

DEEPIINGS

SWIMMING CLUB

**SUMMER
BREAK!**
LAST TRAINING ON
4TH AUG & RESUMES
FROM 28TH AUG.
ENJOY YOUR
HOLS!

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Deepings success in Eindhoven

Deepings Swimming Club won 19 medals at the recent Netherlands Invitational Meet in Eindhoven.

The squad of 23 competed at the Pieter van den Hoogenband Swimstadion against swimmers from 56 clubs representing eight countries: Belgium, England, Germany, France, Northern Ireland, Indonesia, Netherlands and USA.

Six swimmers medalled winning four golds, eight silvers and seven bronzes, with their successes widely covered in the Peterborough Telegraph, Stamford Mercury, Bourne Local and Spalding Today.

The older swimmers competed in the 50m pool. Holly Leggott was in outstanding form, winning three golds and three silvers. Lexy Cooper won two silvers and two bronzes, while Harry Cardell and Kallum Penman collected a bronze apiece.



In the 25m pool, the younger swimmers also produced some excellent swims. Emma Dennis won five medals – one gold, two silver and two bronze – while Jacob Briers won one silver and one bronze.

All swimmers worked hard and achieved multiple county qualifying times and personal bests. They were a real credit



to the club.

Our thanks to: Anglian Water for sponsoring the Eindhoven shirts, Chris Shaw (Shaws of Maxey) for organising the trip, Nanny P for feeding and watering everyone, Sophie Leggott for officiating, and all the swimmers and their parents for representing the club with pride and propriety.

CHAPPER'S CHATS



MY FANTASY COACHING DAY

Alarm goes off at 4.40am and I get up to beautiful sunshine. Off I go to the pool for early morning training.

Swimmers rush into the changing rooms to get ready. They greet me with lovely smiles and "Good morning Coach, how are you today?". Hope you got a hard set for us this morning. We can't wait to get in the pool".

They start their pre-swim warm up and everyone has brought their skipping ropes. They shower in record time and are chomping at the bit to get into the pool.

This morning's set is a 400 IM race pace and swimmers are hitting their target times and are looking strong and fast. Everyone stays till the end of the session and leaves the pool with a cheery "Bye coach, see you tonight, hope you have got another race pace set for us".

When I arrive for evening training they are already on poolside doing warm up.

During the main set all swimmers are glowing with exertion and making their best times. Some ask "How can I improve my stroke" and when told they immediately improve it.

At the end, I hear "Bye coach. Loved that set; hope we can do it again".

Now back to reality! It's raining, swimmers crawl to poolside, I get a grunt of hello from some! Someone is late, somebody is missing a skipping rope.

But must be a good life as I have spent the last 15 years doing it!

Deepings win 73 medals at Summer Splash!

Deepings Swimming Club came away with 73 medals at the Chesterfield Summer Splash: 20 gold, 29 silver and 24 bronze.

For the boys, stand-out performances came from Louis Metselaar, Harry Cardell and Tom Neal. They won 22 medals between them,

including 11 golds.

Leading the way for the girls were Holly Leggott, Lilly Tappern and Jessie Spooner with 17 medals, including six golds.

A full report with details of all the medallists is on the Deepings SC website.

RAISE CASH FOR THE CLUB WITH BAGS2SCHOOL

The club will be doing another Bag2School clothing collection in September so if you are having a clear out for the summer, please bag up what you no longer need and bring it in after the break.

To check what Bag2School will accept, go to their website at bag2school.com/what-we-collect It doesn't matter what the condition of the

clothing is as anything that is unserviceable will be pulled apart and recycled.

Bag2School is a valuable income to the club and the more bags we collect the more money we will get back. Please also ask friends and relatives if they are getting rid of any items that we can add to the collection.

Thanks in advance for supporting your club.