

# Newsletter



MONDAY, 15 SEP, 2025

## A MESSAGE FROM THE CHAIR

Welcome back to all our members! There's lots for me to update you on and so I'll dive right in.

First, we had a great day out at our Summer Social in July, the sun came out in the evening and it was impossible to get the kids out of the pool by the end. Definitely one for us to repeat next year, thanks to all who were involved in making that event happen.

Can you help? As mentioned previously, we're run by volunteers, most of whom are parents or adult members. We are currently looking for help in a couple of areas - can you be that person? Key priorities that need some support are finishing our club website; getting some people trained up as time keepers (see next page for details); and ideally bolstering up our coaching team. We are never happy in having to cancel some sessions and I know we've had to do that recently, and so we are on the look out for some extra help however small with our coaching team. Do let me know if you have any questions/ideas at all about any of the above.

Finally - I recently sent out a message about fees increasing for some squads. We've held off for as long as possible with this but increased costs are making it necessary. The committee are looking at a number of areas to increase our income, and are grateful for a recent donation from Hadleigh Rotary Club. We are also looking for corporate sponsors so if you know of any businesses that may be interested please do send them my way!

### SUCCESS FOR TEAM HSSC AT RECENT COMPETITIONS!

A huge congrats to Stuart and Sharon for their results at the World Championship in Singapore! What amazing swims.

A big congrats also goes out to Elsie, Libby, Joshua, Olivia and Alana for competing in their first meet at the **Stowmarket Seals Novice Meet!** There were also some fantastic swims from the whole team with PBs all round. We even had some new county times and Issy and Liam also came away with medals in Fly and Breaststroke. It's great to see the team growing and supporting each other. A huge thanks to Lizzie and Maja for all your help to swimmers, TMs and Lewis.



### IMPORTANT DATES

**21/09 & 05/10 - NO COACHING AT HADLEIGH 4-5.** SUDBURY SESSIONS AS USUAL.

#### AUTUMN SWIM MEETS:

**15-16 Nov** Deben Meet - Ipswich

**13/14 Dec** No Frills Meet - Stow

#### HSSC 50'S MINI MEET AND A DISTANCE FUNDRAISING CHALLENGE:

Dates tbc during training in Oct & Nov. Details coming soon...



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## A MESSAGE FROM OUR HEAD COACH

It has been great to see you all coming back in numbers since September has started, the sessions have a real buzz around them again. I want to start by congratulating our World Champion - Stuart McLellan! Many of you who regularly swim at Sudbury sessions will know Stuart well, as one of the coaches there, along with Sharon, who also flew out to compete and placed top 10 in her events as well! This is not something many clubs get to boast about and we are very proud to be one that does.

Closer to home, a number of our CDs competed for their first time over the weekend. And despite a lot of nerves when they first arrived, which were eased after they got in for their warm up and remembered they were actually very good at this! They all finished the day rightfully proud of the races they had done and excited to get the chance to do it again.

Our next chance to race formally will be at the Deben meet this November, it will be hosted at Crown Pools in Ipswich. Having heard about the fun we keep having, many more of you will I'm sure be hoping to enter too. But will also, naturally, be a bit nervous and to ease this we are hoping to run an informal "mock meet" during a Wednesday session in early October to give you all more experience racing (more information to follow).

As a club we currently have 11 swimmers qualified to swim at the upcoming Suffolk County Championships in January 2026. With a few narrowly missing out and hoping to qualify in the upcoming meets. This is a very big meet on our calendar every year and is the pinnacle of racing within the county. Qualification is the goal of many swimmers across all clubs in the county and whilst challenging (it took me 4 years of racing before I made it in) is achievable when you attend training consistently week in, week out.

## OUR NEWLY INSTATED CLUB CAPTAINS



**ISSY**



**MYA**



**LIAM**

Congratulations to Issy, Mya, and Liam on being awarded the role of club captains! Their dedication to training and commitment at swim meets has truly set them apart, and we know they will be fantastic role models for our younger swimmers. As captains, they'll be supporting teammates both in and out of the pool, ensuring everyone's voices are heard and represented. We're excited to see them lead, and look forward to welcoming more captains from our older swimmers in the coming weeks. Captains can be easily spotted in the pool thanks to their black hats - thanks Izzie!

## CLUB MERCHANDISE SHOP OPENING TIMES - READY BY CHRISTMAS

The club shop will be opening from the **22<sup>nd</sup> of September for two weeks.**



<https://teamwear.swimzi.com/brand/hadleigh-sudbury-sc/>

## HSSC TIME KEEPERS



📢 We need more swim officials! 📢

Want to help our swimmers compete? 🏊♂️

The easiest way to start is the Timekeepers Course - open to anyone 14+. No experience needed! 🙌

<https://instituteofswimming.org/course/9426>  
Your support keeps our swimmers racing! 🏊♂️



**APPLY HERE**

## CONTACT DETAILS:

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

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Swim England



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