



11 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 heading to GB Next Gen & Summer Nationals over the next few weeks



## 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

Next week will be the last Newsletter for the Summer, returning on 30<sup>th</sup> August

Any additional timetable changes will be communicated via Squad WhatsApp/Team Unify

# EUROPEAN AQUATICS®

## European Aquatics Junior Swimming Championships 2025



Hayden and Amalie represent Team GB at the European Aquatics Junior Swimming Championships in Samorin





Club Captain Hayden Annan and Amalie Smith travelled to Slovakia on 29th June, after gaining selection at the British Trials in April, to represent Great Britain at the European Juniors 2025 along with Coach Karen Bradbury who was selected as part of the coaching team.

Great Britain were 7th overall at last year's Championships in Vilnius, but this year team GB were a very different force and got straight onto the gold standard on day one of the competition with our very own 15-year-old Amalie Smith bringing the wow factor to the European Aquatics Junior Swimming Championships as she won the women's 400m individual medley gold in a Championship record of 4:37.02.

This result set the British flags waving around the sun soaked outdoor pool at the Slovakian Olympic Training Centre venue. Amalie was left almost speechless as she looked at the clock to see her four second PB putting her down on the GB rankings as the 6th all-time fastest swim for a female.

Amalie Smith also managed to complete the double with victory in the women's 200m individual medley in 2:12.62 along with a bronze medal as part of the women 4x200 Freestyle relay team.

Amalie said, "One of my goals was to qualify for the competition, so to come away with 3 medals is just incredible".

Amalie also set two British Age Group records in the 200IM & 400IM.

Club Captain Hayden Annan stepped out for his debut on the GB Team, racing a strong heat swim in the 200m Freestyle just missing out on the semi-final. Hayden was then back in action starting the first leg of the Men's 4x200m Freestyle relay team and in this intensely competitive arena Hayden held his form and got the team off to a great start posting another solid performance.

Hayden finished off the week with the 400m Freestyle, swimming a season's best time, Hayden will now race at the GB Next Generation Summer Meet in Sheffield before moving to the States to pursue his swimming career at Virginia Tech University.

Great Britain finished first with a total of 19 medals, including nine golds, with Italy and Spain second and third respectively with totals of 14 each.

Coach Karen Bradbury reflected on the week, "this was my first selection to be part of Team GB and what a thrilling experience it was. To watch Hayden and Amalie compete at this level in such a professional and confident way made me feel extremely proud. Both Amalie and Hayden had GCSE's and A level examinations to navigate alongside their training which has taken a lot of dedication and time management skills. Both are very exciting athletes and stars for the future. Team GB had an incredible championship and to be play a small part in this was an absolute honour."

Amalie has also just found out that she has gained selection to the World Junior Games which takes place on 19th August in Romania so it looks to be a very busy summer for her!

Congratulations!





## Sevenoaks Schools Out For Summer Gala

Last weekend many of our swimmers across multiple squads competed at the Sevenoaks Schools Out for Summer Gala which replaced our annual summer splash. The swimmers all performed brilliantly with many medals, new times and personal best times being achieved. Well done to all of those involved and a thank you to our Coaches, Team Managers and Officials for supporting the gala







## Monson Awards Night – Volunteers Needed

With Monson Awards Night fast approaching on Friday 12th September, 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.



# SUMMER CLINICS

STROKE  
DEVELOPMENT  
COURSES

**RTW**  
**monson**  
SWIMMING CLUB



**AUGUST  
4TH - 8TH**



**AUGUST  
26TH - 29TH**

## STROKE CLINICS

SQUADS : AGE 2 +3 : JUNIOR 1 + 2 : DEVELOPMENT : AC 1 +2  
\*AGE 2 : NOT APPLICABLE FOR THOSE MOVING TO AGE 1

**MON 4<sup>TH</sup> AUG : FREESTLYE  
TUES 5<sup>TH</sup> AUG : BACKSTROKE  
WED 6<sup>TH</sup> AUG : BUTTERFLY  
THUR 7<sup>TH</sup> AUG : BREASTSTROKE  
FRI : 8<sup>TH</sup> AUG : MIXED SKILLS  
TUES 26<sup>TH</sup> - FRI 29<sup>TH</sup> AUG : STARTS & TURNS**

**9.30AM - 1PM DAILY  
£35 PER SESSION**

**SOMERHILL SCHOOL**

**TO BOOK EMAIL:**

**ALEX.COUNSELL@RTWMONSON.ORG**



## Social Media - Volunteer Needed

Join the RTW Monson Team and run our Social Media!

We're looking for a creative, organised and enthusiastic individual to take over the running of our club's social media presence. You'll be responsible for updating Instagram posts and stories, as well as managing our X/Twitter feed and reigniting our Facebook presence. From celebrating swimmer achievements to sharing key updates and event highlights, you'll help keep our club in the limelight online. This is a great opportunity to get involved. Ideal for someone with some basic social media experience and a passion for swimming and community sport. Get in touch with Ellie to find out more!



## 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

**13th July Sunday - Performance and Junior Performance Training cancelled due to Long Course Training at LAC 10.00-12.00.**

**21st July - Monday 18.30-20.00 KC - AG2 + AG1 (National qualifiers to attend Performance session 19.10-21.10 at T/Wells Sports Centre)**

**22nd July - AG1 to move to TSC 19.30-21.30**

**23rd July - AG1 to move to TSC 19.30-21.00**

**24th July Thursday - Performance, Junior Performance and all National Qualifiers from AG1 training to move to Somerhill - 18.30-20.00**

**24th July - AG1 Non-National qualifiers KC 19.00-20.30**

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

## Easy Fundraising – [www.easyfundraising.co.uk](http://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](mailto: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 - TBC

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 1 - [Jan Annan](#)

Junior Squad 2 - [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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