



# Newsletter

August/September 2022

Finally, a newsletter!! Our apologies for taking so long getting this to you all but hopefully it is full of everything you need to know about what is happening in the club and the exciting things we have coming up.



**Staffing Update** As you know Liam will be leaving us as Head coach on Sunday 18<sup>th</sup> September. We would like to thank Liam for everything he has done for the club and wish him well for the future. The committee is currently advertising for a new head coach but for the meantime our amazing existing coaching team will be helping to cover Liam's hours. We will update you as soon as a new head coach has been appointed.

**Beccles Lido** Every year we like to organise a social event for our club to allow the children a chance to have some fun with their swimming friends and peers. It also gives parents/carers a chance to chat and get to know one another. Please join us on **Saturday 3<sup>rd</sup> September 7-9pm** at Beccles Lido (NR34 9PL). This is a free event, families can bring a picnic and drinks, hopefully the sun will still be shining. Please can you let us know if you will be attending by contacting the club secretary via email.



**Fundraising** We would like to invite you & your family to our first ever Quiz Night to raise funds for the club and have an exciting night out! Tickets are just £4 per person & teams can be mixed ages up to 8 people, questions for both adults & children. Swimmers, siblings, parents, grandparents, aunts and uncles; the more the merrier, let's make it a sell out and an annual event! Don't forget to check your emails for the link to buy tickets. Saturday

17<sup>th</sup> September at Diss Bowls Club (IP22 4HE) 6pm-8.30pm. Drinks available to purchase at

the bowls club bar and food available to purchase from Dirty Fryer Boys (Street food touring van with burgers, fancy chips and much more).

### Upcoming competitions

Nifty 50s - Sunday 11<sup>th</sup> September Thetford Leisure Centre

Club Championships - Monday 19<sup>th</sup> September- Fri 30<sup>th</sup> September Diss Leisure Centre

Diss Open – Sunday 16<sup>th</sup> October UEA Norwich

Winter Wipeout – Sat 3<sup>rd</sup> & Sunday 4<sup>th</sup> Dec UEA Norwich

### Club Championships

Club Champs will run from Monday 19<sup>th</sup> September until Friday 30<sup>th</sup> September. Don't forget to sign your swimmers up. You should have received an email with link to sign up. Please let us know if you haven't received this. This is a fantastic opportunity for new swimmers to have their first experience of competitions whilst in a familiar environment with great support.

### Presentation Evening

To celebrate our swimmer's success at the club championships, as well as throughout the year, we hold an Annual Presentation Evening to reward all of our swimmers' efforts. Medals are awarded from the results of the club championships as well as awards for top swimmer in each age group, the Chairman's award, swimmer of the year award and the four new club captains for the year ahead will be announced. It is a great evening which gives swimmers and families an opportunity to all get together, have a natter, celebrate a great year for the swimmers and our club - all while enjoying the famous buffet!

Our presentation evening will be held on Friday 21<sup>st</sup> October at Hope Church Diss. More details coming soon.

### Contact details

**Club Chairman:** [chair@dissotters.co.uk](mailto:chair@dissotters.co.uk)

**Vice Chair:** [vice-chair@dissotters.co.uk](mailto:vice-chair@dissotters.co.uk)

**Club Treasurer:** [treasurer@dissotters.co.uk](mailto:treasurer@dissotters.co.uk)

**Club Secretary:** [secretary@dissotters.co.uk](mailto:secretary@dissotters.co.uk)

**Masters Secretary:** [masters@dissotters.co.uk](mailto:masters@dissotters.co.uk)

**Welfare Officer:** [welfare@dissotters.co.uk](mailto:welfare@dissotters.co.uk)

**Head Coach:** [headcoach@dissotters.co.uk](mailto:headcoach@dissotters.co.uk)



## Key Dates for your diary:

**Monday 29<sup>th</sup> August** – No swimming leisure centre closed for bank holiday

**Saturday 3<sup>rd</sup> September** - Beccles Lido Social evening

**Saturday 17<sup>th</sup> September** - Diss Otters first Quiz Night at Diss Bowls Club

**Friday 21<sup>st</sup> October** - Presentation Evening at Hope Church Diss

### Interested in supporting the club by joining our Committee?

Without the support of parents who volunteer their time to be on the committee the swimming club would not be able to run.

We would love to see some new faces on our committee who could bring some new ideas and support! Want to find out more?

Speak to Val, Gemma or Ruth for more info.

### Current Training Timetable

<p style="text-align: center;"><b><u>Foundation</u></b></p> <p style="text-align: center;"><b><i>Training Times</i></b></p> <p>Thursday S&amp;C 6-7pm @ MG Fitness Friday 6.15 – 7.15pm @ Diss Sunday 2.30 – 3.30pm @ Diss</p>	<p style="text-align: center;"><b><u>Development</u></b></p> <p style="text-align: center;"><b><i>Training Times</i></b></p> <p>Monday 6.15 – 7.15pm @ Diss Wednesday 6:15 – 7:15pm @ Diss Thursday S&amp;C 6-7pm @ MG Fitness Sunday 3:30 – 4:30pm @ Diss</p>	<p style="text-align: center;"><b><u>Junior Performance</u></b></p> <p style="text-align: center;"><b><i>Training Times</i></b></p> <p>Monday 7.15 – 8.15pm @ Diss Wednesday 6:15 – 7:15pm @ Diss Thursday S&amp;C 6-7pm @ MG Fitness Friday 7.15 – 8.15pm @ Diss Sunday 3:30 – 4:30pm @ Diss</p>
<p style="text-align: center;"><b><u>County Performance</u></b></p> <p style="text-align: center;"><b><i>Training Times</i></b></p> <p>Monday 6:15 – 8:15pm @ Diss Wednesday 7:15 – 8:15pm @ Diss Thursday S&amp;C 6-7pm @ MG Fitness Friday 6:15 – 8:15pm @ Diss Sunday 2:30 – 3:30pm @ Diss</p>	<p style="text-align: center;"><b><u>Regional Performance</u></b></p> <p style="text-align: center;"><b><i>Training Times</i></b></p> <p>Monday 6:15 – 8:15pm @ Diss Wednesday 6:15 – 8:15pm @ Diss Thursday S&amp;C 6-7pm @ MG Fitness Friday 6:15 – 8:15pm @ Diss Sunday 2:30 – 4:30pm @ Diss</p>	<p style="text-align: center;"><b><u>Masters</u></b></p> <p style="text-align: center;"><b><i>Training Times</i></b></p> <p>Wednesday 7:15 – 8:15pm @ Diss Friday 8:15 – 9:15pm @ Diss Sunday 08:30 – 9:30am @ Diss</p>