

DECEMBER 2018

Turtles Swimming Club
Newsletter

ISSUE 110

*THE COMMITTEE
WISH YOU ALL A
VERY HAPPY
CHRISTMAS AND
A PROSPEROUS
NEW YEAR*



*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: **Cheryl Lee**

Secretary: **Andy Wallis**

Turtles email:
turtlesswimming@yahoo.co.uk

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

*Turtles Swimming Club is a
Registered Charity
Number 1055545*



**The Greys 2018 Family Relay
Champions**

**Jess, Sophie, Jack & Alison.
Swim Teacher, 2 Pool
Helpers & our Chair**



British Long Distance Swim 2019

We will be participating in the above event as usual. Our special swim session will take place on Saturday 9th February at Highgrove Pool between 6pm and 7pm. So if you would like to take part, please register with Alison. All members may participate (even family members who do not have a disability). It is fun to see just how far you can swim in one hour (or less than an hour should you wish). Our recorded times are then pitched against clubs throughout the country and assessed by age and class of disability and medals awarded accordingly. We will also need volunteers to help with the counting and recording, so please let Nigel Grey know if you can help.



Congratulations to Dion (50 Metres) and Ellie (25Metres) who were awarded their distance badges on the 30th November by Peter Horne.

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



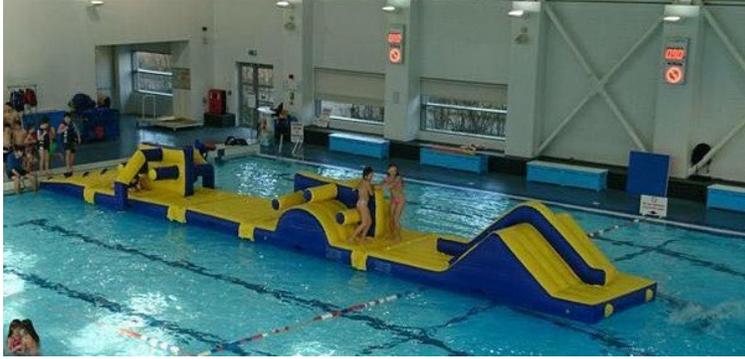
**Ruislip Combined
Charity**

ASDA

 **names.co.uk**
A DADA BRAND

Waitrose

We are having another Fun Session!



We will be organising another Fun Session at the Hillingdon Sport & Leisure Centre, Gating Way, Uxbridge (UB8 1NR) on

Sunday 27th January 5.15—6pm. The event is free to all Turtles swimmers, but please note that we cannot accommodate guests to this event.

If you are interested in coming along to try your hand on the inflatable, please make Bijan aware on the Saturday registration desk.



Turtles Diary Dates

Committee Meetings

Tues. 4th December & Wed. 16th January

Galas

Saturday 2nd February	(Ealing)
Sunday 17th March	(Feltham)
Saturday 6th April	(Hitchin)
Saturday 13th April	(Hatfield)

Events

Sunday 27th January	Fun Session
Saturday 9th February	Long Distance Swim

Christmas Swim Sessions

The Turtles Swim Sessions will continue throughout Christmas and New Year.

So we will meet on Saturday 22nd December, Saturday 29th December and Saturday 5th January.

Turtles 2019 Gala Team Captain

The Team Captain role is an honour to be awarded in recognition of his or hers contribution to the team as well as their individual successes.

Congratulations go to Sophie Grey who will be our first Gala Team Captain.

As this is a new initiative, the first appointment will be made by way of a trial and will be reviewed after three months.

The Team Captain Role will be as follows:

The Team Captain will take direction from the Team Manager but will be an ambassador and role model for the rest of the gala squad.

A key role will be the motivating of the team at galas, generating a positive mood within the team.

Any new gala team members will be looked after by the Team Captain who will explain a little bit about what is going on and answer any questions from the new team member. The Team Captain will guide the new competitor and alert them to when their events are coming up.

To avoid any disputes about who will collect any trophies, the Team Captain will lead the team to meet the Mayor / Club official and will personally take delivery of the trophy.

The Team Captain will also collect any medals for swimmers who have departed early and will then pass them on in due course.

The Team Captain may then circulate any trophies around other winning competitors and if at all possible keep track of who has got the trophy before passing to Bijan to be engraved.

The position is not intended to be onerous, but should be something to be proud of and to be enjoyed.

Appointments and responsibilities will reflect the individuals capabilities and in no way should be a source of stress.

As the Team Captain is unlikely to attend all galas in a particular season, a Vice Captain will be appointed for the events that the Captain cannot attend.

The appointment of the Vice Captain will be decided by the Team Manager, but if time permits in consultation with the Committee.

If possible, the Team Captain will try to hand over to the Vice Captain and give advice and support.



Our New Gala Team Captain—Sophie Grey

Sophie has had many years of success as a swimmer with the Turtles.

Sophie joined the Turtles in 2000 when she was just 3 years old.

Whilst representing the Turtles, in the last 10 years, alone, Sophie has won 133 medals and topped the medal table 3 times.

At National level, Sophie has won numerous medals and in 2012 was a double NASCH Champion. Sophie is also a member of the London Swimming Disability Squad.

Sophie's achievements were recognised by the Mayor in 2012 and she was named the Hillingdon Disability Sports Person of the Year.

Sophie Grey is a very worthy Turtles Gala Team Captain.