

AMERSHAM SWIMMING & DIVING CLUB NEWS

NOTE FROM THE CHAIR

ANDY PRESS



It is great to see so many of our divers and swimmers taking their coaching qualification and passing on their knowledge to the next generations. On the diving side of the club, Natasha Ridley Richardson has recently passed her level 2 qualification and on the swimming side Amaya Narda and Eddie Moody have started working with us. Also, Amber Armstrong and Neve Tyson are in the process of getting qualified. If coaching, teaching or lifeguarding are something you are interested in please talk to your coaches.

Andy

NOTE FROM THE HEAD SWIMMING COACH

DAVID CUMMINGS



Hi All,

More busy weekends ahead on the swimming front. Last weekend saw South East Winter regionals with some great swims and pb's over the 2 days with a highlight Esme being the fastest 15 year old in the 800m Freestyle congratulations to everyone who took part at the championships.

This weekend brings round 2 of the National Arena league with our A team at home competing in division 1 and our B team away at Hart Leisure in Fleet. Good luck to all swimmers taking part, make sure we're being loud and supportive throughout both galas and be proud to represent Amersham Swimming Club.

This weekend also brings session 3 of club championships with over 120 of our club members competing again good luck to all swimmers taking part, make sure you focus on the skills you've been working on in training and enjoy the competition.

David



SOUTH EAST WINTER REGIONALS

SWIM EVENTS

Nov 8th - Arena League R2

Nov 9th - Club Champs Weekend 3

Nov 15th-16th - Watford County Qualifier

Nov 22nd-23rd - Guildford L2 Open Meet

Dec 6th - Arena League R3

Dec 7th - Club Champs Weekend 4

Dec 13th-14th - Amersham Open Meet



SHARON VAN ROUWENDAAL

SWIMMING CLINIC

CALLING ALL TRIATHLETES, OPEN- WATER & MASTERS SWIMMERS!

BOOK NOW

INCLUDED:

- Pool session - Technique & efficiency
- Dryland training - Strength & mobility
- Q&A - Mindset & race strategies from a champion

14th or 15th November 2:30pm - 5:30pm
Location: Harrow School Fitness Club

BLUE POINT SWIMMING

LEARN TO SWIM AND STROKE DEVELOPMENT TRIALS

If you have any younger children, or friends and relatives with children looking to learn to swim, then we are holding an open trials morning on Saturday, 22nd November.

These will take place between 7.30 am and 9.00 am at Maltmans Green School in Chalfont St Peter.

Anyone interested just needs to register to attend by emailing:

Paul_coach@amershamswimminclub.co.uk

NOTE FROM THE HEAD DIVE COACH SHIRAZ SHAMSHUDIN**GBDF Winter Masters – Sandwell (Commonwealth Pool)****8–9 November**

This weekend our Masters divers are heading to the **Great Britain Winter Masters** competition at Sandwell Aquatics Centre — home of the Commonwealth Games!

Our team has been training hard, and we can't wait to see them shine. Winter Masters is always a fun and slightly unconventional event, featuring multi-board diving, synchro, "out of the hat" synchro, and even a feet-first competition!

A big shout-out and **good luck** to **Emma Buckley, Emma Taylor, Clive Bailey, Kelly Warwick, Lucy Jones, Linda Holland, and Sheerin Khosrowshahi**. Many of them are moving up from Novice to Full Masters — a brilliant reflection of their progress and dedication!

Southeast Region Training & Development Afternoon**15 November – Reading**

Next weekend, our Lessons divers will take part in the newly designed **Regional Training and Development Afternoon**, giving them a fantastic first taste of competition in a supportive environment.

We already have **30 divers signed up**, which is a great start (even with no regular diving that weekend!). This is a wonderful opportunity for our younger divers to experience what it's like to represent the club and have some fun along the way.

**Amersham Club Championships****6 December (1–6 pm)**

The countdown is on for our annual **Club Championships** — Our first club championships and hopefully one of the best events of the year! All divers will automatically be entered, so if you can't make it, please let your coach know or decline via Sports Engine.

This is a fantastic chance to celebrate everyone's hard work, progress, and team spirit. We can't wait to see the whole club come together on the boards — and of course, to hand out some well-earned medals and cheers!

17 Upcoming Competitions & Events**2025**

- **7–9 Nov** – GBDF Winter Masters (Sandwell)
- **15 Nov** – Southeast Region Training & Development Afternoon (Reading)
- **6 Dec** – Amersham Club Championships (Whole Club Event)

2026

- **Late Jan** – Surrey Skills Competition (Guildford)
- **14–17 Feb** – Armada Cup – Age Group (Plymouth, L3/4)
- **7 Mar** – London Regional Skills (L2)
- **17–19 Apr** – Sandwell Showdown – Skills & Age Group (Birmingham, L2/L3)

🚫 Known Pool Closure Dates**2025**

- 15–16 Nov – Otters L3 Meet
- 13–14 Dec – ASC L3 Meet
- **24 Dec – 2 Jan** – Christmas Break 🌲

2026

- 28–29 Mar – ASC L3 Meet
- 4–5 Apr – Easter Weekend (TBC)

We've got a busy and exciting few months ahead — full of competitions, challenges, and milestones. A big thank you to all our divers, parents, and coaches for your commitment and energy. Let's keep the momentum going and finish 2025 strong! 🙌🏊‍♂️

WELFARE: Amersham Swimming Club is committed to looking after the best interests of our swimmers.

You may contact our Child Welfare Officer with any concerns in confidence by emailing: welfare@amershamswimmingclub.co.uk