



CHRIS COOK CLINIC

We are very pleased to announce that Chris Cook will be returning once again to Tadcaster pool this year to talk to all our swimmers and to lead a training session in the pool on Friday 26th September. Chris has represented his country over 30 times at international level, including Commonwealth and Olympic Games. He was double Commonwealth champion as well as Commonwealth record-holder, and has won numerous medals at World Championships.

With the recent success of British swimmers at the Commonwealth Games it is a fantastic opportunity to hear about Chris's first-hand experiences at the Games and the effort and motivation that went into achieving his goals.

Chris will be giving a talk to all Squad swimmers at 5pm on the Social Deck

This will be followed by 2 training sessions in the pool to which all members of Squad are invited:

- Foundation Squad and swimmers from Group C - 5.30pm – 6.30pm
- Rest of Main Squad - 6.45pm – 8.00pm.

The cost of this session will be £3.00 per swimmer. There is now a booking form at reception for you to sign your child(ren) up and payment is required when booking. Please ensure you sign your child up for the correct session.

Farewell

September sees us saying Goodbye to Group C Coach Annie as she goes to Nottingham University to study Biochemistry and Biological Chemistry.



Annie joined Swim Squad as a swimmer in 2007, at the age of 11. Annie then volunteered as a helper as part of her Bronze, Silver and Gold Duke of Edinburgh Awards before becoming Assistant Coach last year. Annie has loved her time in Squad and will really miss everyone, as we will miss her! She hopes to continue swimming at Uni and promises to come back and visit when she can.

Squad Events

Saturday 28th September sees the latest running of the Pool's Duck Race. Swim Squad will be having a **Mystery Jars Stall** again this year. We have already had a fair number of jars donated and would love to have even more, as we sold out very quickly last year. For those who have not done Mystery Jars before it is a simple idea of taking an empty jar, washing it and filling it with anything (sweets, toys, sprouts, etc - it really can be anything!!!) and then wrapping it in paper or fabric to hide the contents so it becomes a mystery!!

Swim Squad are also looking to help the Pool upgrade the starting blocks, which are now starting to show their age. If anyone would like to sponsor part or all of a block, please get in touch with a member of the committee



TSS NEWSLETTER

August 2014



Chair's Chat



Hi All

I hope you have all enjoyed a great summer and are settled back into existing or new schools. We have a very busy September planned starting with the BBQ this weekend - we hope you all have your tickets. We have a fantastic number of entries in the Doncaster Darts Sprints for September and we wish you all the very best in achieving and exceeding your PB's. The Doncaster Darts Gala is the same weekend as the Duck Race and The Chris Cook Olympic Swimmer training session, We hope you are able to attend them and look forward to seeing you there; if you haven't booked your Chris Cook slot please do so with the pool reception.

On behalf of the swimmers, committee coaches and pool we would like to say a fond farewell to Annie and wish her the very best with her university course (and we look forward to her visiting in the holidays).

Victoria

August Swimmers of the Month



Well done to **Adam Moore**, who is the Swimmer of the Month for Foundation Squad. The coaches picked him out as his attitude in training has improved and he has demonstrated a strong desire to improve his swimming.

Well done also to **Louis Romer**, who is the Swimmer of the Month for Main Squad. The Coaches selected him because he "works his socks off" and always tries hard to work on any points the coaches raise.

Social Media

The Squad website has now gone live: you can find it at <http://www.tadcasterswimsquad.org>. We will be adding even more content to it in the coming weeks and months, so make sure to keep checking it out.

Swim Squad is also now on Twitter as **@TadSwimSquad**. Any tweets made to it will also feed onto the front page of the website.

Keep an eye out for posters for both of these. If anyone has suggestions for how we can improve either of these, please do not hesitate to get in touch!

Galatastic

You should have received an email about upcoming galas. A number of Foundation Squad swimmers are entering their first gala at the Halloween Meet in October. Do get in touch if you've any questions.

There is also an excellent turnout for the first full gala for Main Squad at the Darts September Sprints in Beverley on 28th September. Good luck to all who've entered.

Finally, we have 14 swimmers going to the Yorkshire Winters gala, which is the biggest ever number any of us can remember. This is an excellent showing by the Squad!