



Turtles Swimming Club Newsletter

**April 2018
Issue 101**

Turtles Battle Through the Snow to Triumph at Hanworth Gala !



The Turtles Gala Team emerged victorious from a marathon gala event (lasting over 4 hours) at Hanworth Air Parc by winning the Junior Trophy, finishing Runner-up in the Seniors and then being awarded the Chairman's Plate for 'Outstanding Team Performance'. This was all achieved against the background of one of the toughest weather weekends of the year.

Turn to Page 2 to view the individual medals and timings..... but very well done Team!

Turtles Swimming Club is a registered Charity Number 1055545



ESTABLISHED 1964

The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty.

Based at Highgrove Pool in Ruislip, the club meets every Saturday between 5pm and 6pm

Chair:

Alison Grey

Chief Instructor:

Linda Clarke

Secretary:

Andy Wallis

Turtles email:

**turtlesswimming@
yahoo.co.uk**

Turtles Website:

**[http://www.
ruislipturtles.org.uk](http://www.ruislipturtles.org.uk)**

HANWORTH & FELTHAM GALA RESULTS

Sunday 18th March

Swimmer (s)	Event	Time Entered	Actual Time	Medals
Essie	Girls 1L	0.54	0.28	Gold
Dominic	Boys 1L	0.46	0.37	
Matthew	Boys 1L	0.25	0.23	
Jeannette	Ladies 1L	0.55	0.50	
Shaida	Ladies 1L	0.34	0.33	Gold
Sophie	Ladies 1L	0.28	0.27	
Tillie	Ladies 1L	0.28	0.26	
Don	Mens 1L	0.38	0.39	Bronze
Gary	Mens 1L	0.30	0.26	Sp.Award
Josh	Mens 1L	0.24	0.23	
Jamie	Mens 1L	0.20	0.19	
Essie	Girls 2L	1.35	1.20	Gold
Dominic	Boys 2L	1.28	1.20	Silver
Matthew	Boys 2L	0.59	0.54	
Jeannette	Ladies 2L	1.44	1.42	
Shaida	Ladies 2L	1.23	1.14	
Sophie	Ladies 2L	1.03	1.08	
Tillie	Ladies 2L	1.09	1.05	
Don	Mens 2L	1.25	1.24	
Gary	Mens 2L	1.10	1.01	
Josh	Mens 2L	0.57	0.50	
Jamie	Mens 2L	0.44	0.45	
Dominic	Boys Back	0.42	0.35	
Matthew	Boys Back	0.28	0.25	
Jeannette	Ladies Back	0.54	0.51	Bronze
Shaida	Ladies Back	0.44	0.37	
Sophie	Ladies Back	0.32	0.31	
Tillie	Ladies Back	1.21	0.37	
Don	Mens Back	0.51	0.48	
Gary	Mens Back	0.44	0.37	
Josh	Mens Back	0.31	0.28	
Jamie	Mens Back	0.27	0.26	
Relays				
Essie, Dominic & Matthew (2)	Jnr .Relay	2.25	2.08	Gold
Don, Gary, Josh & Jamie	Snr. Relay	1.53	1.59	
Shaida, Tillie, Jeannete & Sophie	Snr. Relay	2.23	2.36	

A fantastic performance from our team of eleven swimmers who braved the elements to finish as top club in very difficult circumstances.

The gala organisation was sadly lacking until Nigel Grey (hero!) stepped in to bring some clarity to the chaos and ensure that we got home before being snowed in for the night!

Essie was the star of the show winning three Gold Medals, as well as helping Dominic and Matthew to win the Junior Championship.

Shaida was also a Gold Medal winner in the Senior Team which finished runner up to Spartan New Malden. Gary Lee was awarded a special achievement medal.

A truly brilliant performance. Congratulations to the whole team!



[Hanworth Air Park Leisure Centre](#)



Competing Teams

Hogarth Gateway	Chiswick
Spartan SC	New Malden
Dolphins	Wandsworth
Beavers	Barking
Ealing SC	Ealing
Kingfishers	Harrow
Me Too & Co	Richmond
Turtles	Ruislip

2018 MEDAL TABLE

After two gala events we now have Dominic leading the medal table with 5 medals but with brother Matthew very close behind.

26 Medals were awarded at the Ealing Gala and 10 Certificates awarded at

the Feltham & Hanworth Gala.

In April we have, Hatfield Platypus on the 14th, Hitchin Lions on the 21st, followed by the Turtles Diving Championships on the 28th.

	2018 Total	Gold	Silver	Bronze	Gala Events
Dominic O'N. C.	5	1	2	2	2
Matthew O'N.C	4	2	1	1	2
Shaida G.	4	1	1	2	2
Jeannette P.	4	0	2	2	2
Estelle B-B	3	3	0	0	1
Antony L.	3	2	1	0	1
Anthony O.	3	0	2	1	1
Don L	3	0	1	2	2
Gary L.	2	1	0	1	2
Josh A.	2	0	1	1	2
Charlie L.	2	0	1	1	1
Tillie H.	1	1	0	0	2
Sophie G.	0	0	0	0	2
Karen H.	0	0	0	0	1
Jamie W.	0	0	0	0	1
Totals	36	11	12	13	2

TURTLES CALENDAR

Saturday 14th April	Hatfield Gala
Saturday 21st April	Hitchin Gala
Saturday 28th April	Turtles Diving Championship
Saturday 12th May	Turtles Swim Championship
Saturday 9th June	Turtles AGM
Saturday 15th September	Turtles Invitation Gala

Well done Dominic!

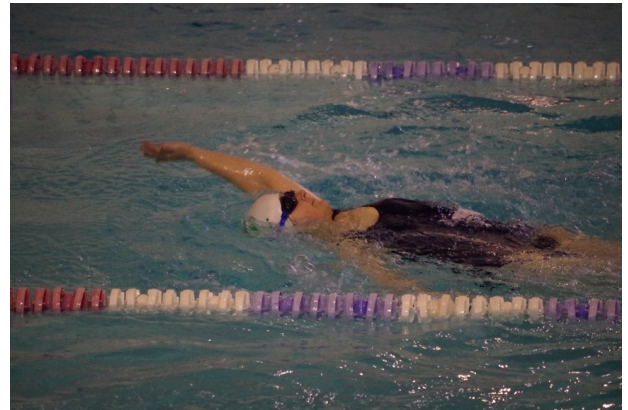


Lions Plate for Top Performing Club

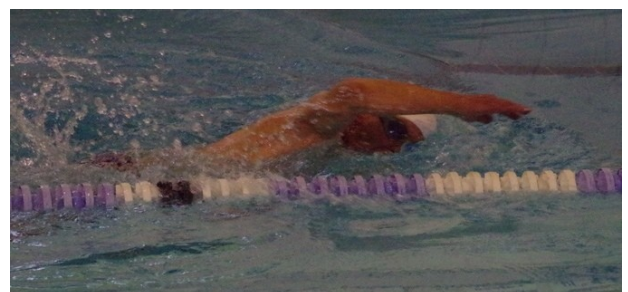


Victorious Junior Team

HANWORTH & FELTHAM GALA



HANWORTH & FELTHAM GALA



SUNDAY MARCH 25TH FUN SESSION!



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Hatfield Swim Centre
Lemsford Road
AL10 0EB



Hitchin Swim Centre
Fishponds Road
SG5 1HA

Good Luck Team!

HATFIELD PLATYPUS GALA TEAM

Saturday 14th April, report time 6pm for 6.30 start.

Pool Length: 36.6 Yards.

Submitted timings in brackets. Team Manager: Nigel

Turtles Team (9):

Junior 1 length	Dominic (52)
Junior 2 Lengths	Essie (1.30)
Junior 3 Lengths	Matthew (1.57)
Ladies 1 Length	Jeannette (1.08)
Ladies 2 lengths	Tillie (1.27)
Ladies 3 Lengths	Sophie (2.27)
Mens 1 Length	Don (0.52)
Mens 2 Lengths	Anthony O. (1.23)
Mens 3 Lengths	Josh (2.01)
Ladies Diving	Sophie
Mens Diving	Matthew
Junior Relay	Dominic, Matthew & Essie (2.06)
Ladies Relay	Tillie, Sophie & Jeannette (2.23)
Mens Relay	Don, Anthony & Josh (2.02)

HITCHIN LIONS GALA TEAM

Saturday 21st April, report time 6pm for 6.30 start.

All races are one length (25 metres) .

Team Manager: Dave

Turtles Team (13):

Jamie (20) ,	Matthew (24)	Antony L (26)
Tillie (27)	Gary (27)	Anthony O (27)
Charlie (27)	Sophie (28)	Essie (28)
Shaيدا (34)	Dominic (38)	Don(39)
Jeannette (50)		

TURTLES SWIMMING & DIVING CHAMPIONSHIPS 2018

The 2018 Club Championships will consist of 11 competitive events. There will be both one and three length events for Juniors, Ladies and the Men. There will also be a Relay event for the Ladies, Men and the Juniors. We also have a new event, The Novice Event (Young Children swimming one width of the pool).

We are also going to establish the fastest Turtle Helper for 2018 and then we have the Family Fun Relay to round off the racing.

The Diving event will take place at 5.40pm the previous week (28th April).

Saturday 12th May 5.30-7.00

Event 1	Novice Race (Young Children)
Event 2	Junior 1 Length
Event 3	Ladies 1 length
Event 4	Mens 1 Length
Event 5	Junior 100 Metres (3 Lengths)
Event 6	Ladies 100 Metres (3 Lengths)
Event 7	Mens 100 Metres (3 Lengths)
Event 8	Helpers 100 Metres Challenge
Event 9	Relay Race (Men v Ladies v Juniors)
Event 10	Family Fun Relay (4 lengths)
Event 11	Diving Contest (28th April)

As the Club Championships are scheduled to take place on Saturday 12th May at Highgrove Pool, our club swim session in the main pool will be limited to 30 minutes on that day (finishing at 5.30) and then we will commence with the Club Championships with a pool extension until 7pm.

Results will be announced and trophies awarded at the Club AGM on the 9th June.

There will also be AGM presentations for the Volunteer of the Year, Junior Improver of the Year, Senior Improver of the Year and also the Don Lamb Shield for 'Services to the Turtles Swimming Club'.

We will also need helpers for the Championships so please let Rosemary Noyes know if you are able to help.

Let Dave Lee know if you wish to take part in any of the above events

NEW VENUE FOR THE 2018 ANNUAL GENERAL MEETING

We were unable to hire our usual venue for the scheduled AGM on Saturday 9th June. But we have instead managed to secure the 2nd Ickenham Scout Hall, Community Close (off Long Lane, Ickenham).

***The show
must go on!***

R.I.P. PAULINE DEW

Sad News



We are sorry to report the very sad news that Pauline Dew has recently passed away. Pauline was a member of the Turtles Committee from 2008 until 2010 before having to retire through poor health. Pauline's role on the Committee was to recruit the younger club members and also to develop the Turtles Youth Swimmers. Pauline's son Neil, was a keen member of the Turtles Gala Team and Pauline and husband Paul suffered a huge blow back in May 2016 when Neil passed away suddenly at the tender age of 24.

The Dew family has had to cope with so much over the last few years and our thoughts are very much with Pauline's family, especially Paul and daughter Laura.

Rest in Peace Pauline.....

No subs increase!



ANNUAL SUBSCRIPTIONS DUE THIS MONTH

Annual subscriptions are due on the 1st April. Rates remain unchanged as follows:

All disabled members £8 Non-disabled members £16
Non-disabled junior members £8
Visitors (per session) £2

There is an entrance fee charge of £1 per session (£3 for a family) in return for a raffle ticket.

Special Offer!

WHIPSNADDE ZOO SPECIAL OFFER

Whipsnade Zoo is running a special weekend for families with special needs children on the 16th and 17th June 2018.

Carers go free and a child ticket price is just £9 !!! A real bargain!

Visit their website for further details:

<https://www.zsl.org/zsl-whipsnade-zoo/whats-on/special-childrens-day>



REVISIONS TO THE TURTLES CONSTITUTION

The Committee has been reviewing and amending all of the Club Policies over the last year. The revised Child & Vulnerable Adult Protection Policy Statement follows on the next page.

The Turtles Constitution has also been reviewed and some amendments proposed. The Constitution is a pretty lengthy document, too long to include in the newsletter, but the amendments can all be viewed on the Turtles website at:

http://www.ruislipturtles.org.uk/Rules_Regs.htm.

Copies of the current Constitution and the proposed amendments may be obtained at the registration desk at any one of our Saturday swim sessions. Electronic copies can also be requested from the usual Turtles Email account.

Before any changes can be made to the Constitution, the proposed changes must be presented to the Turtles Annual General Meeting (AGM) and approved by way of a vote by those members present.

If you are in any way concerned, please talk to one of the Committee Members. Of course all proposed amendments will be explained at the AGM where there will of course be an opportunity for questions.



**Copies of
Constitution
available at
Reception**

*THANK YOU TO THE
ORGANISATIONS AND
INDIVIDUALS WHO
SUPPORT THE TURTLES*

Waitrose

**Ruislip Combined
Charity**

Friends of Ken



ASDA

(names.co.uk)
A DADA BRAND

TURTLES CHILD & VULNERABLE ADULT PROTECTION POLICY STATEMENT

If any person within the club has a doubt as to this policy's relevance to their role and duties then please contact the Child Welfare Officer for The Turtles Swimming Club : Andrew Wallis

The Club and those involved with the club will abide by the following principles and statements:

All children and vulnerable adults within The Turtles Swimming Club, regardless of age, gender, race, religion, sexual orientation, ability or disability, have the right to be protected.

All children and vulnerable adults participating in sport have a right to do so in a safe environment.

Adults working at The Turtles Swimming Club will provide a safe, positive and fun sporting experience for children and vulnerable adults.

Adults – volunteers, coaches and officials will understand and be supported in their role and responsibility with regard to the Duty of Care for children and vulnerable adults.

All suspicions and allegations will be taken seriously, managed and dealt with swiftly and appropriately.

It is the responsibility of the child protection experts to determine whether or not abuse has taken place, but it is the responsibility of all those working within The Turtles Swimming Club to report any concerns.

The club will assist coaches, volunteers and officials to remain up-to-date with the latest Child and Vulnerable Adults Protection issues.

The club will appoint a Child Welfare Officer whose role is to be responsible for issues concerning Child and Vulnerable Adult's welfare at the club.

The club will carry out regular risk assessments to ensure the safety of children and vulnerable adults and all members of the club.

The Turtles Swimming Club has a full Child and Vulnerable Adult's Protection & Safeguarding Policy that provides further in-depth information on Child Protection & Safeguarding within the sports club. To get a copy of this Policy please contact the Child Welfare Officer or view on the Turtles Website: www.ruislipturtles.org.uk