

# MARLBOROUGH PENGUINS SWIMMING CLUB NEWSLETTER: DEC 2020



Welcome to our December 2020 Newsletter! As the year comes to a close, we wanted to take the opportunity to update you all on our upcoming return to the pool and look back over the past year. We will continue to issue newsletters next year (hopefully with more swimming news!), in the meantime, if you have any suggestions on what to include in future newsletters, please email ([secretary@marlboroughpenguins.com](mailto:secretary@marlboroughpenguins.com)). Don't forget that the website is also fully up and running with lots of useful information and for up to date news feeds please follow @MPASC1958 on Twitter.

## EXECUTIVE COMMITTEE UPDATE – PETER SEWARD, KAREN HEAL & LYNNE BLUNDEN:

As the year draws to a close, we wanted to take the opportunity to thank all of our members, coaches and volunteers. It certainly has been a year like no other, and we have been grateful for all the support to the club during this challenging time.

We are delighted to announce that from the 3<sup>rd</sup> December, we are inviting all of our squad (lengths) swimmers under 18 years to return to the pool; a significant milestone for us as we welcome 175 swimmers back to the water! We are still awaiting Swim England guidance about the return of our over 18s including the Masters Squad. Sadly, we still do not yet have enough pool time to re-launch our Learn to Swim (i.e. widths) programme. We are hoping that we will gain more pool time in the New Year, at which stage we will aim to get our youngest swimmers back in the pool. **Please can we remind all squad swimmers to confirm their places and complete all forms ASAP. Unfortunately if you do not meet the deadline set in the invitation email, we will re-allocate your space. No forms = No swimming! We have included the required kit list and reminders overleaf.**



Whilst the year has been quiet in terms of swimming activity, things certainly haven't stood still! We have been reaccredited as a SwimMark Club; Swim England's quality standard for swimming clubs and spent many hours preparing for our return to the pool in a COVID safe manner. We recently held our AGM and are pleased to welcome our committee members for the year. We would also like to take this opportunity to thank Theresa Kirby and Kyle Henly who have both chosen to stand down from the committee this year. The Chairman's statement from the AGM can be found on the club website [AGM Chair Statement](#)

Committee Post	
Chairman	Peter Seward
Secretary	Karen Heal
Treasurer	Lynne Blunden
Welfare Officer	Tracey Mercer
Committee Members	Sara Allen, Debra Armstrong, Marissa Carter, Erica Hodgson, Jane Hughes, Chris Lacy-Hulbert, Philippa Lines, Jo Smith

Rich has continued to invest heavily in the swimmers; recently completing the 150<sup>th</sup> Zoom fitness training session, an amazing milestone, and continuing to run social evenings during the second lockdown. In addition to this he has gained his Senior Coach qualification this year and has been a coach on the National Development Camp.

We will continue to share any relevant information as 2020 comes to a close, in the meantime, we would like to wish all of our members and their families' a very Merry Christmas and a Happy New Year! Thank you again for your continued support.

Pete, Karen & Lynne

*Editor's Note: We wanted to make sure we said a special thank you to Pete, Karen and Lynne on behalf of the club. They have each worked tirelessly behind the scenes to prepare risk assessments, secure pool time, train liaison officers... the list goes on. Thank you for everything you do!*

## MENTAL HEALTH & A REMINDER – TRACEY MERCER, WELFARE OFFICER



We recognise the challenges and opportunities COVID has brought and the impact it may have had for some swimmers. We wanted to remind everyone how important it is to look after your mental health. There are some great resources available for young people to access;

[youngminds](#)  
[NHS Mental Health & Wellbeing](#)  
[Barnardos](#)  
[Childline](#)

**REMINDER:** Children and young people under the age of 18 should not contact any coach / teacher by electronic messaging or telephone.





## SQUAD SWIMMERS – ESSENTIAL INFORMATION FOR OUR SAFE RETURN TO THE POOL

**By the deadline set in your invitation email, please;**

1. Read the procedures relevant for the venue where you will be swimming
2. Complete the Health Survey
3. Complete the COVID-19 risk awareness declaration
4. Confirm your place by replying to the email received and copying Rich

**Without completing these actions, swimmers will not be able to swim.**

### **Before your swim session;**

1. Pack and label your kit (see below)
2. Ensure you know where you will **enter and exit the venue** (included in the procedures on your email) – we will have liaison officers present to help guide you
3. Arrive **BEACH READY**. Changing facilities will not be available prior to swimming. Swimmers will not be able to enter the venue if not beach ready.
4. Bring a **mask** for use inside the venues (mandatory for 12 years and older)
5. **Under 14s MUST be collected from the venue exit at the end of the session.**

**Swim Kit:** For your swim sessions, please ensure you bring the following kit with you. **Please label all kit.** Swimmers will not be able to share equipment and we will not be able to loan equipment. A full equipment list can be found on our website; <https://marlboroughpenguins.com/squads/equipment-kit-list/>.

- ✓ Water bottle – at least 1 litre, labelled, filled with water from home
- ✓ Pairs of goggles
- ✓ Hats – preferably Club hats if possible
- ✓ Kick board
- ✓ Pull Buoy – swimmers under 12 should use a 3 band “mini”
- ✓ Fins – preferably long blade fins but short fins are also OK
- ✓ Swim snorkel – front facing with purge valve
- ✓ Hand paddles – optional for under 12 swimmers, but essential for swimmers in Development Squad & above

**NEW Swim hats** are also available to purchase poolside - just ask one of the Coaches or Liaison Officers.

### **MPASC – THE PENGUIN EXCHANGE**

Don't forget our Facebook page; MPASC - The Penguin Exchange. Keep in touch with the Penguins family, reunite missing items and exchange pre-loved swim kit. If you have any questions on the Exchange page, please do get in touch: [secretary@marlboroughpenguins.com](mailto:secretary@marlboroughpenguins.com)

### **COACH'S CORNER – HEAD COACH, RICH SMITH**



I hope you are all continuing to stay safe and well. I am looking forward to seeing many of you back in the pool from next week. As we return to the pool, we will be continuing to run our Zoom fitness sessions on a Monday evening, please continue to join them when you can to try and maintain fitness levels.

I also wanted to take the opportunity to announce that Harry Salmon and Olivia Mercer will continue as Club Captains for us this year. Thank you for agreeing to continue in these roles!



### **AND FINALLY....**

*How does Darth Vader enjoy his Christmas Turkey?  
On the dark side!*

*Why did no one bid for Rudolph and Blitzen  
on eBay? Because they were two deer!*

*Who's Rudolph's favourite pop star? Beyon-sleigh!*

*What do snowmen eat for lunch? Icebergers!*

*Why was the snowman looking through the  
carrots? He was picking his nose!*

