

# MARLBOROUGH PENGUINS SWIMMING CLUB NEWSLETTER: MARCH 2021



Welcome to our March 2021 Newsletter. We are really pleased to be sharing plans for our return to swimming, congratulating Rich and our swimmers for taking part in 200 workouts since lockdown began and thanking all of our volunteers.

If you have any queries please email ([secretary@marlboroughpenguins.com](mailto:secretary@marlboroughpenguins.com)). For all club information, don't forget that the website and Twitter account (@MPASC1958) are fully up and running.

## RETURN TO SWIMMING

Whilst we await the latest government guidance on dates, we are planning our return to swimming when government guidance and pool operators allow us, with sessions running Monday – Friday and Sunday at Marlborough College, Bath University, Marlborough & Pewsey Leisure Centres. This is a significant increase in pool time vs. what was available prior to the December lockdown and enables us to not only get our squad swimmers back into the pool, but we are hoping it will also give us the opportunity to re-start some of our Learn to Swim groups. Unfortunately, government guidance means that our over 18 swimmers are unable to join us immediately and will be invited back when government guidance enables us to do so.



Over the next few weeks, and dependent on government guidance re. dates, we will be issuing invites to swimmers to return to the pool. Unfortunately, due to restrictions on numbers and changes in pool times we are not going to be able to give all swimmers the exact session days and times as prior to the first lockdown but we will do our best to give them sessions as close as possible to those from March 2020 or to those which they have been swimming in between lockdowns.

As we learn more re. dates, facilities and sessions, we will contact you by email through Swim Club Manager. Please can you;

- (1) complete all declarations and surveys promptly
- (2) follow instructions regarding fees, and,
- (3) notify us promptly if you are unable to make the sessions allocated, so that we can try and re-allocate you to another session. Once swimming starts, we form swim bubbles which cannot be changed.

We will keep you updated as we hear more from the Government and confirm our plans.

## HEAD COACH'S CORNER



I'm looking forward to seeing many of you back in the pool! Before that time, **please make sure;**

- (1) Your swimsuit still fits
- (2) You have a fully labelled set of equipment – remember, sharing of equipment is not allowed ([Swim Squad Equipment List](#))
- (3) You are building up your fitness levels. If you have not kept up with your exercise, please can I ask you to start either joining the work outs (5.30pm Monday – Thursday, 10am Sunday) or doing your own exercise during this time.

## SQUAD SWIMMERS KIT BAG – ESSENTIAL FOR SAFE RETURN TO POOL

ALL squad swimmers (half hour lengths and above) must bring with them:

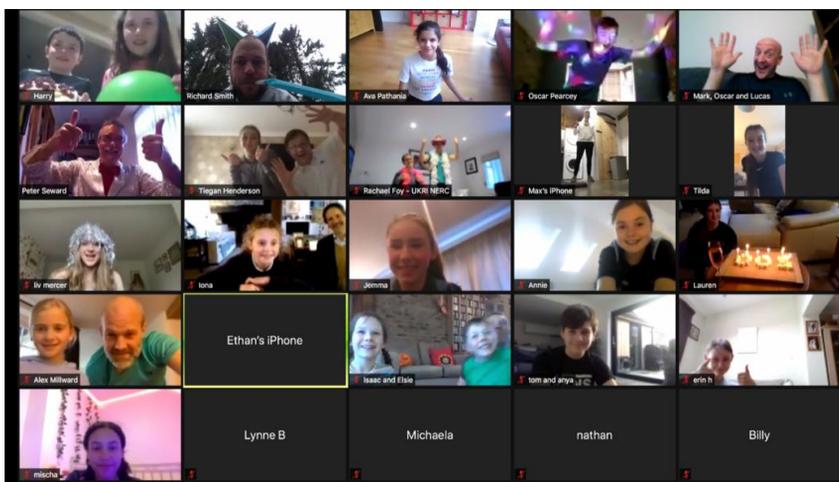
- ✓ Water bottle – labelled, filled with water from home
- ✓ 2 Pairs of goggles
- ✓ 2 hats – preferably Club hats but not essential
- ✓ Kick board
- ✓ Pull Buoy – swimmers under 12 should use a 3 band “mini”
- ✓ Fins – preferably long blade fins but short fins will do
- ✓ Swim snorkel – front facing with purge valve
- ✓ Hand paddles – optional for under 12 swimmers, but essential for swimmers in Development Squad & above





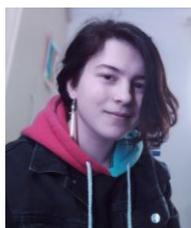
## PENGUINS REACH 200 WORKOUTS DURING LOCKDOWN!

On Thursday 18<sup>th</sup> March, joined by ~55 participants; swimmers and their families, Rich delivered his 200<sup>th</sup> work out since lock down began in March 2020, an amazing achievement! Combining side-step toe touches, sit ups, rope climbers, planks, air skipping, press ups, star jumps, crunches, high knees and burpees, Rich delivered a gruelling set – 200 seconds of each over the hour-long session! This year has certainly been a difficult one for the club. Rich's tenacity and commitment to keep the Penguins community together, as well as maintaining the fitness of the swimmers has been amazing and truly appreciated by the Club. Thank you, Rich and congratulations, to all the swimmers, parents and siblings, who have continued to attend throughout the year!



## YOUNG VOLUNTEERS – THANK YOU & CONGRATULATIONS!

Cast your mind back a year ago, many of you will have seen our young volunteers helping to teach many of our Learn to Swim sessions. These volunteers are current or previous squad swimmers who are eager to share their swimming knowledge and enthusiasm with younger swimmers. Thank you to Nathan Hughes, Nat Watson, Harry Findlay, Liv Mercer, Fran Hutton, Emma Blunden, Zara Newman and Ellie Goldsmith who all volunteered prior to lockdown.



Emma Blunden



Liv Mercer

We are also delighted to announce that Emma Blunden and Olivia Mercer have been selected to join the Swim England Young Volunteer program. The Young Volunteer programme is for 14 -18-year-olds run by Swim England SW region. It gives the volunteers the opportunity to assist within the club and gain an insight into the role, structure and management of a voluntary sports club. They must do a minimum of 25 hours of volunteering over a period of about 6-8 months, including attending courses, training, helping on poolside at sessions and competitions, as well as working with volunteers behind the scenes. Each Young Volunteer has a mentor (Rich). The girls started in December and obviously this year have struggled to be on poolside so far but have attended a couple of webinars and the Exec officers have done Zoom calls with them to explain their roles and some of the work done "behind the scenes". Congratulations to Emma and Liv!

## THANK YOU TO ALL OF OUR VOLUNTEERS & A CALL FOR HELP

Continuing with our thanks to our volunteers, we wanted to say a big thank you to all the volunteers that have continued to support the club over the past year. Coaches, teachers, committee members and our newly appointed liaison officers have given their time generously to ensure that we have been able to return to swimming when possible. **Thank you!**

As we return to the pool in April, we would really appreciate it if some more of our parents & carers could join us as volunteers. This will be particularly important when we ask for Covid Liaison Officers to support the learn to swim sessions. This is a critical role to ensure our Covid rules are being adhered to and it also has the added advantage of reserving you a place poolside vs. in the carpark!



## **VOLUNTEER'S VOICE – INTRODUCING JIM BRIERS**

### **Tell us a bit about yourself**

I am originally from the North East but have been living in Wiltshire for more than 20 years. I am a keen cyclist, and can often be found cycling around the Wiltshire countryside. I also enjoy experimenting with my homebrew beers! I have two kids who swim with Penguins (Isaac and Elsie).



*Jim Briers*

### **What prompted you to start volunteering?**

I am not a swimmer myself, it would be generous to describe my own technique as 'unique', but had I had the opportunity to learn and compete with a club like Penguins, things may have been different. Even though I knew nothing about swimming, I wanted to offer some of my time to help the club if I could, especially as the club were doing so much to help my kids swimming – plus it gives me something to do whilst waiting around for the children on poolside!

### **What roles did you start out doing and what do you now do?**

With the support of the club, following a Swim England training programme, I started out by training to be a timekeeper and continued to become a J1 official. I have been supporting the club by officiating at galas as well as the club's own events such as the sprint nights. The Swim England J1 training course was surprisingly straightforward, even for someone without any prior knowledge.

More recently I have supported the return to the pool after lockdown and taken on the role of 'Covid Liaison Officer', helping to ensure the clubs' training sessions run smoothly and helping the swimmers if they're unsure of anything within the current constraints that the leisure centres have been required to put in place.

### **How have you found the experience?**

Penguins is a friendly club, and being involved has always been a laugh! Understanding more about the judging, and actively taking part poolside has increased my understanding of swimming techniques, which means I can pass on some tips (not always wanted) to my kids. Furthermore, through working alongside members from other clubs at galas, I've found that swimming as a whole has a community spirit where people are friendly and support each other.

### **What would you say to someone thinking about volunteering, but is unsure?**

Being more involved with the club has highlighted to me just how much the success of the club relies on volunteers for a whole range of roles. It is really apparent how even a little bit of time goes a long way and is really appreciated and valued by the club.

**If you think you could help volunteer as we start to return to swimming, please contact us [secretary@marlboroughpenguins.com](mailto:secretary@marlboroughpenguins.com). We will also be running Volunteer evenings over the next few months, to share more information about the available roles.**

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

**We will be closely following government and Swim England guidance over the next few weeks and will keep you up to date by email on firm return to swim dates. Please help us by promptly responding. Thank you again for your support through this challenging year.**