

# AMERSHAM SWIMMING & DIVING CLUB NEWS

## NOTE FROM THE CHAIR

### ANDY PRESS

So this year will see a huge change at the club. At least two of the clubs main stalwarts will be stepping down due to a mix of work commitments and their kids ageing out.



Sara Wright has been a driving force behind the success of our L3 open meets for several years, as well as helping us run the other home events such as the club champs and leagues, even when she didn't have a child in the event! In fact she and Lyn Andrews metaphorically held my hand when I started to help at events and they were so helpful and welcoming. If we do not find one or two people to volunteer to step into this role then we will not be able to run competitions going forward. These events are what enable us to invest in the club without the need for even higher fee increases.

Claire Hayes will also be stepping down as Vice Chair at the end of this swim season having completed two years in the role. Having previously been responsible for membership, and in fact doing both for a year, she has been an absolute rockstar to work alongside. To paraphrase the British diplomat Austen Chamberlain, we have lived in interesting times over the last year. However, because of her hard work and clear thinking we have managed to navigate successfully to date. On a personal note I can't thank both ladies enough. However we do need people to step into these roles to help keep moving forward. If you are interested, please contact me or one of the committee members.

Andy

## NOTE FROM THE HEAD SWIMMING COACH DAVID CUMMINGS



As you will have seen communicated last weekend, we are making a couple of changes to our current squad structure, with the merging of Junior Elite and Junior Performance squads into a new single Junior Performance squad and the introduction of a new Junior Development squad. I'm very excited with these changes to our structure, with the new Junior Performance squad giving more swimmers an opportunity for additional training hours at the same high level and the new Junior Development squad providing additional spaces within our club structure, allowing more swimmers to take part in competitive swimming.

Looking to the weekend ahead we move onto our second weekend of county championships after a very successful first weekend, which included lots of long course PB's and county medals.

Unfortunately on a less positive note I've had to email all squads this week regarding behaviour in the changing rooms. Please remind all swimmers of the high standards we expect them to uphold and that they are representing Amersham swimming club and need to represent the club with pride at all times.

David



## SWIM EVENTS

Jan 24th-25th - County Championships

Jan 31st - TVJL Round 1

Feb 7th-8th - Chalfont Otters Valentines L3 Meet

March 7th-8th - Watford Regional Qualifier L3 Meet



## NOTE FROM THE HEAD DIVE COACH

### SHIRAZ SHAMSHUDIN

Last Saturday we held trials to fill age-appropriate spaces in our current programme and to launch an exciting new Development Lessons programme. Some of our existing Development Lessons divers will be invited to move into this new squad, creating fresh opportunities for progression. We're delighted to welcome all divers who will be joining us in the spaces available.

### Competitions

Several of our Squad divers (Gold, Skills and Red), along with divers from our Development Lessons, will be heading to Guildford for the Surrey Skills Competition. As previously shared, this is a well-established, high-quality event that ASC has proudly supported for many years. We wish all our divers the very best of luck and hope they enjoy the experience.

### Coach Training

This weekend marks the final weekend of Kelly Warwick's Level 2 Coaching course. Kelly is thoroughly enjoying developing her diving coaching skills, and we wish her the very best as she completes this final stage. Good luck, Kelly!

### Competition Calendar 2026

- 24 January – Surrey Skills Competition (Guildford)
- 14–17 February – Armada Cup – Age Group (Plymouth, L3/L4)
- 7 March – London Regional Skills (L2)
- 21 March – East Region Skills (Southend)
- 17–19 April – Sandwell Showdown – Skills & Age Group (Birmingham, L2/L3)
- 25–26 April – East Regional Age Group (Southend)
- 25–26 May – Southeast Region Skills (Reading)
- 25–28 June – National Age Group Finals (Sandwell)
- 18–19 July – National Skills Finals (Southampton)

### Known Pool Closure Dates 2025 / 2026

- 28–29 March – ASC Level 3 Meet
- 4–5 April – Easter Weekend (TBC)