO EVERYONE
WHO CONTRIBUTED
THEIR OLD CLOTHES

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Club statement: pool condition

You may be aware that we have had some issues with swimmers becoming breathless during swimming sessions.

We have been assured by 1Life that the pool water is tested regularly by an independent company who confirms that the water meets the relevant testing requirements. To maintain the water in this condition, it has been agreed that our swimmers will remove makeup

and shower before every swimming session.

There are on-going issues with the air handling system in the leisure centre. This is due to its age and it is being managed as best it can.

We will continue to monitor the situation closely.

There have been a number of comments over the past couple of weeks regarding the leaking roof in the pool area.

After the last storm, club

chairman Steve Tappern voiced his concerns with the local councillors who have been fighting our case to get the council/leisure centre to repair the roof. They have agreed to do so in the next couple of weeks, so hopefully we will see some action.

Rest assured, the club will keep pressing to get something done as it is completely unacceptable in the current condition.

CHAPPER'S CHATS



This month, Lynn looks at how to be a great swimmer and achieve your goals.

- Always set and agree goals with your coach.
- Attend all sessions.

Swimming is a complex sport which requires excellent technique, great skills, endurance and speed. If you miss sessions you will not achieve.

- Be positive. Focus on what you can do and not what others can do.
- Listen to your coach. They provide you with expert guidance, correction, feedback and support.
- Have a healthy, nutritious diet. You need to replace energy after training and racing. Complex carbs and protein will replace energy and repair muscles.
- Get out of your comfort zone!
- Keep hydrated.
- Be willing to change to improve.

How can parents help their child to achieve their goals?

- Support your child 100% no matter how bad you think their race was.
- Leave the coaching to the coaches.
- Do not give money or rewards for PBs. This tells the child if they have not PB'd they have not done well.
- Provide a healthy diet and appropriate food at meets.
- If you need advice about your child's swimming and development, speak to the coach.
- Every child is unique. Do not compare yours to others.
- Enjoy the swimming journey with your child.

CAROLINE RECOGNISED FOR SERVICES TO DEEPINGS

Caroline Leggott has been awarded the Geoff Moore Memorial Trophy for 2018 in recognition of all her hard work over the past 12 months as a volunteer for the club.

Caroline is our open meet coordinator and it's thanks to her that the process of entering our swimmers into the many meets over the course of the year runs so smoothly.

Geoff Moore was a long-serving volunteer who died suddenly in his 50s. He was a teacher and official who spent many hours on poolside, and his daughters swam for the club. His wife Mal, who was fees secretary, donated the trophy to recognise and reward other volunteers who give their time to the club.



New club captains appointed

Deepings head coach Lynn Chapman has appointed Holly Leggott and Louis Metselaar as club captains.

The two Midlands squad swimmers were selected for their achievements in recent years to help inspire and support other swimmers at all levels of the club.

Lynn said: "Holly has a positive attitude and is always smiling while Louis is popular with the other swimmers. Both have a



sense of fair play and good communication skills to be able to liaise between swimmers and coaches and support other swimmers."

We'll be speaking to the new club captains soon for an article on the website.

DEEPINGS FINISHES THIRD IN JFL FINAL

Deepings came third in the Junior Fenland League B Final at Whittlesey after some impressive swims by the squad.

Millie Bussey (25m fly and 50m back) and Ed Trofimovas (50m back) both won their events, while the following swimmers came second: Ella Gerrard, Harry Newman, Grace Edwards, Maddy Partridge, Millie Herrick and Holly Roffe.

Congratulations everyone and special thanks to assistant coach Zoe Fisher and Jojo Charley.

WHAT A RESULT! LATEST OPEN MEETS ARE NOW ON THE DEEPINGS WEBSITE