
 @TyldesleySWP

 Tyldesley Swimming and Water Polo Club



# Newsletter

## February 2021



### MESSAGE FROM THE PRESIDENT.

I would personally like to thank all our members, parents, volunteers, coaches and teachers for sticking with us during this current lockdown.

I have been overwhelmed by the ongoing donations, loyalty and messages of support for the club.

Behind the scenes myself and the management committee are working hard to make sure we are prepared for our return to the pool and have lots of great ideas for the club during 2021.

During Lockdown the club will keep you updated by continuing:-

- to produce the Monthly Newsletter to keep you all informed of "what is happening".
- to update our members on Facebook; Instagram and Twitter
- to deliver the 3 x weekly zoom land workouts (in partnership with Atherton & Leigh SC)
- to increase the knowledge of our Coaches & Teachers by continuing to offer them Courses; Forums; Presentations delivered by Swim England North West Region
- to keep everyone informed and updated via emails and whatsapp messages.

**Keep a look out on social media for our new challenges and the return of our family quiz nights via zoom!**



**TAKE CARE EVERYONE – STAY SAFE – KEEP ACTIVE**



### Congratulations



Congratulations to Paul Haworth who has achieved his Level 1 Coaching Waterpolo qualification & Diane Stafford on being appointed President of Central Lancashire SWPA.



### Land Based Training—Zoom Sessions



In partnership with Atherton & Leigh Swimming club, we will be re-starting our Zoom based training sessions,

The sessions will be run by: **Sophie—Tuesday 7pm**

**Leanne/Grace—Thursday 7pm**

**Gary—Saturday 11:30am .**

A parent must be in attendance during the session to ensure that the child/children taking part are completing the activities correctly.

Please email [diane@tswpc.co.uk](mailto:diane@tswpc.co.uk) if you or your child/children wish to participate in the session. The sessions are suitable for all members.

You will then be emailed a login and password for each session.

These sessions are strictly maintained under Swim England guidelines for Zoom sessions and Safeguarding & Protecting Children.



### COVID 19 LIAISON



The club are looking for additional Covid 19 Liaison volunteers for the following groups:

**Senior mens training sessions**

**Senior ladies waterpolo**

**Waterpolo team**

Responsibilities include:

- Liaising with the Covid Lead on training sessions and any issues that arise during a session
- To submit the training session register to the Covid Lead after every session.
- Ensure members adhere to the Club Protocols & Guidelines for Covid 19.

Anyone who would be interested in this role or would like more information should email Diane Stafford – [adlj@btinternet.com](mailto:adlj@btinternet.com) or the club secretary – [secretary@tswpc.co.uk](mailto:secretary@tswpc.co.uk)



If any of your details have changed over the last 12 months please email [membershipsecretary@tswpc.co.uk](mailto:membershipsecretary@tswpc.co.uk) to update your details at the earliest opportunity. This includes addresses, phone number or email address. Thank you!



Gracie Acton  
Maggie Allen-Brown  
Paige Evans  
Ben Appleton

Harry Cooper  
Stephen Harrison  
Thomas Haworth  
Charlie Mountford

**A vey happy birthday to all our members celebrating birthdays in February.**



# Development Opportunities

## FANTASTIC OPPORTUNITIES – NOT TO BE MISSED

SWIM ENGLAND NORTH WEST REGION have joined in partnership with Hope University, Liverpool and Lancaster University to deliver online courses for Swimmers, Water Polo Players, Parents, Coaches and Teachers.

### SPORTS REHABILITATION – HOPE UNIVERSITY

Diane, Leanne, Lee and Stephanie attended the Introduction Forum to listen to the opportunities that were available to our members.

This will be a 4 weekly course where athletes will have a zoom session (max of 6 students per group) lead by the Clinical Lead for Sports Rehabilitation and University Students (supporting the programme). Those signing up to the programme will also be given different “tutorial sheets” to keep on an ongoing basis.

Feedback and Comments will be given by the Clinical Lead and athletes kept informed of their progress.

Awaiting dates for this to commence

Places are limited.

### PSYCHOLOGY – LANCASTER UNIVERSITY

The introduction zoom call will take place on 17<sup>th</sup> February via zoom and is **FREE** to swimmers; water polo players; parents; coaches and teachers.

The introduction session will provide individuals with an overview of the benefits of the programme and how it will be applied to each group.

Workshops will cover the following topics:

- Basic Psychological Skills Training
- Mindfulness, Resilience and Managing Adversity
- Psychology Control and Anxiety
- Coaches – Creating Positivity, Resilient Cultures and Holistic Athlete Development

To book a free place

<https://swimnorthwest.org/event-course/sports-psychology-programme-introduction-in-partnership-with-lancaster-university-online/>

### SENW COACHES FORUM – 9<sup>TH</sup> FEBRUARY - FREE

The next SENW Online Coaches Forum – Pre and Post Pool Exercises will be led by Lewis Fox (Strength and Conditioning Coach for SENW Regional Pathway Programme).

Attendance is extremely beneficial to all qualified Assistant Coaches, Coaches and Level 2 qualified Teachers, regular attendance at these forums can also be used as Regional Continual Professional Development (CPD) evidence.

Coaches & Teachers who wish to book a free place

<https://swimnorthwest.org/event-course/senw-online-coaches-forum-pre-and-post-pool/>