



Newsletter

October/November 2022

Congratulations!

Staffing Update We are delighted to appoint Laura as our new Head Coach, she has been a valuable and much loved coach at our club for many years and we look forward to seeing her now lead our coaches and

swimmers as well as bringing new and exciting ideas to our club. Jamie has now been appointed as a paid coach, we thank him for the numerous hours he has given so willingly as our volunteer coach. Scott continues his role as coach and is always a great point of contact should you have any questions. Doug continues to volunteer coach our Masters and Lee and Adam kindly cover for all squads were needed and we thank them for their time and dedication to the club. We look forward to seeing our 'new' coaching team move the club forward.

Strength and Conditioning As the colder months arrive we are conscious of the need to move our S&C sessions indoors where it is a little warmer. However, with moving indoors this brings the club added costs to cover in hiring a venue as well as paying the PT. We need a minimum of 25 people to attend a session and wanted to open up our S&C sessions to parents as well as swimmers. We would like to know if you would be interested in joining your children in a 1hr session each week at a cost of £10 a month. Please email chair@dissotters.co.uk or secretary@dissotters.co.uk if you are interested in this. If we do not get enough interest we may need to cancel our strength and conditioning sessions until warmer weather/ lighter nights return.

Club Championships

Well done to everyone who competed in club champs. Around 66 swimmers took part in 18 events which totalled 550 swims. Some amazing first time swims were had and massive PBs achieved, which resulted in many of our swimmers qualifying for the county championship, as well as times gained to enter our Diss Open Gala and Winter Wipeout. Thank you to all our volunteers, officials and helpers who without them we would be unable to run such a successful club championships.



[Diss Open](#) A massive well done to all those who competed in our club's open gala this year. Although a little quieter than in previous years, it felt the perfect setting to allow our newer swimmers to have a taster of what higher level competitions are about and what they feel like. Again a thank you to our officials; Kirsty, Scott, Neel, Adam, Dawn and Sally. Thanks also to our volunteers; Ruth, Rachel, Clint, Sarah, Richard, Amber, Dean, Julie, Rosie, Vicky, Jenny, Louise, Emma, Paul, Lora and Fizz - without all their generosity to help and give up their time we would have been unable to run our gala.



[Presentation Evening](#)

To celebrate our swimmer's success at the club champs, as well as throughout the year, our presentation evening will be held at Diss Bowls club on Saturday 19th November at 7pm. Medals and ribbons will be awarded as well as trophies for top swimmers, swimmer of the year to name a few. In the coming weeks a food list will be available pool side where we kindly ask parents to choose at least 2 items to bring along for our buffet so please look out for this nearer to the time. We will be operating a ticket system in order to know how many people will be attending. Tickets will be £1 this will be set up online in a similar way to our Quiz night so look out in your emails soon.



[AGM](#) We are holding our AGM at Diss Bowls Club on **Sunday 20th November at 2.30pm**, as we would like as many people to attend the meeting, our swim session will be a 'fun session 2.30pm-4.30pm and will include use of the leisure centre's inflatable assault course. Please drop your children off at the pool and come along to your swim club's AGM. In order for the club to run to Swim England requirements we need to fill the following positions Chair, Vice Chair and Secretary, if you are interested in filling any of these positions, please get in touch.

[Quiz Night](#)

We raised an impressive £537 at the quiz night! Thank you to everyone who attended, I'm sure you will agree it was a great evening and hopefully a new annual event for our club. A special thank you to Jamie for organising and hosting alongside his glamorous assistant Clint.



Upcoming competitions

- Winter Wipeout – Sat 3rd & Sunday 4th Dec UEA Norwich
- Saturday 17th & Sunday 18th Dec – No Frills Meet Stowmarket

Contact details

Club Chairman: chair@dissotters.co.uk

Vice Chair: vice-chair@dissotters.co.uk

Club Treasurer: treasurer@dissotters.co.uk

Club Secretary: secretary@dissotters.co.uk

Masters Secretary: masters@dissotters.co.uk

Welfare Officer: welfare@dissotters.co.uk

Head Coach: headcoach@dissotters.co.uk



Key Dates for your diary:

Saturday 19th November - Presentation Evening @ Diss Bowls Club 7pm

Sunday 20th November – AGM @ Diss Bowls Club 2.30pm fun session at the pool for all swimmers

Saturday 3rd Sunday 4th Dec – Winter Wipeout UEA

Saturday & Sunday 17th/18th December – No Fills Open Meet Stowmarket

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