



04 July 2025



RTW monson NEWSLETTER

Please do take the time to read the whole newsletter so that you don't miss any important notices relevant to your swimmer - especially training time changes highlighted in **RED**



GOOD LUCK

Good Luck to our swimmers competing in the Sevenoaks Open Meet this weekend



SUMMER BREAK

Every year we take a summer break. Our last session will be on Sunday 27th July and will return to swimming on Monday 18th August.

We return to a reduced training programme for the first week and back to full programme on 01st September

EUROPEAN AQUATICS®

European Aquatics Junior Swimming Championships 2025



Hayden Annan and Amalie Smith have had an amazing start to the European Aquatics Junior Swimming Championships 2025 this week in Šamorín, Slovakia where they are competing, along with Head Coach Karen who is part of the coaching team

Hayden had a strong start in the 200m Freestyle narrowly missing out on a semi-final place, we will see him compete in the 400m Freestyle later in the week



Meanwhile Amalie Smith has had a brilliant start to the competition, qualifying in second place for the 400IM final, she proceeded to swim through the rest of the competitors on the breaststroke leg finishing in first place to secure the gold medal in a new Championship Record time. Amalies time is also a new GB Age Group Record and also lifts her to the 6th best all time GB performer in this event. Such an amazing achievement and all at just 15 years old!



Amalie also qualified for the semi finals in the 200m Breaststroke, just narrowly missing out on a finals place, and then went on to win the Bronze medal as part of the GB 4x200m Freestyle Relay Team

She will be competing in the 200IM later in the week

Congratulations Amalie!



Monson Awards Night – Volunteers Needed

With Monson Awards Night fast approaching we are looking for people, to help get the event organised beforehand and on the night. We need to have representatives from **each squad** to become a small group of planners. If you are able to help, please contact [Jan](#)

Activities include:

Before

Setting up a free tickets system so we can monitor number coming

Setting up an online system for people stating what foods they can bring on the night, so we don't have all the same (we have done this a few years now and it seems to work)

On the day

Someone to order the pizzas on the night and go and collect

Arrive earlier to set up the room

Stay behind and tidy up

Taking photos of those getting awards etc.



South East Regional Open Water Championships

Many congratulations to our swimmers who competed at the South East Regional Open Water Championship 2025 taking place at Mercers Lake last Sunday



Stan Sleightholme and Rose Irwin both competed in their very first open water competition taking on the 1KM race

Rose took home the Silver in the 11 years age group

Stan took home the Bronze in the 13-14 years age group

Reese Huckle took on the challenge of the 3KM race for the first time bringing in a fantastic gold in the 15-16 years age group!

Lilia Fornasier competed in the 5KM coming in 7th in the 17-18 years age group in a hard fought swim





Swim England Winter Nationals 2025

The event information and qualifying times for the Swim England Short Course Winter Nationals to be held 11-14 December 2025 at Ponds Forge in Sheffield are now available. Please use the following links:

[Event Information](#)

[Qualifying Times](#)

[Draft Schedule](#)



Aquatics GB

Aquatics GB Next Gen Summer Meet 2025

Tickets for the Aquatics GB Next Gen Summer Meet are now available: [Tickets](#)



Swim England National Summer Meet 2025

Tickets for the Swim England National Summer Meet are now available: [Tickets](#)



Aquatic Diploma in Sporting Excellence (DiSE)

Applications for the DiSE 2025-2027 programme are now open to candidates that fulfil the eligibility and performance criteria and will be going into school year 12 in September

For more information details of the programme can be found here: [DiSE Swimming](#)

Applications can be made here: [DiSE Applications](#)

The closing date for applications has been extended to 25 August 2025

If anyone wants to talk to swimmers on the programme, please do speak with Hayden, Hannah and Tom in Performance, who have just competed the Diploma, or Lilia, Jess and Aubry also in Performance who started the programme in Autumn 2024



Aquatics GB

Race to Recycle Programme

Aquatics GB have launched an initiative to recycle racing suits to support athletes and reinforce their commitment to sustainability.

Athletes can donate pre-loved racing suits at selected Aquatics GB events which are then recycled and redistributed to athletes who may otherwise struggle to afford them

For more information please use the following link: [Race to Recycle](#)

The eligibility criteria for applying for a pre loved race suit is here: [Eligibility](#)



IMPORTANT - PLEASE NOTE: PERSONAL PROPERTY

Regrettably we have had an incident where a swimmer has had some of their belongings taken from a changing room, so please do remind your swimmers to look after their belongings

This is a reminder to all our members, to please leave valuables at home or leave with parents when in the pool.

When swimming at our pools and especially the public pools, please use lockers available and secure the lockers as, unfortunately, neither the pools nor the club cannot be responsible for any losses or damage to personal belongings.



Monson OneTeam Hours

A gentle reminder that our OneTeam policy asks all families with a swimmer in a competitive squad to complete 6 hrs of volunteer time in a calendar year to avoid incurring the charge set out in the OneTeam Initiative.

Please don't forget to log your volunteering hours using the following link: [OneTeam](#)

If anyone is unsure how this scheme works please do get in touch with our [membership secretary](#)

Upcoming Timetable Changes

5th July Saturday - Junior Performance +AG1 TRAINING CANCELLED

6th July Sunday - ALL SQUADS TRAINING CANCELLED apart from those competing at summer national meets who will train at TSC 17.30-19.30

9th July Wednesday - AG1 + Y1 Training moved to KC 19.45-21.15

13th July Sunday - Performance and Junior Performance Training Cancelled due to Long Course Training

25th July Friday - 06.00-07.30 TSC - Training session is cancelled

Easy Fundraising – www.easyfundraising.co.uk

We are always looking for ways to raise money for our club and this way is simple. Please follow the link below to register, every time you shop online/via the easy fundraising app a donation is made to Monson, whether it's a £5 purchase and we get 1p, or if you buy car insurance through compare the market and we get a £12.30 donation.

It doesn't cost you anymore than your purchase and the retailers, who range from Amazon, Ebay, Halfords, M & S and 100's more provide the donation.

Easy Fundraising

Every person that registers via this link, Monson get a £5 so please share it around to aunts and uncles, grandparents etc it really does all make a huge difference to our club.

CLUB CONTACTS

In order to streamline communication, please use the following email addresses.

NEWSLETTER ITEMS

If you would like to add anything to the newsletter, please email monsonnewsletter@gmail.com. Please ensure that any content is received by midday Thursday for inclusion in that week's newsletter

For any coaching related queries:

Performance & Junior Performance -
[Karen Bradbury](#)

Age Group 1 – [Richard Smith](#)

Age Group 2 - [Katie Bowman](#)

Age Group 3 - [Alex Counsell](#)

Development - [Della Clout](#)

Academy 1 & 2 - [Sarah Williams](#)

Youth Squad 1 - [Richard Smith](#)

Youth Squad 2 - [Vicky Turton](#)

Junior Squad - [Jan Annan](#)

Water Polo - [Tim Price](#)

For any other queries

General Club enquiries - [Sueli Armada Bennett](#)

Membership - [Amanthi Tollit](#)

Billing & Finances – [Ala El-Kour](#)

Kit - TBC

Hats - [Rhodri Joyce](#)

Event Hats - [Kerryn Smith](#)

Officials - [Kate Elliott](#)

Welfare - [Jessica Nightingale-Ellis](#)

Galas - [Lorna Wright](#)

Social Media - [Ellie Lott](#)

Newsletter – [Diana Hind](#)

Website - [Julia Walmsley](#)

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