



ST IVES SWIMMING CLUB

NEWSLETTER

April 2025



March was a whirlwind for St. Ives Swimming Club! Our swimmers excelled at the Putteridge Level 1 meet in Luton, facing tough competition from across southern England. The Junior Fenland League team dominated at Huntingdon, securing victory with 38 personal bests in 45 events! To close the month, Andy accompanied Gold Sharks Josh Marshall and Tessa Quayle to the Swim England East Region Long Course Championships in Norwich - Congratulations to all!

On March 21st, we welcomed Cambridgeshire County Chairperson Gergely Kokas as part of a county-wide initiative to strengthen local club connections. Exciting news - the Cambridgeshire County Development Championships return in June 2025 with a revamped program!

We appreciate your continued patience as we refine our website after transitioning to Swim Manager. The committee is working hard to improve structure and content.

SISC is actively seeking partnerships with local businesses interested in supporting our club. We are committed to providing enriching opportunities for our swimmers, including Club Championships, nutrition workshops, and supplementary training programs. If you or someone you know is interested in exploring sponsorship opportunities, please connect with a member of the committee.

We currently have openings in our Flounders Learn to Swim Program on Friday evenings! Spread the word to family and friends, as this is a fantastic chance for young swimmers to begin their journey with

SISC. Contact our Flounders Co-Ordinator Sue Gow at siscfloundersue@gmail.com for more information.

Don't forget that the kit order window has been extended until April 6th! See the details at the end of this newsletter. Wishing everyone a happy and relaxing Easter break!

Muneni
SISC Chairperson

UPCOMING EVENTS

- 5 APR - LUTON FRANTIC FIFTIES
- 25 MAY - MARCH MARLINS FENLAND OPEN MEET
- 14/15 JUN - CAMBS COUNTY DEVELOPMENT MEET (More to follow)
- 28/29 JUN - COPS SUMMER MEET

JUNIOR FENLAND LEAGUE (JFL)

- 7 MAY- ROUND 2
(Selected swimmers only will be notified by email)
- 7 JUN- ROUND 3
(Selected swimmers only will be notified by email)

OTHER EVENTS

- 12 APR- OUNDLE TRAINING
 - Sign up via Swim Manager Shop by 4th April
- 18/19/20 AUG - SAVE THE DATE OUNDLE SUMMER CAMP

SIGN UP!



NO TRAINING over the Easter Weekend Friday 18th to Monday 21st April incl. Wishing everyone a wonderful Easter break

Membership Update

Congratulations to all those swimmers who've recently undertaken Squad Trails and successfully passed. Andy made it clear that 50% attendance is a mandatory requirement to pass. Attendance will continue to be monitored across all squad members to ensure that 50% attendance is being met. We understand that illness, injury and school trips are unavoidable, so please make Andy aware when these might arise.

"Train insane or remain the same"

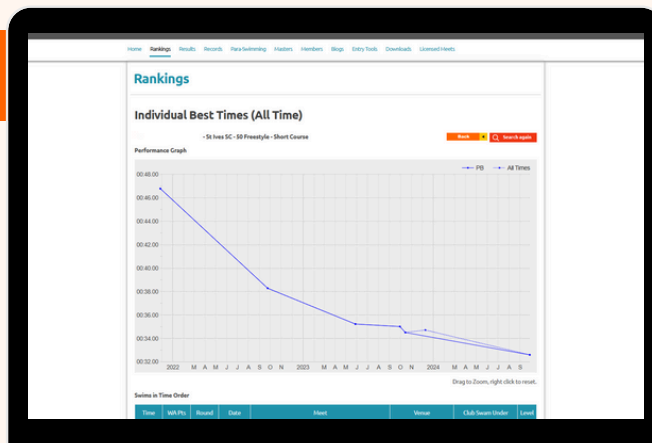


MORE NEWS ...

LICENSED SWIM TIMES

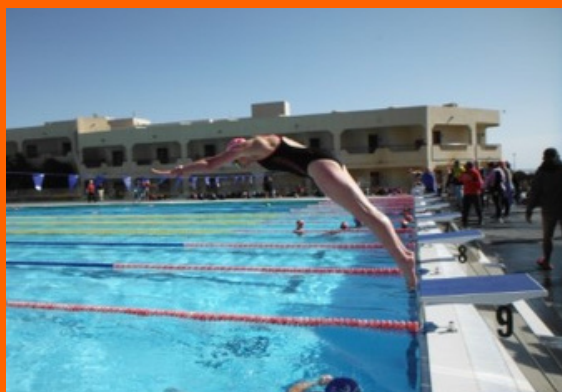
Did you know that when a swimmer competes at a licensed meet, they can compete for a licensed time and FINA points which are uploaded to Swim Englands Individual Rankings Website www.swimmingresults.org/individualbest/

Here you can view your swimmers Individual best times and all time progress by event with nice graphs. We have a number of events throughout the year including our own Club Championships which allow swimmers to gain licensed times. Licensed times are used to qualify for entry into licensed events and, if within the qualifying times, go towards qualification to County and Regional Championships



COACHES CORNER

Spotlight on Val



When not teaching and coaching at SISC, Val likes to Swim!

Val used to swim for fitness every day (Monday to Friday) before going to her office job in Huntingdon. A group of friends from those sessions decided to swim 3K at the Great East Swim event in 2011. The next month, Val swam 3K at the ASA East Region Open Water Championships and won a masters' age group gold medal.

Val has enjoyed open water swimming in rivers, lakes and the sea. Her favourite holiday is swim training camp at the Barcelo Active Resort in Lanzarote with sessions in the 50m pool and in the sea; the highlight being the Ironman course (2 laps is 3.8K) in Puerto del Carmen. Val has also competed in the Colonia Classics races in Majorca several times. Her most successful year was 2017 when she was fastest lady in her age group in all of the Great Swim events and she won the age group gold medal at the Swim England National Masters' Open Water Championships.

Athlete of the Month

Chloe Butler will be competing in the British Championships at the London Aquatic Centre on 15th and 17th of April. Chloe will be competing in the 200 Butterfly and 200 Breaststroke events.

Good Luck Chloe!



St Ives SC - Club Shop

Order Window: 1
Date of Opening: 4th March 2025
Close of Window: 6th April 2025
Delivery: 6-8 weeks after close of window
Delivery: In one bulk shipment to the Club

NAMED HATS

Order your named hats through Swim Manager. Window closes 6th April.

If you have any questions regarding either, please speak to Sara Nightingale siskit@gmail.com

DON'T FORGET!

Please can all members remember that the use of mobile phones in changing rooms is strictly prohibited as per swim england guidelines