

Turtles Swimming Club Newsletter

Established 1964



Thank You Clarke Family For Your Donation

We are very grateful to Tracy and Janet Clarke, who have very generously donated £50 to the Turtles Swimming Club. Sadly, Janet's brother, Tony Brailsford passed away on the 16th August and the family requested no flowers but donations to charity instead. In naming the Turtles as their charity of choice Tracy informed us:

'You guys do so much and are appreciated much more than you know. There was no question that it would be the Turtles as you have been absolutely amazing. Charlie has come on so strong since learning to swim with you'

We are very sorry for the family loss, but thank the Clarke Family once again for choosing the Turtles and we hope that Charlie Cox-Clarke (photo opposite) will continue developing his swimming with the Turtles.



Please note, that there will be no Highgrove Swimming Session on Saturday 30th September.

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.

Turtles Club Policies

The Committee has reviewed the club policies to ensure that they are up to date and reflect the needs of the club, the Highgrove management and best practice. This month we highlight the Anti-Bullying Policy

Anti-Bullying Policy

Bullying of any kind is unacceptable and will not be tolerated within our club and any incidents of bullying will be dealt with promptly and effectively.

If bullying does occur, please report it (Swimmer or Parent) to a Committee member.

**If you would rather talk to someone outside of the club phone:
Swimline 0808 100 400.**

Bullying is defined as repeated deliberately hurtful, offensive, abusive, intimidating, malicious or insulting behaviour in the form of words or actions which may cause other members of the club to feel unhappy, humiliated, angry, vulnerable or threatened.

Bullying can be:

Emotional - being unfriendly, exclusion (emotional and physical),

Ridiculing, humiliating, ignoring and tormenting e.g. (hiding goggles/floats).

Physical - pushing, kicking, hitting, punching or any use of violence or violent threats. Any deliberate damage to personal belongings.

Racist - Racial taunts, graffiti, gestures, mocking.

Sexual - Unwanted physical contact or sexual comments.

Homophobic - Because of, or focusing on the issue of sexuality.

Verbal - Name calling, sarcasm, spreading rumours, teasing,

Cyber - sending hurtful or harassing text messages, or putting hurtful, humiliating or derogatory comments on social networking sites like Facebook.

Why is it Important to Respond to Bullying? •

Bullying hurts

No one deserves to be a victim of bullying

Everybody has the right to be treated with respect

Swimmers who are bullying need to learn different ways of behaving!

Procedure

The bullying behaviour or threats of bullying will be investigated and stopped quickly.

An attempt will be made to help the bully (bullies) understand the seriousness and change their behaviour accordingly.

In cases of serious bullying Members and/or Parents will be invited to discuss the incidents with a committee member.

If mediation fails and the bullying is seen to continue the club will initiate disciplinary action under the Club Constitution which includes expulsion.

Next Committee Meetings

The next meetings are scheduled for Tuesday 3rd October and Tuesday 14th November.

Pool Evacuation Drill

At some point over the next few weeks we will be organising a pool evacuation drill.

Please follow the directions of the pool staff and co-operate fully.

These drills are organised to ensure your safety in the event of a future real emergency.

Turtles Invitation Gala

Saturday 30th September 2017 5pm for 5.20
Hillingdon Sport & Leisure Centre, Gatting Way Uxbridge

**The Turtles will be entering 2 teams for the Invitation Gala —
 Team A and Team B as follows:**

	Team A			Team B		
Juniors		Time			Time	
iL	Shira Aurora	1.04		Brody Asquith	2.00	
2L	Scarlet Regan	1.50		Dominic O'Neil- Cuadros	1.23	
4L	Oliver Regan	2.21		Matthew O'Neil- Cuadros	2.14	
Ladies						
iL	Karen Hoffmann	0.30		Tillie Hewlett	0.31	
2L	Jeannette Prentice	1.40		Tillie Hewlett	1.11	
4L	Shaida Ghorbanian	3.10		Sophie Grey	2.12	
Mens						
2L	Terry Cheshire	1.15		Anthony Orr	0.38	
4L	Don Lamb	1.36		Gary Lee	1.08	
	Jamie Woodbridge	1.56		Josh Arends	1.58	
Juniors Relay	Shira Aurora	1.04		Brody Asquith	2.00	
	Scarlet Regan	0.47		Dominic O'Neil- Cuadros	0.40	
	Oliver Regan	0.31		Matthew O'Neil- Cuadros	0.58	
	Solomon Goddard	0.22	2.44	Matthew O'Neil- Cuadros		3.38
Ladies Relay	Karen Hoffmann	0.30		Tillie Hewlett	1.11	
	Jeannette Prentice	1.40		Tillie Hewlett		
	Jeannette Prentice			Sophie Grey	1.03	
	Shaida Ghorbanian	0.34	2.44	Sophie Grey		2.14
Mens Relay	Terry Cheshire	1.15		Anthony Orr	1.10	
	Don Lamb	0.40		Anthony Orr		
	Jamie Woodbridge	0.20		Gary Lee	0.31	
	Carl Richards	0.33	2.48	Josh Arends	0.23	2.04
Diving	Oliver Regan			Sophie Grey		

Stevenage Dolphins Gala

The above gala takes place on Saturday 14th October at 6PM.

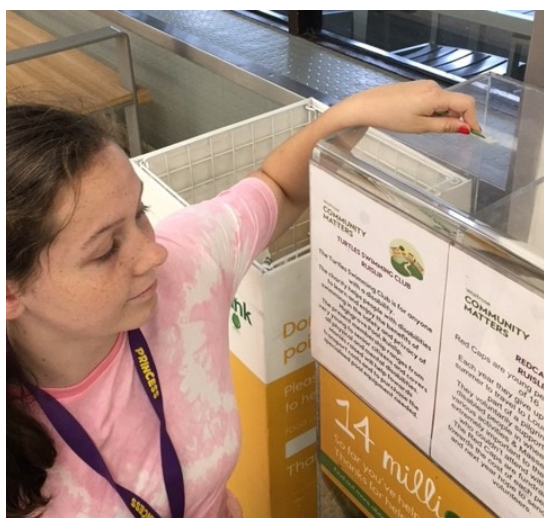
Any swimmers requiring transport to this event, please let Dave Lee know by Saturday 7th October.

Waitrose

Ruislip Store

Community Matters Scheme

We are very grateful to Waitrose Ruislip for choosing Turtles Swimming Club as one of their supported charities for the September Community Matters Scheme.



Tillie Hewlett was quick to pop along and place her green counter in the Turtles box. Thank you to everyone who supported our box!

Distance Swimming Badges

Congratulations to Shira Aurora who has been awarded her 10 metres and 25 metres distance badges.



Turtles Swimming Club is a Registered Charity
 Charity Number 1055545
 Established 1964

Chair

Alison Grey

Secretary

Andy Wallis

Turtles email:

turtlesswimming@yahoo.co.uk

Turtles website:

<http://www.ruislipturtles.org.uk>

Thank you to the organisations and individuals who support the Turtles



Phoenix Ladies' Club
 Pinner

Friends of Ken

Waitrose

names.co.uk
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