

NEWSLETTER May 2019



Hello everyone,

Just a quick message from your coaching team. A big shout out to everyone who has represented the club in any way over the past few months, it has been a busy time with many meets, team events and various others like triathlons and biathlons taking place.

It is fantastic to see so many of our talented swimmers doing a great job and doing themselves and the club proud. We still have a busy period ahead especially in the next few weekends with the age group regionals at Manchester and both Micro League teams in action.

June sees our north lincs sub-league finale and our own PSC Summer Spectacular over at Darwen. Our masters swimmers will be competing in Swansea very soon for the British Masters championships. So swimmers, please keep up your hard work in the training pool and let's put on a great show.

The entries are out for the upcoming annual PSC club championships. This is open to any competitive member of PSC so get your entries in, it's a great place to try new events and compete. On a personal note, having only been back with the club for two months now, I would like to thank everyone for making every second of it great, it's so good to be back home and part of the Team PSC family again.

I want to wish everyone the best between now and the end of the season.

Kind regards, Ste Davison Assistant Head Coach #TeamPSC #OneTeamOneDream



YOUR CLUB NEEDS
YOU

A big thank you from the swimmers of PSC who appreciate all those who have come forward to help strengthen the club. By working together, the task becomes easier.

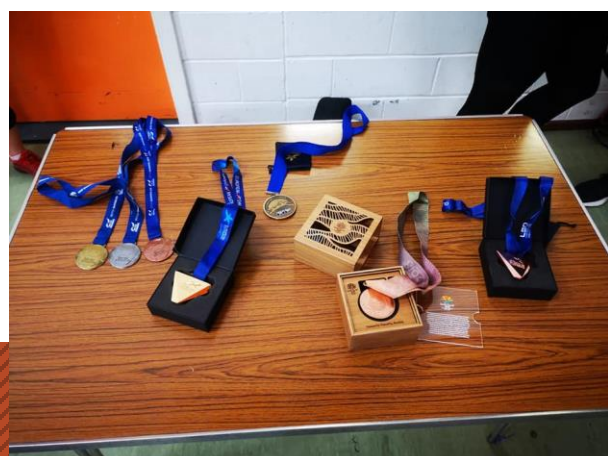
Are you at a loose end? Do you have a spare hour? Are you thinking I could do better?

WE WANT YOU! We can even pay for your professional training. If you feel you want to give back or be part of a team who really cares about the swimmer in your family, we can help. Don't sit back and let others do all the work, come forward and show that you care. Work alongside a current club volunteer and help share the work load as well helping the club deliver on its aims.

A huge thank you to Kat Greenslade for coming along to give her time to coach and inspire our swimmers with her swim clinic, talk about her experiences and question & answer session.

Feedback suggests a great time was had by all and they have hopefully all taken something positive away from the experience, along with their collection of autographs!!!

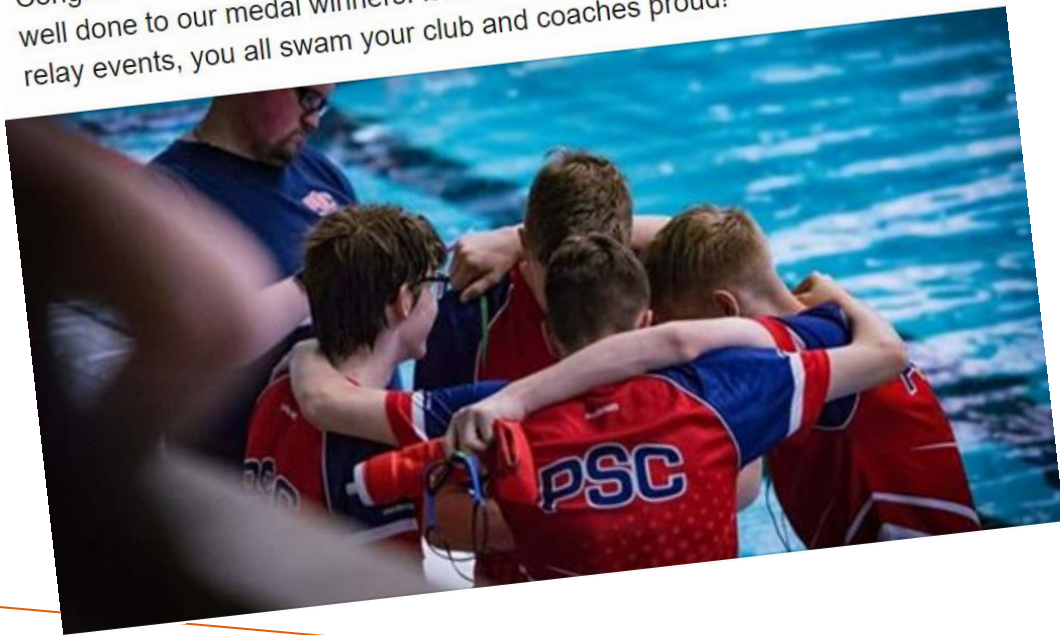
Thanks also to Claire for organising and to Chris and Kirsteen for giving their time poolside.



RACING ROUND UP!

 Preston Swimming Club
29 April at 07:54 · 🌐

A tough weekend of racing in Manchester for our 15 and over swimmers. Congratulations to every one of our swimmers who made it to the finals and well done to our medal winners. It was also great watching Team PSC in the relay events, you all swam your club and coaches proud!



PSC ROCKS BLACKPOOL!!

What a fantastic weekend of racing in Blackpool for PSC - 3rd – 5th May.

The swimmers took home 44 **GOLD**, 20 **SILVER** and 22 **BRONZE** and too many PBs to count! The club came 3rd overall and an extra well done to Jenna C who won top 12 year old girl, Zara M who won top 10 year old girl, Harry L who won top 12 year old boy and Harry S who won top 11 year old boy. Way to go PSC!!





WHAT'S ON



18th May 2019	<u>Club Constitution Meeting</u> – 08.45 am at West View Leisure Centre 30 members minimum attendance required in order to agree and pass changes Please confirm attendance to Nicola Mann via pscsecretary02@gmail.com
18th May 2019	Micro League – Round 2 Seals West View Leisure Centre – selected team
18th May 2019	Micro League – Round 2 Sharks Leyland Leisure Centre – selected team
1st June 2019	Sub League – Round 3 Palatine Leisure Centre, Blackpool
8th & 9th June 2019	PSC Summer Spectacular – Darwen Leisure Centre Please see Louise Jessop or Emma Dawkins if you are able to lend a hand over the weekend <i>The red shirt army are invaluable in making the weekend a success</i>
15th June 2019	Micro-League – Round 3 Seals Palatine Leisure Centre, Blackpool
22nd June 2019	Micro League – Round 3 Sharks Dunes, Southport
29th June 2019	Micro League – Round 4 Sharks West View, Preston
30th June 2019	Micro-League – Round 4 Seals Everton Park
6th & 7th July	PSC Club Championships West View
19th July 2019	PROVISIONAL SAVE THE DATE FOR END OF SEASON PARTY Friday 19th July 2019



Club Constitution meeting – members attendance required please if you can

PSC Club Champs – 6th & 7th July – entries open now

RAFFLE PRIZES NEEDED

If you are able to donate prizes for the raffles held at Micro League and our Summer Spectacular gala, please pass them to a committee member who will ensure they get to the right person.

Raffles help to raise much needed additional funds for the club and we are VERY grateful to anyone to can spare a bottle, box of chocs, unwanted gift set etc etc for this cause

Do you have some IT skills? Would you be willing to give up some spare time for the club? If so, how would you like to be our.....

Internal Gala Secretary?

No prior knowledge needed, training will be provided. Get in touch now ☺



BECOME A SPONSOR

The Club is looking for a new sponsor to support its Summer and Winter Open Galas.

Do you know a company who might like to sponsor the club?

Spread the word – direct anyone interested to John Wafer on - Jmwafer001@hotmail.co.uk

Club technical officials:

Would you like to be involved as a technical official? We are hoping to recruit more volunteers for this role very soon – please put your name forward if this is of interest.



CLUB WELFARE

A message from welfare...

Hi there. My name is Vikki Havers-Strong and I've recently been appointed as the new Welfare officer for PSC. I wanted to take this opportunity to let you know a little more about me and also to update you on procedure.

I'm a full-time Deputy Headteacher and designated safeguarding lead in a school on the outskirts of Blackburn. I have a wealth of training and experience in dealing with all manner of safeguarding concerns and I am well versed with the wave power guidance.

Safeguarding is and must always be, our number one consideration and as such it is important that there is a clear and transparent method of reporting any concerns. Safeguarding and welfare concerns often require a high level of confidentiality, so it is important that all concerns are reported directly to me via the email address below and not to any other committee members. I will be in touch with you at the earliest opportunity after receiving your email and I will check them regularly; in most cases, daily. Please rest assured that I will deal with all concerns in a professional, compassionate balanced and robust manner ensuring impartiality throughout. I will also keep you up to date on action taken where it is appropriate to do so.

I am really looking forward to supporting the club and to helping ensure PSC is a place of happiness and safety for all our swimmers.

Your Executive Committee

Chair	Donna Griffiths	pscchairman01@gmail.com
Vice Chair	Steve Luckhurst	pscvicechair@gmail.com
Secretary	Nicola Mann	pscsecretary02@gmail.com
Treasurer	Jonathan Grundy	psctreasurer130@gmail.com
Membership Secretary	Nicola Moran	pscmemberships@gmail.com
Junior Parent Rep	Jon Doyle	pscjuniorrep@gmail.com
Senior Parent Rep	Suzanne Melia	pscrepsenior@gmail.com

Extended Committee

Welfare Officer	Vikki Havers-Strong	pscwelfare@yahoo.com
Social Secretary	Claire Norcross	pscsocialsec@gmail.com
Gala Co-ordinator	John Wafer	Jmwafer001@hotmail.co.uk
Gala Assistant	Emma Dawkins	emmajdawkins@gmail.com
Gala Assistant	Louise Jessop	louisejessop1@hotmail.co.uk
League Team Leader	Louise Jessop	

Further volunteers needed to fill the roles of:

- ~ Internal Gala Secretary
- ~ Fundraising Co-ordinator(s)
- ~ Publicity Officer

Also needed:

- Poolside helpers/parent coaches
- Land training helpers



PRIZEWINNERS

LUKE & DEANS MASSIVE RAFFLE

6 month club membership: Patrick Hill

Samsung Galaxy Tab: Nicola Moran

2xPNE tickets: Donna Griffiths

Women's Blow Dry and Finish: Nicola Mann

Joseph Joseph Designer Chopping Boards: Richard Potts

Afternoon Tea at the Walled Garden: Steve Heaps

Finis Monofin: Ian Parker

GBR British Swimming Equipment bag: Paula Hignett

White Speedo British Swimming Tee: Elissa Gornall

Speedo Shorts: Barry Jones

Speedo Fastskin LZR goggles: Nikki Rogerson

Loreal Bundle: Carly Miller

Garnier Bundle: Julie Williams

Hair Care Bundle: Clare Davies

Hair Care Bundle: Tracy Fielding

Congratulations to all and a huge thank you
for all the support

