

# DEEPINGS SWIMMING CLUB

**BAGS 2 SCHOOL!**  
PLEASE BAG UP OLD CLOTHES THIS MONTH & BRING TO THE CLUB. THANKS FOR YOUR SUPPORT

Newsletter ■ September 2018 ■ Issue 10

## New club chairman

Steve Tappern has been voted in as Deepings Swimming Club's new chairman after long-serving Martyn Reynolds retired from the committee.

Martyn has been an integral part of the club since 1990 when his daughter and son started swimming lessons.

From helping out on poolside during galas, he became club coach for the junior squads and was appointed chairman 13 years ago.

During that time, Martyn has overseen one of the most successful periods in the club's history, with multiple swimmers winning honours at national champs and representing GB at international meets. One of his proudest moments was being elected president of Lincolnshire ASA in 2016.

While no longer on the

committee, Martyn has been voted in by members as the club's new president and will continue to run the Masters swimming sessions.

"I would like to say a huge thank you to the numerous people who have both mentored and helped me over my years at the club and I am looking forward to my time as club president," Martyn said.

Steve Tappern described becoming chairman as "an immense honour".

"Filling Martyn's boots will be a challenge," he said. "He has dedicated so much time and effort to ensuring Deepings Swimming Club is successful. On behalf of the club, I would like to thank Martyn for his time as chairman."

Steve has pledged to continue the good work of his



ABOVE:  
Steve Tappern  
RIGHT:  
Martyn Reynolds



predecessors, helping swimmers to meet their aspirations and building on the club's recent successes.

"As chairman, I intend to work with the committee and head coach to ensure the club is able to produce top quality swimmers in a fun but challenging environment," Steve said. "I also want to raise the profile of the club and of swimming in the local area."

## CHAPPER'S CHATS



Welcome back to another season of hard training and success.

You may have noticed me doing a lot of nagging and being a bit grumpy just lately. That's because I so much want you all to achieve your goals and improve, but something is getting in the way. It's called chatting.

During a training session I am constantly having to ask for quiet while I explain a technique or correct something. If you miss a vital piece of information it could mean the difference between achieving your goal or not.

It becomes very unfair to those swimmers who are listening as they cannot hear. So please, be quiet and listen carefully when a coach is talking to you.

Attention to basic skills is also something which needs to be improved.

Just by practising tight streamlining off the wall with powerful underwater fly kicks or a strong breaststroke A-pull, will make a huge difference to your race times. It will become automatic.

Remember:  
"Success doesn't come from what you do occasionally, it comes from what you do consistently." Unknown.

Technique takes a long time to do correctly so pay attention and think about what you have been told. "All my training revolves around technique, I never do speed work just as speed work. Technique is everything." Alexander Popov (Russian four-time Olympic gold medalist).

## HOLLY WINS COACH'S CUP

Holly Leggott is the latest winner of the Deepings SC Coach's Cup for hard work and great results.

Head coach Lynn Chapman said: "Holly has a great work ethic. She's had disappointments but always comes back stronger. And she does it with a smile."

## PRESENTATION ON NEW CLUB/ SQUAD STRUCTURE: SEPT 30

New chairman Steve Tappern and head coach Lynn Chapman will give a presentation to parents about the new club and squad structures that will be introduced from January 2019.

The presentations will take place on September 30 in the Welland Room at Deepings Leisure Centre, starting at 4pm and lasting approximately an hour. All parents are urged to attend.

Steve said: "This will be an opportunity for ALL parents to learn about the club and how it is run, entering galas, planned improvement to the club structure and fees. There will also be an opportunity for parents to ask questions to myself and Lynn on club matters."

## Seven-up at Lincolnshire County Championships

Seven Deepings swimmers have been selected to represent Lincolnshire at the 2018 County Championships.

Holly Leggott, Bethany Eagle-Brown, Louis Metselaar and Tom Adams will compete at the

national event held at Ponds Forge in October, while Alex Sadler, Lucia Karic and Emma Dennis will swim at the junior inter-county champs, which takes place in Luton this month. Our congratulations to you all.

**SAVE THE DATE! 16 DECEMBER FOR THE CHRISTMAS CRACKER CHALLENGE**