



Dear Parents and Swimmers,

We had a fantastic turn out of swimmers at the recent Moors League Individuals Gala. 26 swimmers from Thornaby competed across a range of strokes and distances and their performance, behaviour and attitude were all to be commended. Read on in the newsletter to find out more events that are coming up!

~ Matthew

Swimmer of the Month



Joshua Dobson

*** Well Done ***

IMPORTANT - PARKING

Please can you ensure that you only park in the designated areas - do not park on any restriction markings or anywhere that causes an obstruction such as near the allotment entrance.

If parking in the local area, please do so with consideration for residents.

Time Trials

Time trials for the in-club annual gala have been taking place over the past few weeks. If your swimmer has missed out on being timed for any of the strokes, they have from now until 6th November to have them done.

Please speak to one of the coaches to arrange this.

Wish Tokens

Thank you to everyone who brought in Wish Sport tokens - these have been added up and submitted to the Gazette and we are waiting to hear how we have done. The grand total was a fabulous 13008!



cash for your community

The hard work doesn't stop now though! The Wish campaign has just started so please get snapping those tokens for this new round of collecting!

Kit Bags

There are a limited number of kitbags available for the club-price of £20.

Contains: kick-board, pull buoy, fins, logo'd water bottle and cap plus the poolside bag.

Please see Carole or Sandy on the sign-in desk for more information.

Diary Dates

5th November	Club Closed
25th November	AGM
27th November	Annual Club Gala
5th December	Moors League Gala
18th December	Last session of 2015
29th December	Christmas Party
5th January	First session of 2016

Important—Bonfire Night

Please note that there will be no club night on Thursday 5th November due to it being Bonfire Night. All other sessions will run as normal.

Christmas Party

Tickets for TASC's Christmas party will soon be on-sale!



Save the date: **29th December** and look out for more info coming soon!

Pro Swim Tip

Your exhalation should be twice as long as your inhalation. A longer exhalation leads to a more relaxed exchange of air.

Thornaby ASC AGM

The Thornaby Amateur Swimming Club AGM will take place on Wed 25th Nov. All are welcome to attend.

Raffle Prizes

If you have any items suitable for raffle prizes - such as wine, chocolates, toiletries etc - please donate these to the club for the raffle at the Gala in November.



ASA Aquazone

As a member of the ASA, each swimmer (aged 9-15) can join Aquazone, the fab interactive online magazine & community where they can access news, competitions, features and more. Join now for the chance to win an ipad!

<http://aquazone.swimming.org/>

Parents can find out more here:

<http://aquazone.swimming.org/parents>

Hydration and Jewellery

Hydration is important before, during and after swimming. Please ensure that your swimmer has a water bottle on the poolside. No fizzy drinks.



To minimise the risk of injury, no jewellery should be worn in the pool. This includes watches.