

# Rushmoor Youth Swimming



A member of Rushmoor Swimming Association

## Newsletter—March 2016 Issue 14



### Welcome

We welcome new pupils to our club, we continue normal lessons throughout the school holidays.

Lessons are only for 30 minutes a week, if you can find the time to swim other than on a Thursday evening it is beneficial to you.

### Long Distance Swim—17th December 2015

We were disappointed in the lack of numbers attending the swim. Those that swam averaged 1300 metres, this was less than half that achieved in 2014 (3000 metres)

### Goggles

We prefer that children learn to swim without using goggles but if your child is happier wearing them, need prescription goggles or has a problem with reactions to the pool water ensure that they are fitted correctly. If they are too tight they cause problems to the eyes (past graduate medical journal) or cause headaches, if too loose will leak and have no effect. Often we see pupils constantly adjusting, removing and replacing slowing the progress of the lesson. Some goggles actually reduce visibility rather than improve it, visibility underwater is one reason swimmers use them.

### Important dates

#### Term start dates: -

- 7th July 2016
- 3rd November 2016
- \*16th March 2017

#### Assessment dates: -

- June 16th & 23rd 2016
- October 13th & 20th 2016
- \*March 2nd & 9th March 17

\* 2017 dates changed due to school's half term week in Feb 2017 (20th to 24th)

#### Distance swim dates: -

- Distance swims for up to 1500m / 1 mile: - 30th June and 27th October 2016
- Long distance swim 22nd December 2016

### Summer Meeting

This years summer meeting is planned for Sunday afternoon 26th June It will start with our AGM followed by a short session on strokes then a family get together / barbeque.

Details will be circulated later

### Aquatics Helper Course

I plan to run an ASA Aquatics Helper workshop for 12-16 year olds—Theory session being on Sunday 15th May 16 followed by the practical session on the next two Thursday evenings. This is an official course that requires participants to register and book through the Institute of Swimming—details to follow

### ASA Level 1 Teacher

Alarnie is giving up part of her Easter holiday to complete the ASA level 1 swimming teacher's course, she has been helping us in the teaching pool for 3 years and qualified as an ASA Aquatics Helper in 2014. We hope she enjoys the course and continues as a teacher in our club.

### Water Safety Questions

Octopus and Goldfish pupils have to answer 2 questions from a list of 10 as part of their end of term assessment. Parents can help teach this element of the assessment. A list of questions with possible answers can be found on our web site link can be found through courses, then Octopus or Goldfish.

### Pool plan for next term

Octopus 3 — 10m and treading water practice, teacher to agree with a Shark 3 teacher as to timing.

7:00

Octopus 1
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6:30

Goldfish 2	F S C
Angelfish 1	
Goldfish 1	

Dive Weeks: - Refer to your pupil registers as for area of pool allocated during dive weeks.

7:30

Octopus 2
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Shark 2	Shark 1
Angelfish 1	W S Bronze
Goldfish 3	Angelfish 2

Octopus 3
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Shark 3	Shark 1
Shark 2	Silver & Gold
Goldfish 3	Angelfish 3

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## Keeping the pool clean

Please ensure pupils shower, use the toilet and blow their noses before lessons, teachers can send pupils back for a shower if they have not done so, this can take some time as pupils who have finished lessons are using the showers. If your child requires additional clothing for their lessons (Angelfish two and above) please refrain from using fabric conditioner in the rinse as this comes out in the pool clouding the water reducing visibility and making it harder for lifeguards to see anyone underwater. All spectators should wear the overshoes provided and if you need to bring a buggy on to the poolside check that the wheels are clean. Spectators should not cross between the pools, they should only walk around the teaching pool to the spectator area.

## Pupil Safety

Last term we had a couple of incidents in the changing room / shower areas that gave us concerns over the safeguarding of our pupils. The incidents involved a member of the public, not a parent or member of staff. The incidents have been reported to the Centre's manager and is under investigation. If you see any adult acting in a suspicious manor please report it to Lauren Browne our welfare officer, If she is not on the poolside speak to Mick Perry or Richard Bright immediately so that we can act on the matter.

## Last term details

Pupil Numbers: - 124 pupils in the 18 classes averaging about 7 per class.

Pupils reaching the require standard to progress: - 90

Pupils found not quite ready to proceed to the next step: - 22

Pupils absent from assessments of which: - 12

Our teachers pre-assess the pupils at the end of the course. The pupils who unfortunately miss their assessment are offered a place in the course appropriate to the teachers prediction.

## Thanks

I take this opportunity to thank all our volunteers who have spent their time working with the club and offer their services every Thursday and for some many hours away from the pool. By offering their services as unpaid volunteers allows us keep course fees low, I believe the lowest in the area.

Editor

**Information**—Parents, if you would like to receive information and reminders by email, i.e. test date and times, unplanned pool closures etc. send an email to me saying “add to mailing list”: -

Richard@rushmooryouthswimming.org.uk

follow us on  
**twitter**

## The Web

Visit us at: -

Our web site: [rushmooryouthswimming.org.uk](http://rushmooryouthswimming.org.uk)

Twitter: [@rushmooryouth](https://twitter.com/rushmooryouth)

Facebook: [rushmooryouth](https://www.facebook.com/rushmooryouth)



## Some of our General Rules

- 1 Parents are responsible for safety and welfare of their children prior to and after lessons.
- 2 For emergencies a parent or person with parental consent must be on the poolside during lessons.
- 3 Do not interrupt teachers during lessons.
- 4 Pupils should shower before lessons.
- 5 Overshoes provided by centre should be used on the poolside.
- 6 Do not obstruct the fire exit or exit routes.
- 7 Distance swims—reasonable strokes required above 100 metres.
- 8 Inform Mr Bright of any changes of information given on enrolment form
- 9 Clothes should not be left in changing cubicles during lessons, use lockers
- 10 Parents and spectators are to keep to the seated area on the poolside, **DO NOT** cross the area between pools or enter/leave the poolside from the changing rooms

Information not applicable to web edition