



Dear Parents and Swimmers,

The year is galloping by and we are delighted by the progress being made in training which is being reflected in the Diddy League performance and also in the Primary School Swimming Championship last week. It was fantastic to see so many Thornaby swimmers involved!

There is plenty going on so please ensure you stay up to date via in-club notices and social media – remember, you can now find us on Facebook and Twitter!

It is a delight to see the progress that all of our swimmers are making but if you have any queries, don't hesitate to speak to one of the team.

~ Matthew

## ANNUAL MEMBERSHIP FEES

2015 subs are due in full by

**31<sup>st</sup> March.**

Please ensure that you check and sign the Swimmer Details form and update any changes, especially medical information.

## EASTER POOL CLOSURES

Due to Bank Holidays, there will be no sessions on Friday 3<sup>rd</sup> April and Monday 6<sup>th</sup> April.

## BOSSS COMMITTEE REP

As a BOSSS base club, TASC hold a place on the committee. If you are interested in representing TASC at the BOSSS committee, please speak to Carina or Matthew for more information.

The 2015 Diddy League season is well underway and our swimmers are doing us proud!



They have put in a fantastic effort at the two fixtures in March – thank you to all the swimmers and parents involved!

The next meet is 10<sup>th</sup> May.

## CLUB SPONSORED SWIM

TASC will be holding a sponsored swim to raise money for the Butterwick Children's Hospice.

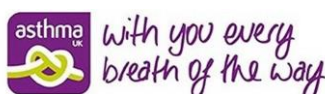


Swimmers will be able to take part during the normal sessions on Tuesday 5<sup>th</sup>, Thursday 7<sup>th</sup> and Friday 8<sup>th</sup> May.

More information and sponsor forms will be available after Easter

## LONDON MARATHON

TASC's Club Secretary, Tracey Wright, will be running the London Marathon on 26<sup>th</sup> April. As an asthmatic runner herself, she is raising funds for Asthma UK.



If you are able to support her fundraising you can donate here:

<http://ow.ly/KI1E2>

All donations gratefully received!

## SWIMMER OF THE MONTH

The swimmers of the month for March are:

**Jack & Lily Trainer**

Both have shown fantastic commitment and are working very hard in training!

## HYDRATION

It is essential for all swimmers to have a bottle of water or still-juice (no fizzy drinks) on the poolside. Club branded refillable sports bottles are available for sale for £3.

Hydration before, during and after swimming is vital along with a balanced-diet.

## SWIM CAPS

All swimmers – male and female – should wear a swim cap. We have a stock of Club-branded ones which are available to purchase from Carina or you can supply your own.

## JEWELLERY AND WATCHES

Please ensure that swimmers remove jewellery and watches before swimming and store them securely. Small stud earrings may be worn but if possible please remove them or cover with a plaster/tape.

TASC and Thornaby Pool can not take any responsibility for items which are lost or damaged. In addition there are a number of safety reasons why jewellery should not be worn including injury to self or others. Locker keys ideally should also not be worn.