

MARLBOROUGH PENGUINS SWIMMING CLUB NEWSLETTER: MARCH 2020



Welcome to our March 2020 Newsletter! As we kick off the New Year we are aiming to create a regular newsletter to keep everyone up to date with club progress, celebrate successes, remind people of some of our policies and also highlight key dates that are coming up. If you have any suggestions as to what you would like to see covered, please let us know; (secretary@marlboroughpenguins.com). As a reminder, 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.

CLUB NOTICE FROM THE EXECUTIVE OFFICERS & WELFARE OFFICER – COVID19:

It is with much regret that we made the decision to shut down the club with immediate effect until the end of May. The decision was made after following Swim England and the Government's advice. Please cancel your standing orders and we will work to process any refunds from galas as soon as possible. We will continue to keep you informed of any updates by email and posts on our websites, so please keep watching out for communications from us. Thank you for your understanding and patience at this difficult time. We hope that you and your families stay safe and we look forward to welcoming our Penguins back, hopefully in the not too distant future.

NEWS FROM THE POOL:

Wiltshire County Swimming Championships

Through January and February, those swimmers who achieved a Wiltshire County time for their age group competed in the Wiltshire County Swimming Championships. It was a busy few weeks with 18 clubs taking part. Marlborough Penguins had 40 swimmers competing in 250 events over the 6 day competition (3 days for 9 – 13 yrs and 3 days for 14yrs +). Our swimmers achieved a massive 148 Personal Bests, 96 entries into the finals and a fantastic 48 podium places.

Congratulations to all of our swimmers who qualified and took part, with a special mention to all of our Penguins who won medals, an amazing 17 Golds, 21 Silvers and 20 Bronzes!



Marlborough Penguins Sprint Nights – February 2020

Tuesday 4th and Thursday 6th February were “speedy nights” at Marlborough Leisure Centre, with us hosting our regular Sprint Evening. We had 127 swimmers competing and for some swimmers, this was their first taste of competing in an official meet. The club particularly like this evening as it brings together all of our squads, allowing our older members to support the younger children as well as our younger children being able to gain some inspiration from our older members.... how fast?!

All of the swimmers did fantastically well, with some swimmers gaining their British Swimming Awards (24 Gold, 43 Silver, 26 Bronze new awards were issued). We also had many swimmers qualifying for the Wiltshire County Sprints competition in September 2020.

Learn to Swim

Our Learn to Swim sessions continue to be very popular, running at full capacity on a Tuesday and Thursday evening. We have seen a great improvement in the development of our swimmers and were particularly pleased to see so many of our team compete in the Sprints Night and do so well. For those of you with children within the learn to swim sessions, we hope you have also noticed our Youth Volunteer team; this is a great opportunity for our youth members to get some coaching experience, cementing their skills at the same time as coaching our Penguins teams of the future.

Wiltshire County Winter League

This 2019/2020 season we took the decision to enter two teams into the Winter League; an A team and a B team, giving more than 30 extra swimmers a swim in a friendly competition environment. After the second round, our A team currently sit third over all and our B team sit eleventh overall, with the B team sitting at the top of the 2nd division of the Winter League.

Both teams are now through to the finals (pending new dates) – Well Done Penguins & Good Luck!





CONGRATULATIONS! ★★ ★

We are delighted to share the news that Max Twining (Performance Squad) has qualified for this years British Championships and Olympic Trials! Well Done Max! Congratulations also go to Rich Smith (Head Coach) who has coached Max for the last 9 years; his first swimmer to British Championships!

COACHES TIPS & TRICKS

Each edition, we will include some coaches Tips & tricks...

FRONT CRAWL: Front crawl is a Rotational Stroke. Rotating from left to right can increase power within the stroke as you get a longer pull. Breathing bilaterally (every 3) can help this rotation and will balance the stroke.

CAPTAINS' CORNER

In September 2019, Olivia Mercer and Harry Salmon were appointed Club Captains. A big thank you to Harry Findlay and Zara Newman who were captains last year. Liv and Harry both swim in the Performance Squad, having gained regional times over the past two seasons. We took the opportunity to get to know them both a little better...

Favourite Stroke:

Olivia: Breaststroke

Harry: Front Crawl

How did you start swimming?

Olivia: I started swimming as a toddler, going every week with my Aunty. I joined Marlborough Penguins aged 5 and hated it! Every week I cried, my Mum used to sit in the window area and sometimes I totally refused to get in the water. Eventually... when I stopped crying, I realised I was quite a good swimmer, I increased my number of training sessions and began entering competitions aged 11.

Harry: I started swimming in primary school swimming lessons, then I started to swim on a holiday where my confidence grew in the water. I then joined the school swim squad and started lessons out of school, from there I went into the squad.

Proudest Swimming Moment?

Olivia: In 2019 I gained my first Regional Qualifying times in Breaststroke and I was very proud this year to make it onto the podium at the Wiltshire Country Championships for my 50m breaststroke!

Harry: Captaining the Wiltshire team at the National Inter County team at Ponds Forge, is my greatest moment, which showed all my hard work had finally paid off. That ... or being able to swim at the Link Centre.

Most Embarrassing Swim Moment?

Olivia: I was swimming at a league competition waiting to swim when suddenly Rich shouted "Liv... hat, goggles, t-shirt OFF". I was so busy watching Grace Burn come storming in that I forgot to get ready! I flew into action with no idea what to do and started the race front crawl and finished with breaststroke.

Harry: It has to be my 50 Fly heat at Counties in 2019. I came out of the turn within the top 3, but managed to swallow several mouthfuls of water and had to stop because I couldn't breathe properly.

Top Gala tip?

Olivia: Eat, drink and sleep well. Learn to manage your nerves getting a balance of enough nervous energy to perform, but not so much that your legs turn to jelly.

Harry: Don't stress over the race you are about to compete in. The more stressed you are, the more likely you are to make mistakes that could cost you valuable time and can be the difference between winning or not. If you have a clearer mind you can then focus on all the things that you do in training to ensure you have the best race possible.



Olivia Mercer



Harry Salmon

MARLBOROUGH PENGUINS SWIMMING CLUB NEWSLETTER: MARCH 2020



OUR MEMBERS' SAFETY

As a club we have a number of policies in place, we would particularly like to remind all our members, swimmers and parents of the [under 14 policy](#) and [changing room policy](#). All of the clubs policies can be found using the following link;

<https://marlboroughpenguins.com/about-us/club-policies/>

CLUB KIT

You should have all received the email re. the change of supplier of Club Kit and hopefully many of you were able to order what you needed during the shop opening time. As per the email, this is not a change to the Club Kit design, only to supplier. Once our first order is received, coaches will have a stock of swimming caps poolside (£6 each).

Unfortunately we have been notified that the current order will be delayed due to Coronavirus. We will keep you updated with order timings and also when we expect the shop to re-open for additional orders. If you have any questions, please contact Jane Hughes (25janec.hughes@gmail.com)



SWIM ENGLAND - HELP US DEMONSTRATE THE VALUE OF BEING IN A CLUB



As Marlborough Penguins members, you / your children should have received a request from Swim England to complete a survey to demonstrate the value of being part of a club. On completing the survey, Swim England members will be offered the opportunity to enter into a prize draw to win two tickets for the British Swimming Championships (14 -19 April 2020) and two £20 love2shop vouchers. By completing this survey, you will also help your club enter a prize draw to win £100 of Institute of Swimming vouchers. Closing date for completion is **22nd March 2020**.

<https://www.swimming.org/swimengland/value-club-swimming/>

VOLUNTEERING:

Congratulations to the following Volunteers for achieving their Level 1 Coaching qualification (Kitty Kirby, Chris Lacy-Hulbert) and their Level 1 Judge qualification (Jim Briers, Erica Hodgson). Well Done and thank you!

We are very grateful to all the parent volunteers who regularly help out and those who have stepped forwards recently. It goes without saying, we are always looking for more! If you would like to help, please let us know (secretary@marlboroughpenguins.com) – it's always a sociable activity and a great way to meet other members in the club.



CONTACT US:

We are currently working on updating the noticeboard at Marlborough Leisure Centre with updated coaching team and committee photos. If you would like to contact us, please speak to us poolside or contact us using the email addresses on the website:

<https://marlboroughpenguins.com/contact/>