



ST IVES SWIMMING CLUB

NEWSLETTER

September
2025

Welcome Back!

We hope everyone has enjoyed a restful and enjoyable summer break. As we return to training, we look forward to an exciting season ahead, packed with competitions, including our very own Level 3 Club Championships.

There was plenty of action over July and August. Our Junior Fenland League team put in a fantastic performance in the fourth round at Thetford, securing a victory that earned St Ives a place in the A Team Final ... Congratulations to all our juniors!

A special shout-out to Chloe Butler, who competed at Swim England's National Summer Meet. Chloe brought home a Bronze medal in the 200IM and a Silver medal in the 200 Breaststroke - an outstanding achievement. Well done, Chloe!

Lastly, it was great to see so many athletes participating in our Summer Maintenance and Oundle Summer Camp sessions. These valuable training opportunities have set a solid foundation as we head into the new season.

Muneni
SISC Chairperson

UPCOMING EVENTS

01 SEP - First day of training (ALL Squads)
27 SEP, 18 OCT, 22 NOV - SISC CLUB CHAMPS
(Enter via Swim Manager)

JUNIOR FENLAND LEAGUE (JFL)

****Selected swimmers have been notified by email****

13 SEP - FINAL

OTHER EVENTS

7 FEB - ANNUAL AWARDS EVENING



Matilda and Eliza Spink are members of our Marlins and Nemo's squads. During September they are taking on the Swim 5k Challenge for Child Bereavement UK to raise vital funds to help bereaved families re-build their lives, a charity very close to Matilda and Eliza's hearts.

Every stroke they swim, and every penny you give, will help provide the support they so desperately need.

If you are interested in supporting Matilda and Eliza, please click this [link](#) to make a donation.

Thank you for your support.

www.stivesswimmingclub.co.uk

CLUB CHAMPS

Don't forget to sign up for round 1 & 2 of Club Champs on Swim Manager
Entries close midnight on 13th September



COACH PETE



My journey in swimming began at age four with SISC, where I stayed for 22 years - first as a swimmer, then giving back as a coach and teacher. After university, I pursued coaching professionally, working in Dubai and later at COPS. The pandemic gave me a chance to reset, leading to a career change and a return to swimming as a Masters athlete.

Since restarting in 2022, I've raced at Masters Nationals (Long and Short Course), won several medals, and this year set an East Region Masters relay record.

Pete's prep for competition season 10 Racing Tips

1. Preparation is key
2. Pack your gear and prep food the night before. A good night's sleep and low stress levels make all the difference.
3. Fuel smart
4. Nutrition impacts performance. I avoid sugar and heavy foods on race days and focus on light, hydrating snacks and water.
5. Have a strategy
6. Go into each race with a plan you've practiced. Never try something new on a big race day.
7. Visualise your race
8. Picture both the perfect and worst-case scenarios so you're mentally ready for anything, even if your goggles fall off!
9. Train your habits
10. You race how you train. Want better skills or times? Put in the effort during training ... it adds up.

SWIMMER OF THE MONTH



This month, we'd like to give a big shoutout to **Luca Jones** from our Marlins squad. Luca has taken part in every round of the

Junior Fenland League this season, often stepping in at the last minute to cover extra events - even when it meant barely any rest between races. He always gives 100%, showing up with enthusiasm and a great attitude.

His dedication has played a big part in helping St Ives secure a spot in the A team final on 13th September. Luca also puts in great effort at training and is a much-loved member of the squad, respected and appreciated by all his teammates.

Help Power Our Club Championships!

With the big event approaching, we're calling on our community for support. Donations, big or small, from individuals or businesses all make a difference, whether it's sponsorship or a raffle prize.

Raffle prizes can be given to any Committee member (for Mikaela's attention) or email siscchair@gmail.com for sponsorships or larger donations. Thank you for backing St Ives Swimming Club!

Second-Hand Kit Donations

If you have any unwanted kit or equipment you'd be happy to donate to the club, please get in touch with Sara at: [✉ sisckit@gmail.com](mailto:sisckit@gmail.com)