

# Newsletter Oct 23

Welcome to our new swimmers, and a warm welcome back those who have, hopefully, had a refreshing summer break.

We've kicked off the new term splendidly with the introduction of Matt Henry, our new Head Coach, who has already infused the club with new ideas and enthusiasm. Matt hails from a background of leading several different clubs including Dinnerton and, more recently Dartmoor Darts. Notibly, he doesn't just bring coaching expertise: he also competes at national level in masters competitions both in the pool and open water swimming.

Please join me in wishing Matt well in his new role, and support him as he works to help the club to grow develop.



Swimmers at the Exeter sprints 24/9/23

## CLUB CHAMPIONSHIPS

We are hoping to hold these on the weekend of the 3rd December.

Matt would like to make it compulsory for all swimmers to participate in at least one event as they have all worked so hard. It is a splendid opportunity for everyone to showcase what they have learned, especially those who do not typically compete.

Obviously, if people are away, we can make exceptions.

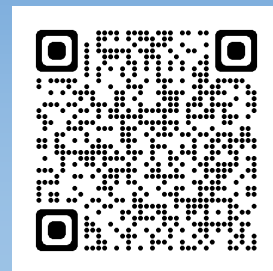


Okehampton  
**Otters**

## Dates for the Diary

- ◆ Dawlish Fire Cracker 19-26th Nov
- ◆ Club Champs 3rd Dec
- ◆ PL HOHOHO down 10th 16-17th Dec
- ◆ Devon County Champs Jan 24
- ◆ Two Counties March 24
- ◆ Southwest Regionals May 24
- ◆ Devon Developments June 24
- ◆ Devon sprints June 24
- ◆ Summer Sizzler July 24

Entry forms can be found on our website and the links are also emailed out from the club secretaries and posted on facebook



## **EXPECTED FOR ALL SWIMMERS**

### **KIT LIST**

- \* **Kick Board**
- \* **Pull Buoy**
- \* **Fins**
- \* **Water bottle**

### **Optional additions**

- \* **Hand paddles**
- \* **Training snorkel**



We've noticed that a significant amount of time is being wasted poolside during sessions looking for fins. The ones we have are rapidly perishing and are often the wrong sizes. Therefore, we have decided that it would be beneficial for all swimmers to purchase their own fins, kickboard and pull buoys, ensuring they are prepared for each session and can take responsibility for their own kit. This will not only help us tidy up at the end of a session but also give the swimmers more time in the water.

We've managed to get a special discount code from Sporty swim—a company in Nottingham who have a good range of fins and other training items. They are offering 15% discount for the first 2 weeks (from 16th October) then 10% after that using a special code for our club.

If people wish to order please contact them directly.

[www.sportyswim.co.uk](http://www.sportyswim.co.uk)

Discount code OTTERS10

## **New HAT Design**

We are in the process of organising new Otters hats which can be personalised.

Please look out for more information on the website, Facebook and emails

More to follow so watch this space.



### **Best Of Luck Jess!!!**

As you are all probably aware by now, Jessica James has stepped back from coaching. Jess has recently started a new job as a newly-qualified teacher and would, understandably, like to devote more time to concentrating on her career. We will no doubt see her around, we'd like to wish her all the best in her new job and thank her for all her hard work with the club.

## NEW BLOCKS.

We have been fortunate enough to receive partial funding from Okehampton United Charities to purchase some new blocks, which are FINA standard. They will have adjustable backs and will be slightly higher than the ones we have providing a great help as the swimmers practice their dives. At the moment, when swimmers go to Plymouth for galas, they notice a big difference in the height and adjustable kick at the back.

We would like to thank Okehampton United Charities and hope they will join us on the blocks for a photo soon.



## New Chairman !!!

Finally, we've had to say goodbye to Mark Pearce, our previous Chairman, who, due to work commitments and his son Aiden stopping swimming, felt it was time to step down .

We have been fortunate enough to replace him with an interim chairman Matthew Fooks, who brings enthusiasm and a few new ideas. He will also be handling our swim mark accreditation. We hope you will all support him in this role, and obviously, we will get the chance to re-elect all committee in the new year at the AGM. If you would like to help the club in any way such as fund raising or joining the committee, assisting poolside, or training to coach or judge at meets - our club is always in need of assistance. You can make a significant difference by supporting our swimmers in Okehampton or at competitions in Plymouth.

please contact us on the [otterscomms@hotmail.com](mailto:otterscomms@hotmail.com) email

## Useful Links

Website :- [www.okehamptonotters.co.uk](http://www.okehamptonotters.co.uk)

Club Kit :- from Kitworld. [www.kitworld.uk/product-category/club-shops/okehampton-otters-swim-club/](http://www.kitworld.uk/product-category/club-shops/okehampton-otters-swim-club/)

Facebook page [Okehampton Otters Swimming Club | Facebook](#)

Email :- secretary— [otterscomms@hotmail.com](mailto:otterscomms@hotmail.com)

Treasurer—[otterstreasurer@outlook.com](mailto:otterstreasurer@outlook.com)