

Newsletter



MONDAY, 10 NOV, 2025

A MESSAGE FROM THE CHAIR

We want to hear from you! We have just sent out a survey about the club which will help shape how we grow over the next year and also help us with some important funding applications we are applying for. Thank you for taking time to complete it. We are working hard to put the club on a sustainable future and we will be communicating about some changes we have planned later this month.

We want our reach at the swim club to be as far and wide as possible to help people get active, whether they are members or not. As such I am excited to see the **Go the Distance challenge** this month and have signed up myself in the Family and Friends category. I would encourage everyone to see who else in their family can sign up!

In other club news it's great to see membership up to nearly 90 swimmers in the club as we rebuild after the numbers we lost during the Sudbury closure last year and turnover due to coaching changes. We are still actively trying to attract new members as we rebuild to the 120 we had two years ago so spread the word about us to your friends!

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SUCCESS FOR TEAM HSSC AT RECENT COMPETITIONS!

Stuart had 5 gold medal winning swims at the Masters National Championships. Chloe represented us at the Swim East Winter Regionals, banking PBs in both her events. Christopher also started off his racing season with great PBs at Team Ipswich's recent open meet.

We can't wait to see how Team HSSC does at the Deben meet!

Although it's not an official meet we will also have our distance fundraiser later this month where swimmers can sign up to do a 400m, 800m or 1500m during training on the 21st of November.

Sign up for Go the Distance in [Club Organiser](#) by either selecting the event in the calendar on the home screen or in the payments tab for events. It's also open to friends and family who can take part during their regular lane swimming.



IMPORTANT DATES

9TH, 16TH, 23RD & 30TH NOV - **NO COACHING AT HADLEIGH DUE TO SWIM MEETS** SUDBURY SESSIONS AS USUAL.

CHRISTMAS BREAK - LAST SESSION MON 22ND BACK 4TH JAN.

27/11 - EXTENDED DEADLINE FOR DOLPHIN DECORATIONS

AUTUMN SWIM MEETS:

15/16 Nov Deben Meet - Crown Pools

29/11 Swim East Long Distance Qualifier - Bury St Edmunds

13/14 Dec No Frills Meet - Stow

GO THE DISTANCE CHALLENGE:

21 Nov During regular training sessions more details to follow...



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A SPECIAL DISTANCE EDITION BROUGHT TO YOU BY ISSY

Hi! My name's Issy and I'm one of your junior captains. I am getting into long distance swimming and recently had the opportunity to spend time with our coach Stuart at the Norwich Swans meet at the UEA Sportspark where I did my first 400m freestyle event. Today I will be interviewing Stuart and Sharon who, as well as being coaches, are long distance swimmers in our Masters squad. So let's dive in...

1) What do you enjoy most about longer distance events?



I enjoy long distance because I can get into nice long strokes, I prefer distance in a 50m pool to the 25m because there are less turns.



It's always good to finish. Sometimes it's how you are feeling on the day. If feeling good try to push yourself a little harder in your swim.



I love getting into the zone in longer distances and finding my stride. Sometimes I do daydream though (I recommend not doing that).

2) How do you keep going when the race or training gets really long and tiring?



Depends how you are feeling on the day for example nerves or training hasn't gone as expected. Training can be challenging but varying distance sets can help. Setting a goal for what you are training for either Counties/Regional and potentially Nationals.



Keeping focus for your end result and it's important to make all the training sessions which are available to you.

3) As you know from my first go at a 400m event in September I was a bit worried about the counting. How do you make sure you don't lose count of your laps or distance when you're swimming so far?



Every swimmer has to find their own way of counting. The 1500/800 you need to count, may be to start counting the lengths whilst training.



You have to find your own way of counting. On the 1500 & 800 you get a bell or whistle on the last 50m of the swim. I personally count each length for example on a 25m pool 1500 would be 1-20, 1-20, 1-10 twice = 60 lengths.



Those are great tips. I'll try using them. I was lucky that someone was faster than me in my heat so it didn't matter that I lost count half way - oops.

4) What's the most important thing younger swimmers should practice if they want to get better at distance swimming?



Pacing is important. Working on pace work so you are swimming 100ms at the same time during the distance and not going off fast then getting tired and slowing up. Watch the pace clock when training to check on your time.



Try to keep your stroke long if you can and pace work.

5) Do you have any tips for making long swims more fun or interesting?



You have to enjoy and want to do distance swimming. If you find it boring then stick with the shorter distances it's not for everybody. If training on 400m sets - instead of swimming all front crawl try mixing the strokes up. Mixing the strokes up will prevent injuries to the shoulders potentially.



I will agree with Stuart on this question.

6) What's your favourite swim snacks?



Banana, Malt Loaf with butter, Jaffa cakes and anything that Sharon brings. Drinking plenty of water to keep hydrated.



Snacks can vary from Homemade Flapjacks, Protein bagels with peanut butter, bananas and don't forget to drink water on poolside as that is just as important.



Those are great choices. I love pretzels and chocolate milkshakes. Did you know Leducky drinks milkshakes?

Another phase of distance swimming is Open Water which has become very popular. Stuart swims at Gosfield Lake between April - October, Sharon when the weather is warm.

Issy has signed up for an 800m on the 21st and Stuart and Sharon will be poolside while you all Go the Distance for HSSC.

In swimming, **splits** are the times for each part of a race, showing how fast a swimmer swims each section e.g. every 50m or 100m. Tracking splits helps swimmers pace themselves, not going out too fast, keeping a steady speed and finishing strong.

A MESSAGE FROM OUR HEAD COACH

With the largest number of swimmers we have had going to meet this weekend, I thought it helpful to remind or inform you of how things work once you're there.

- The meet may start on Saturday afternoon, but it is important swimmers come in well rested and having eaten well. A hearty dinner Friday night and breakfast Saturday morning will give swimmers the additional fuel to sustain them through multiple maximal efforts on the day.
- Once swimmers have arrived, we will have a section on the far side of the spectator area (over the bridge). Spectators sit on the opposite side of the pool. Swimmers - once you have arrived with us, you are our responsibility. This means we need to know if you want to leave to go to the toilet, refill a bottle or see Mum/Dad. This is both for safeguarding and practical reasons, because our Team Managers will be directing you to the marshalling area before a race and they need to be able to find you for that. We simply don't want to see you miss it!
- Bring a spare towel and a change of clothes alongside your club top as both will get wetter throughout the day. Oh and obviously you'll want to bring snacks and games to share with your friends between your races!

CONGRATULATIONS TO OUR NEW CLUB CAPTAINS!

In addition to our younger captains, **Issy, Mya and Liam**, we're excited to announce that four new captains have been recruited this month! **Henry, Chloe, Sophie and Seb** have been chosen for their passion for swimming, outstanding commitment at training and competitions, and their friendly, supportive attitude — especially towards our younger swimmers.

As captains, they'll play a key role in keeping team spirit high, supporting teammates at training and meets, and helping everyone feel part of the club.

To recognise their new roles, each captain will receive a black hat at training.

Congratulations once again — we can't wait to see the positive impact you'll have both in and out of the pool!










**GO THE DISTANCE
FUNDRAISING
CHALLENGE 21/11/25**



SIGN UP IN CO TODAY...

#GoTheDistance #SwimForOurClub

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