

Newsletter



FRIDAY, 11 JULY, 2025

A MESSAGE FROM THE CHAIR

WELCOME TO THE JULY NEWSLETTER FOR HSSC!

The sight of our swimmers cheering each other on in races with pom poms (and squeaky ducks!) at Harwich this weekend really struck a chord with me about what we are all volunteering our time for at the club. A feeling I'm sure that will be replicated in our summer social.

Experiences like these at such a young age are really formative in building a lifetime love of being active, as can be seen in our fantastic masters swimmers in their events!

I'm very excited to also report that we have now had a lovely lady called Gillian who lives in Hadleigh respond to our advert for a treasurer and so we have filled a key role in our club. We are always keen to hear from anyone interested in helping in any way big and small.



SUCCESS FOR TEAM HSSC AT RECENT COMPETITIONS!

Well done to our Masters Terry, Kitty, Stuart and Sharon for their superb swims at the **British Masters Championship** from the 13th to the 15th of June.

A big congrats also goes out to Ada, Aadi and Katarina for competing in their first meet at the **Harwich Summer Development Meet!** There was also some fantastic swims and great team spirit from Roseanna, Christopher, Jack, Seb, Josh, Liam, Mya & Issy. Lots of PBs and county times all round. You are all a credit to the club.



IMPORTANT DATES

13 JUL 4 - 7 PM - SUMMER SOCIAL @ CORNARD LEISURE CENTRE HEATED OUTDOOR POOL

20th Jul - 3rd Aug summer Break - **No Coaching Back on 4th**

25 Aug Bank holiday - **No Coaching**

AUTUMN SWIM MEETS:

13 Sep Novice Meet - Stow

15-16 Nov Deben Meet - Ipswich

13/14 Dec No Frills Meet - Stow



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A MESSAGE FROM YOUR HEAD COACH

Firstly, another well done to all those swimmers who competed at Harwich over the weekend, some amazing swims and lots of things to learn from for your next competitions! And also a massive thank you to all parents and siblings who came along to support those swimmers. If any of you felt you wanted to be more a part of the action, by volunteering to either team-manage or officiate please speak to Helen about this. Both roles have their advantages, and we need both every time we attend a gala. So the more people we can have offering, the easier it is to keep being able to attend galas.

Aside from this, I have been pleased to see so many of you engaging with what we have been doing in training. And being welcoming and respectful to all our coaches, both new and old, who give up their time to help make our club the best it can be. Within that vein, I will be sending out feedback questionnaires over the coming week for swimmers to complete. I have been here now for just over 2 months, and whilst I feel the direction we have been taking the club in is

well received, I would appreciate some honest feedback about a couple of points. Principally the style of training we have been employing with the Junior squad and up, with the emphasis on sprint training. This is something I am confident in, hence it was my first choice of programme. However, it is not the only way to find success in the pool and ultimately the best option is the one our swimmers enjoy swimming the most. So my questions will mainly be about your experiences swimming the sessions, your likes and dislikes about them and how you have felt going to competitions off the back of it.

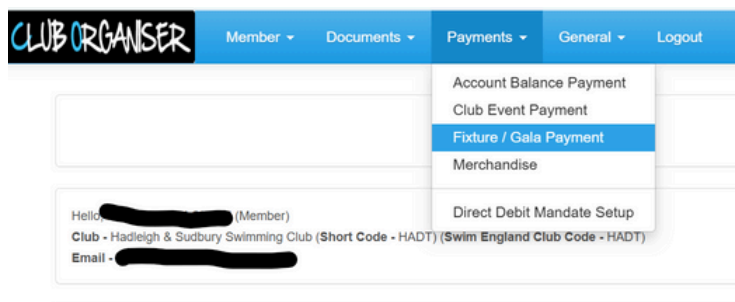
In the mean time, training over the summer will be less taxing and more technical. Since we do not have any upcoming competitions until September, it is more important we embed good habits now for the upcoming season.

I hope you all enjoy the summer social this weekend! Sad to say I can't make it, but I expect to hear about all the fun you had when I see you all the evening after!

STOWMARKET NOVICE MEET 13/09 - ENTRIES OPEN ON CO!

Are you ready to try your **first swimming competition**? The Stowmarket Novice Meet on **13th September** is the perfect place to start! Designed especially for **CDs and juniors aged 8-12**, this relaxed, low-pressure event is a great introduction to racing in a friendly and supportive environment. With shorter distances available of 25m (8 & 9 year olds) or 50m (8 - 12 year olds) and no need to worry about fast qualifying times, it's all about having fun, building confidence, and learning how a swim meet works. Whether you're diving in for your very first race or just looking to gain a bit more experience, this meet is a fantastic stepping stone. **We would love as many of you as possible to come along, give it a go, and enjoy being part of the team!**

TO ENTER GO TO CLUB ORGANISER AND CLICK ON THE PAYMENTS TAB THEN FIXTURE/ GALA PAYMENT










UPDATED SESSIONS TIMETABLE FOR AUGUST:

After the two-week break, all sessions will go ahead except Sunday afternoons at Hadleigh. We'll update you if anything changes. **All squads can still train on Sunday mornings at Sudbury.**

Squads	Sessions per Week	Hadleigh Pool	Sudbury Pool
Coaching Development	Max 3	Monday 7-7.30pm Wednesday 6.30-7pm Friday 5.30-6.30pm Sunday 4-5pm	Thursday 7-8pm Sunday 9-10am
Junior Squad	Max 5	Monday 7.30-8.30pm Wednesday 7-8pm Friday 5.30-6.30pm Sunday 4-5pm	Thursday 7-8pm Sunday 9-10am
Senior Squad	Max 7	Monday 8.30-9.30pm Wednesday 8-9.30pm Friday 6.30-7.55pm Sunday 4-5pm	Thursday 8-9pm Sunday 8-10am
Competitive Masters	Max 5	Monday 8.30-9.30pm Wednesday 8-9.30pm Friday 6.30-7.55pm	Thursday 8-9pm Sunday 8-9am
Fitness Masters	Max 2/3	Monday 7.30-8.30pm Friday 5.30-6.30pm Sunday 4-5pm	Thursday 7-8pm Sunday 9-10am

CONTACT DETAILS:

-  [Payments](#)
-  [Welfare](#)
-  [Swim Meets](#)
-  [Volunteering](#)
-  [Membership](#)
-  [General Enquires](#)
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