

MARLBOROUGH PENGUINS SWIMMING CLUB NEWSLETTER: OCT 2021



Welcome to our October 2021 Newsletter, with a celebratory theme including return to competitions and Rich winning the UK Coaching Hero Award! And some updates re. swim sessions as well as a renewed plea for volunteers.

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



CONGRATULATIONS RICH! UK COACHING HERO

A big **CONGRATULATIONS** to Rich Smith (Head Coach) who has **won** the UK Coaching Hero Award 2021! The award was awarded in recognition of the work that Rich did over lockdown to ensure that our swimmers stayed happy & healthy. Rich travelled to Leeds on October 5th to be presented with his award by Princess Anne and also got to spend some time with Mel Marshall (Adam Peaty's coach). **Congratulations Rich, we are very proud of you!**



AGM & PLEA FOR NEW VOLUNTEERS

The Club's AGM takes place on **16th November at 7pm (Zoom meeting)**. Invites will be issued via Swim Club Manager, and we hope many of you will be able to join the meeting.

As a club we are **100% Volunteer managed**, many of the current committee put in significant hours to ensure the club continues. After a stretching couple of years, we are now **looking for volunteers** to replace people who have left and to help spread the workload. There is no need to have any knowledge of swimming yourself and appropriate training will be given. Being part of the committee is a great way to give something back to the club as well as growing your skills. We've included some of our current vacant positions overleaf. **Please do consider this seriously so that we can continue to ensure that Marlborough Penguins remains the vibrant club it is.**

RETURN TO COMPETITIONS!

We are delighted that swimmers are now able to return to Open Meets. Our squad swimmers had their first event in Millfield at the end of July, and the weekend of 9th / 10th October saw Marlborough Penguins descend en-masse at the Link Centre for the Tigersharks' Autumn Meet, followed by a weekend at Millfield for our Level 2 swimmers. It has been fantastic to see so many of our swimmers competing and many achieving PBs, medals and County or Regional Qualification times. So far, we have 36 County qualifiers across 129 events, 2 Regional qualifiers across 4 events, and 6 swimmers with their Regional Consideration qualifying times across 8 events. We also have 5 swimmers who have qualified for 11 events in the SW Winter Regionals taking place in November and 1 swimmer taking part in 7 events at the British Para Winter Nationals in December. Congratulations to all our swimmers!



COMPETITION CALENDAR 2021-22

- Millfield & Team Bath AS November TYR Super Series – 20-21 November ENTRIES CLOSED
- Taunton Deane County Qualifier at Millfield pool 27-28 Nov ENTRIES CLOSED
- Tigersharks Winter Meet 4-5 December **ENTRIES CLOSE 8 November**
- Wiltshire County Events ENTRIES CLOSE 18 December
 - County Championships Age 14+ 22-23 Jan, 5-6 Feb
 - County Distance 800m 29th Jan
 - County Distance 1500m 20th Feb
 - County Age Group Age 10-13 years

COMPETITION GUIDE – Things to Remember!

- ✓ Warm up swimsuit
- ✓ Competition swimsuit
- ✓ 2 x Towels
- ✓ 2 x Goggles
- ✓ 2 x Penguin swim hats
- ✓ Healthy snacks – such as flapjacks, rice crackers, small bag of sweets such as jelly babies
- ✓ Refillable water bottle – full on arrival
- ✓ Clothing for poolside

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SQUAD SWIMMERS – ADDITIONAL SESSIONS

There are now some spaces on a **FRIDAY evening session** for our squad swimmers. Please contact Rich Smith (headcoach@marlboroughpenguins.com) and Karen Heal (secretary@marlboroughpenguins.com) if you would be interested in your child attending an extra session.

CHANGES TO LEARN TO SWIM, PROGRESSION SQUAD & SQUAD TRAINING TIMES



The committee and teaching / coaching team have been working hard to try and bring our Learn to Swim Groups 1 & 2 back to the pool, whilst also identifying a different time for our Progression Squad sessions. **From October 25th, 2021**, the following changes will take place:

- (1) Learn to Swim Groups 1 & 2 will re-start on a Tuesday and Thursday evening
- (2) The Progression Squad and Learn to Swim Groups 9 & 10 will now train on a Friday evening, 7 – 7.30pm at Marlborough College. Those members of the Progression Squad who want second sessions will be offered to swim at Pewsey on Wednesday, along with those who are unable to swim on a Friday evening at the College.
- (3) Our squad swimmers will move to 7.30 – 9.00 pm on Friday evening at Marlborough College

CLUB COMMITTEE VOLUNTEERS NEEDED – NO EXPERIENCE NEEDED!

As a club we are **100% Volunteer managed**, with many of the committee having served for several years. With competitions re-starting and previous committee members moving on, we need to **request your help in the running of Marlborough Penguins**. We are looking for people to volunteer to take on the following roles as part of the club committee. **Full training will be given, and you will be supported throughout.**



- **Social Media & Swim Club Manager Administrator**: To help manage and update the Club Website & Twitter, as well as managing and sending communications via Swim Club Manager. Requires someone with good IT abilities.
- **Open Meet Coordinator** – To organize the running of our Open Meet and Club Champs; ensuring we have enough volunteers to run the meet and working with the Head Coach and Committee to ensure all requirements are in place. *(If there are a couple of willing volunteers, this role could be shared)*
- **Officials Coordinator** – To coordinate our officials, ensuring good representation from Penguins at Open Meets and enrolling a full official's team for our Open Meet and Club Champs. *(Preferably an existing official)*
- **Social Event Coordinator** – To organize the Clubs' presentation evening and social events; pulling the club together and celebrating successes. *(If there are a couple of willing volunteers, this role could be shared)*
- **Trophies / Medals Officer** – To manage the Club trophies and medals, ensuring they are returned at the correct time and kept in good condition.

If any of these roles appeal to you, you have questions, or if none of these are quite “you” but you would like to volunteer to help in some other way, please contact Erica (erica.hodgson76@gmail.com) or Jane (25janec.hughes@gmail.com)

SWIMMING TEACHERS NEEDED!

We had a great response to our appeal for swimming coaches and now have a full coaching team – **thank you to all our new Coach Volunteers**



We are still looking for **additional swimming teachers** to teach the Learn to Swim lessons. If you have previous experience, or would like to learn a new skill, please get in touch with Sara Allen (sara17770@hotmail.co.uk) or Karen Heal (secretary@marlboroughpenguins.com).

For more information, see [Swimming Assistant Learn to Swim](#)

HEAD COACH'S CORNER

Rich has set up “Head Coach's Corner” on the website (MarlboroughPenguins.com → Squads). This will be updated with videos / links to support what is being taught in training. **Please refer to the email you received for the password or contact Rich for this.**

SWIMMING FEES – YOUR RESPONSIBILITY

Please can we remind all parents that it is **YOUR responsibility to update standing orders for changes to swim fees**. Our Volunteer Treasurer has had to email >70 families with reminders. **Please update payments in a timely manner. [Swim Fees](#)**