



**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER SPRING TERM 2024**

*Welcome to our first Rushmoor Royals club newsletter. Through the creation of this newsletter, we hope to provide parents, swimmers, and volunteers with relevant and topical information on a more regular basis. As a club, we would like to celebrate all our club achievements and importantly, we would like to celebrate all our members achievements as part of the Rushmoor Royal team.*

## ***In This Edition:***

***Message from the Chair & Head Coach***

***To our Newest Members***

***FAQs - Competitions***

***Hampshire County Championships***

***Development Opportunities***

***Open Meet Success***

***Volunteers in Focus***

***Masters Magic***

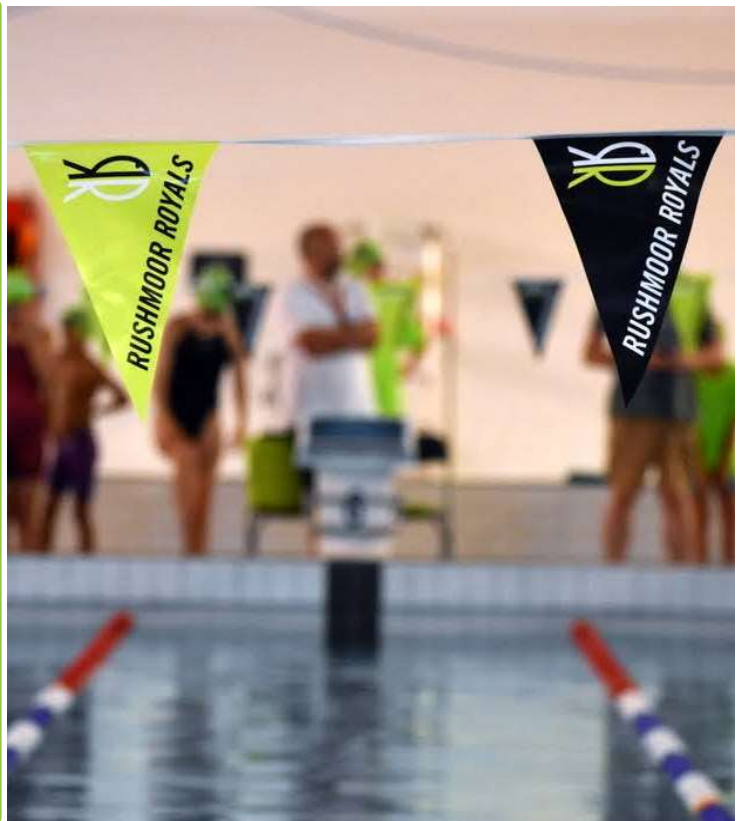
***Academy Area***

***Captains Quotes***

***Dates for the Diary***

***Club Kit***

***Staff Fundraising***



## ***Message From the Chair & Head Coach***

Welcome to our Spring newsletter and Happy Easter to everybody in the club and well done for a successful term!

A huge thank you to all our volunteers and officials for helping to put on such a successful open meet. Congrats to all the swimmers who took part, and we hope you took lots from the weekend. The team atmosphere on poolside was great to see and hear and thank you to our coaching team for all their hard work over the two days. Another big congratulations to all those that helped us have a successful county championships in January/February and another year finishing high on the medal table!

Good luck for the rest of the year, keep training hard and improving your skills as we look to finish the season on a high!




***Resilience***

***Determination***

***Positivity & Teamwork***

***Dedication***

***Willingness***

 [RushmoorRoyalsSC](#)  
 [@RoyalsSC](#)  
 [@rushmoor\\_royals\\_swimming](#)





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER SPRING TERM 2024**

## ***To Our Newest Members***

### ***Welcome to Rushmoor!***

Over the term we've welcomed many new members to all areas of our club, especially into our Rushmoor Royals academy. From behalf of everyone in the club, welcome to Team Green!

We hope that over the course of the term you have settled into the club and your swimmer is enjoying taking their next steps into the world of swimming. Whether that be into a competitive route or into a fitness route, we hope that Rushmoor Royals can teach them the skills they need to be a swimmer for life.

If at any point you have any questions, then please don't hesitate to contact the committee or the coaching team who can help point you in the right direction.






***Resilience***

***Determination***

***Positivity & Teamwork***

***Dedication***

***Willingness***

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER**

## **SPRING TERM 2024**

### ***Frequently Asked Questions***

#### ***Competitions***

##### **When does my child start competing at open meets?**

To compete at an open meet, swimmers will have to be at least 9 years of age and registered as Club Compete with Swim England. *(All those in Academy Gold or above are registered as Club Compete)* Swimmers will race in their age group as set out by the competition conditions. This will either be age on day or age as of 31<sup>st</sup> December.

At Rushmoor Royals, we organise our mini-meets for those in Academy Bronze and Silver who cannot yet enter open meets. These mini-meets are a great way to gain experience in competitions whilst in training. Once swimmers reach Academy Gold, they are then eligible to enter open meets.

##### **What do the levels mean?**

Swimming competitions are licensed as one of four levels.

###### **Level 4**

Entry level events such as Club Championships. A great chance for swimmers new to racing to compete.

###### **Level 3**

Can be long course (50m Pool) or short course (25m Pool) and will often have an upper limit qualifying time (that swimmers must be slower than). These results can be used to qualifying for County and Regional Championships.

###### **Level 2**

Short Course competition at a higher level than level 3 competitions. Will have a qualifying time that you must be faster than to compete. Results can be used to qualify for short course Regional and National Championships.

###### **Level 1**

Long course competition at a higher level than level 3 competitions. Will have a qualifying time that you must be faster than to compete. Results can be used to qualifying for long course Regional and National championships.

##### **How do I know what to enter?**

Each term a competition plan is sent to all members and is available on the "Competition Schedules" page of the website. This breaks down what open meets the club is attending and which squad should be entering. Individual entries can then be discussed with your swimmers coach prior to submitting an entry.

##### **How do I enter?**

Entry for competitions is usually done through Team Unify on our website under "Members Event Entry", or the GoMotion Club app under "Events and Meet Entries". You then need to click the open meet you would like to enter and declare your entries. You will only be able to select the events your swimmer has qualified for.

If you have any further questions about competitions, please email our Meets Secretary Sue Price at [meets@rrsc.co.uk](mailto:meets@rrsc.co.uk)




***Resilience***

***Determination***

***Positivity & Teamwork***

***Dedication***

***Willingness***

 [RushmoorRoyalsSC](https://www.facebook.com/RushmoorRoyalsSC)  
 [@RoyalsSC](https://twitter.com/RoyalsSC)  
 [@rushmoor\\_royals\\_swimming](https://www.instagram.com/rushmoor_royals_swimming)





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# CLUB NEWSLETTER SPRING TERM 2024

## Hampshire County Championships

After 3 tough weekends of races, Rushmoor swimmers had an incredibly successful championship!

Overall, we finished with:

**28 Gold Medals**

**19 Silver Medals**

**21 Bronze Medals**

This success led us to finishing 4th on the medal table!

The coaching team are incredibly proud of everyone who took part, seeing so many personal best swims and finals as well as swimmers enjoying the racing experience. We would like to give a special shout out to all our first-time qualifiers at the Championships and to those swimmers who gained consideration times but were unfortunately not accepted. The hard work and commitment you put into your training every week was clear to see and you should be proud of achieving those times.

The race weekends were a great place to witness the incredible team spirit on show between our athletes and we were once again by far the loudest team on poolside! Swimmers were getting behind each other during the heats and then somehow getting even louder for the finals. It's great to know wherever we go your team spirit shines and you demonstrate your willingness to get behind your teammates and bring the best out of each other.

Congratulations to all our Team Green swimmers!






*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# CLUB NEWSLETTER SPRING TERM 2024

## Development Opportunities

### Luxembourg Euro Meet & Swedish Grand Prix

Congratulations to Rosie Richards who has had two development opportunities over the past few months, both coming with international racing opportunities. Firstly, she was selected to represent the South East region at the Luxembourg Euro Meet. This selection came from her strong results at the Winter South East Short Course Championships in November.

Her second selection came as part of the Diploma in Sporting Excellence (DiSE) program where she was selected as part of a 72 strong team to represent Team England at the Swedish Grand Prix Series in March. Rosie had great individual results here and finished the weekend by placing 2<sup>nd</sup> as part of her 4x100m Mixed 100m Freestyle relay team.



### National Youth Development Programme

Congratulations to Maisie Brown who has attended the middle-distance development camp as part of her selection to the National Youth Development Programme.

Maisie spent 4 days at Oundle School in Peterborough with the best 16-year-olds in the country working on topics such as: race preparation, self-checks and mobility, sports nutrition as well as skills around her selected event, the 200m Breaststroke.

### ESSA Inter-Divisional Championships

Congratulation to Regional Performance coach Sydney Lee who was recently selected as a support coach for the South East Team at the ESSA Inter-Divisional Championships which took place at the Alan Higgs Centre in Coventry.

This was a great opportunity for Sydney to work with swimmers from all over the South East and work in a team environment over multiple days and a high level competition.






**Resilience**

**Determination**

**Positivity & Teamwork**

**Dedication**

**Willingness**

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER SPRING TERM 2024**

## **Open Meet Success**

### **RRSC Spring Meet**

Another weekend of racing and another successful RRSC Open Meet thanks to our amazing team of volunteers and officials. They truly are some of the most organised and smoothly operated competitions around and it is down to the amazing team of people we are lucky to have in the background that allows things to go so well.

Congratulation to all our swimmers who took part, many of whom haven't raced since the County Champs or before Christmas and some who were racing for the very first time! It was great to see so many improvements being made by so many happy swimmers! These galas are not only a great opportunity to improve personal best times, but also the perfect opportunity to be practicing the race process and the skills involved in swimming fast. By sharpening these skills in the competitive environment, alongside the repetition in training, swimmers are better preparing themselves for success later in their swimming journey.

One thing that really shone through at our Spring Open Meet was the incredible team atmosphere created by all the swimmers. Swimmers could be seen and heard cheering on their friends, squad mate and those from outside their squad. It was pointed out by multiple visiting officials just how great the team spirit was within Rushmoor Royals. The coaching team were incredibly proud of every Rushmoor swimmer, and the swimmers were an absolute credit to the club and themselves.






*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER SPRING TERM 2024**

## **Open Meet Success**



*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*



RushmoorRoyalsSC  
@RoyalsSC  
@rushmoor\_royals\_swimming





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# CLUB NEWSLETTER SPRING TERM 2024

## Volunteers in Focus

### Team Managers

Rushmoor Royals is incredibly thankful for all our amazing volunteers we have in the club. From those that help run the club day-to-day to those that ensure our competitions are extremely successful, we appreciate everybody who gives up their time. Each term we'll be focusing on one role and highlighting its importance. This term, it's our amazing team managers or TMs.

Our team of team managers help keep everything running smoothly at open meets, both home and away. Their primary role is to support the coaching team by helping to take care of the swimmers on poolside. This takes a large amount of pressure of the coaching team and ensures the swimmers are always well looked after. Each TM undertakes a short online TM Course plus online safeguarding training and DBS checks to ensure they are fully qualified to assist the coaching team. It is an incredibly fulfilling role and gives a unique opportunity of watching the racing from a different viewpoint. Hear what our team managers have to say:



"Team managers get to experience first-hand all the excitement in team galas and relays and help cheering the swimmers on from poolside. It's a lot of fun!"

"It is especially rewarding being able to help support our youngest swimmers who may be attending their very first gala."

"Being a team manager is a great way to get to know the swimmers and other parents in the club."

If you're interested in volunteering as a team manager or in any role, please contact the committee now by emailing [committee@rrsc.co.uk](mailto:committee@rrsc.co.uk).






*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming







**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER SPRING TERM 2024**

## **Masters Magic**

### **Bracknell Masters Open Meet**

The Rushmoor Masters team that entered the very popular Bracknell Masters event on 4th March at the Bracknell Leisure Centre comprised 8 swimmers, an increase on the 6 that entered last year. Entries for the meet opened on 1st December and although scheduled to close on 13th March the popularity of the meet was such that it was full and closed to individual entries before the end of December. That meant that several Rushmoor Masters who would have entered were sadly too late, limiting the team size.

The RRSC results from the meet are on the club web site. In summary, the team achieved 9 first places, 6 second places and 7 third places out of our 29 swims. In addition, our 4 x 50m 120+ men's relay team came 3rd against strong opposition. The swimmers enjoyed the tandem relay which requires 6 swimmers to swim in a chain with the first swimming just 50m, the second 100m and so on until the last swam 300m. We came 5th out of 15 teams that entered. At the final points tally Rushmoor came 9th out of 39 clubs that swam. In the meet records compiled from the results the previous Bracknell Masters meets Rushmoor Masters have 10 of the best performances. A great effort by everybody who attended!

If you are interested in joining our masters team for training or for competitions, please contact our masters coach Geoff Stokes via email at [geoff@masterswim.uk](mailto:geoff@masterswim.uk)






*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER**

## **SPRING TERM 2024**

### **Academy Page**

#### **Mini-Meet Success for Bronze & Silver**

The mini-meet was a great way to end the Spring term. It was amazing to see the hard work and dedication that the swimmers have been working on improving put into practice. Swimmers really excelled on their race skills during the mini-meet and listened to their feedback ready for their next sessions. On the whole it was a really enjoyable opportunity for the swimmers and we all had a lot of fun during the competition.

#### **Gold Swimmers see hard work pay off!**

Gold have been working hard on their different stroke skills, including their starts and turns and the progress seen has been fantastic. Swimmers are really taking on board feedback and trying their best to better themselves with every session. The result of their hard work has been seen in their recent performances at our spring open meet in March, where all swimmers achieved personal bests and we saw huge technical improvements in their swims.

### **Academy Awards**

Each term our Academy coaches will be rewarding Club Value Awards to members of our Academy. These swimmers below have been recognised for their attitude against a certain club value.

	RESILIENCE	DETERMINATION	POSITIVITY & TEAMWORK	DEDICATION	WILLINGNESS
BRONZE	Grace Kitchen	Caitlyn Nica	Hannah Windard Alex Dobson	Imogen Matthews	Cameron Black
SILVER	Oliver Hulse	Violet-Rose Todd	Lillian Woolner	Harriet Budworth Ella H-C	Ffion Crosby
GOLD	Sebastian Dobson	James Ashby	Maya Fountain	Jessica Robinson	Lara Page

*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

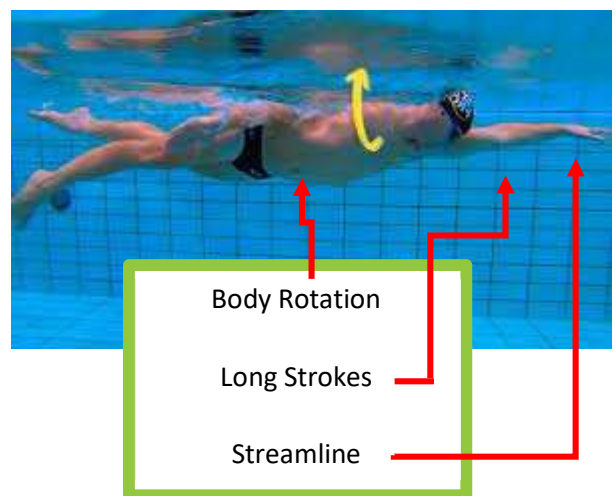
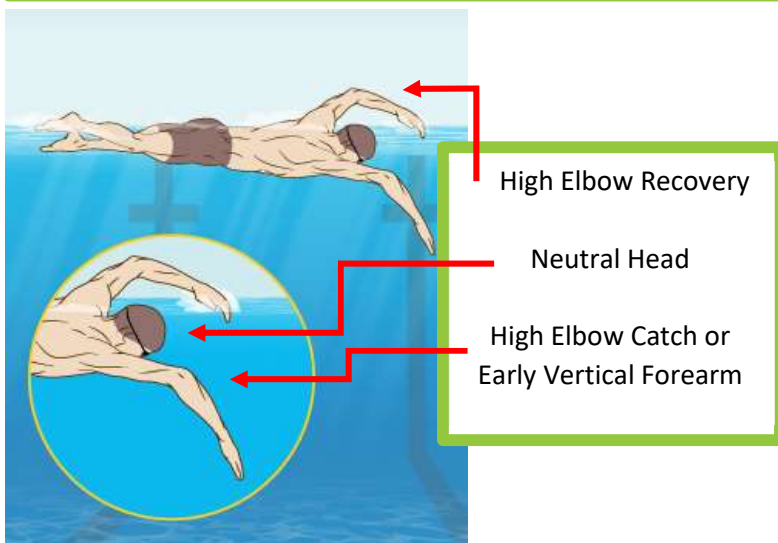
*Willingness*



### **Technique Tips**

#### **10 Tips for Your Freestyle**

- 1) Keep the leg kick continuous! Whether it's training or racing, keep that leg kick going!
- 2) Head neutral! Imagine you're standing looking straight forwards, now imagine you're laying down and your head hasn't moved, where are you looking? When we swim Freestyle, we want to keep the head still and neutral, looking down to the bottom of the pool.
- 3) You want to be smooth & long, not rushed & short. Every stroke, we need to reach forward as far as we can and pull back as far as we can past our hips.
- 4) Get those hips moving! Combine that reach with a great rotation of your hips and shoulders. We should aim for 45 degrees both ways to keep that stroke as long as possible.
- 5) Feel that water early! We call it the "catch". The earlier you can get the palm of your hand feeling the pressure of the water the further you're going to move each stroke.
- 6) Keep the elbows pointing to the surface. When you do catch, we want to bend the elbow and get the pointy bit pointing up to the surface, the forearm and hand will then be facing backwards allowing us to push the water behind us. We call this a high elbow catch or early vertical forearm (EVF)
- 7) Keep the elbows pointing to the ceiling! When you recover the arm over the water, thinking about lifting from the elbow keeping the arm relaxed and hanging underneath. We call this a high elbow recovery.
- 8) Pick your rhythm but make it both sides. Whether you breathe every 2, 3, 4 strokes or whatever it may be, you need to be able to breathe both directions. In training you should always be breathing both ways, so you do not overtrain one side of your body.
- 9) One ear and one eye in the water. Keep that head nice and flat when you breathe to the side, no lifting now!
- 10) Streamline is everything and involves everything! Whether in the stroke or off the walls, always keep that body as streamline as possible and think about all your body, not just your arms!



*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*



**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER SPRING TERM 2024**

## *Captains Quotes*



***“When you’re behind, it doesn’t mean you’re losing; it just means you’re about to make a great comeback.”***

***- Skye A-B – Senior Captain***

***“Don’t put a limit on anything. The more you dream the further you can go.”***

***- Rhys W – Senior Captain***



***“Don’t wait until you’ve reached your goal to be proud of yourself. Be proud of every step you take towards reaching it.”***

***- Aime B – Junior Captain***

***“Train hard to race easy!”***

***- Ashwin T – Junior Captain***



*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*



**RUSHMOOR ROYALS  
SWIMMING CLUB**

# CLUB NEWSLETTER

## SPRING TERM 2024

### Dates for the Diary

#### Open Meets & Championships

RRSC Easter Sprint Meet	Hart Leisure Centre	13 <sup>th</sup> April 2024	Entries CLOSED
14 & Under South East Regional Championships	Winchester LC Crawley LC	20 <sup>th</sup> / 21 <sup>st</sup> April 2024 27 <sup>th</sup> / 28 <sup>th</sup> April 2024	Entries OPEN Qualifying Times Apply Entries Close 2 <sup>nd</sup> April
15 & Over South East Regional Championships	Wycombe	3 <sup>rd</sup> – 6 <sup>th</sup> May 2024	Entries OPEN Qualifying Times Apply Entries Close 2 <sup>nd</sup> April
Basingstoke Summer Sizzler	Basingstoke Aqua Drome	25 <sup>th</sup> – 26 <sup>th</sup> May	Entries OPEN Entries Close 1 <sup>st</sup> May
RRSC Summer Short Course Level 2	Aldershot Garrison	22 <sup>nd</sup> – 23 <sup>rd</sup> June 2024	Speak to your coach for individual entries Entries close 31 <sup>st</sup> May
South East Regional Open Water Championships	Mercers Park, Redhill	30 <sup>th</sup> June 2024	Speak to Matt for more info
RRSC End of Season Long Course Level 3	Aldershot Garrison	13 <sup>th</sup> – 14 <sup>th</sup> July 2024	Speak to your coach for individual entries
British Summer Championships	Sheffield	20 <sup>th</sup> – 26 <sup>th</sup> July 2024	Invite Only
English Summer Championships	Sheffield	30 <sup>th</sup> July – 3 <sup>rd</sup> August 2024	Invite Only

#### Other Key Dates

End of Season: Friday 26<sup>th</sup> July 2024

Summer Social & Quiz Night: TBC – June/July

Summer Closure: Saturday 27<sup>th</sup> July 2024 – Saturday 24<sup>th</sup> August 2024

First Session of New Season: Sunday 25<sup>th</sup> August 2024

Club AGM: October/November 2024

*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*



**RUSHMOOR ROYALS  
SWIMMING CLUB**

# CLUB NEWSLETTER SPRING TERM 2024



## Club Kit

Make sure you get your orders in from our kit providers KitKabin if you're looking to purchase our new club kit! You'll need to set up an account and provide the club code to reach our dedicated site. Please email Rachel at [membership@rrsc.co.uk](mailto:membership@rrsc.co.uk) for more information!

## Club Hats & Equipment

For any new or replacement club hats, please order through our hats provider Fastlegs!

Hats can be personalised for an additional cost!

Fastlegs also has all the equipment on every squads kit list!






*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming





**RUSHMOOR ROYALS  
SWIMMING CLUB**

# **CLUB NEWSLETTER SPRING TERM 2024**

## **Staff Fundraising**

### ***Climbing Scafell Pike***

LTS Administrator, Alice Reeves, her husband and her brother, are climbing England's highest mountain to raise money for Thames Hospice.

#### Their Story

After the success of climbing Snowdon last year for Thames Hospice it is safe to say that we all caught the bug! On the 22nd April 2024 we have decided to take on England's highest mountain, Scafell Pike, in honour of our beautiful mum and Grummy.

We will once again be raising money for the incredible Thames Hospice who were there for mum and us as a family in her final weeks. It has been almost 2 years since we lost mum and we haven't forgotten the incredible work there and we want to be able to give back to them as a big thank you.

Last week whilst on a family break away in the Forest of Dean we did our first group training hike through the beautiful forest including taking in the incredible view at Symonds Yat Rock. Up and down for 6 and a half miles in the rain and mud and it felt good to be back!

Thank you so much for any donation you can make, however big or small, we really know the difference it can make and thank you so much for your support.

**To donate: <https://www.justgiving.com/page/alice-reeves-1708687294318>**




*Resilience*

*Determination*

*Positivity & Teamwork*

*Dedication*

*Willingness*

 RushmoorRoyalsSC  
 @RoyalsSC  
 @rushmoor\_royals\_swimming

