

# Newsletter Nov 23

A successful start to the new competition season. We have so far had swimmers compete at the Exeter Sprints, the Lyndsey Powell Level 2 meet, and for the first time ever one of our swimmers, who just so happens to be a Club Captain, qualified to swim at the South West Winter Regionals.

Finley Molyneux put in an impressive performance to come 5th in his age group narrowly missing the national qualifying time by 0.25sec in the 50m breast-stroke with a PB time of 31.85 sec.

The county and regional qualifying times have now been published and are listed on the [Otters website](#) for those who are interested.

We have 21 swimmers entered in the Dawlish Firecracker later this month which will be the most swimmers we have had at any gala since before covid. We wish them every success.



Matt and Fin at Millfield for South West winter Regionals 2023



# Okehampton Otters

## Dates for the Diary

- ◆ Dawlish Fire Cracker 19-26th Nov
- ◆ Club Champs 1st—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](#)



## CLUB CHAMPIONSHIPS

Are going to be held on the 1st December 6-9pm and 3rd December 8:30am-4pm at Parklands. Times tbc.

We will hold a cake sale and raffle so please bring cash to buy treats and tickets! Any donations are greatly appreciated and can be brought along to sessions in the week before (raffle prizes) or on the day (cakes).

Head Coach Matt would like to encourage all swimmers to enter at least one event to show off what they have learnt in our sessions. Please fill in the forms ASAP as this will help us organise the run times and orders. The Club Champs is a friendly and relaxed event and a great chance for those who are unsure about competing to get a taste of a swim meet. We would love to see the whole club get together too!

<https://forms.office.com/r/JA5xxAydeB>

# Message from Head Coach Matt

I've now been at Otters for a couple of months and I am very happy to be a part of this club. I've felt extremely welcomed and love the team spirit and environment that we have at Otters.

Swimming has been a part of my entire life, beginning swimming at the age of 2, when my mother needed to find a way for me to burn excessive energy I had. Since then, I've been fortunate enough to have a successful swimming career, competing nationally and internationally, my swimming has taken me all over the world.

I've been coaching now for 15 years, with much success at different clubs. Highlights including international medals, British records and National champions. My aim as head coach at Okehampton, is to help mould swimmers into the swimmers they aspire to be whilst having fun and enjoyment. Whether that means, striving to be the best swimmer you can be, or swimming just for fitness and socially.

I'd like to encourage swimmers wanting to compete to enter competitions on a regular basis. Starting with entering as many events at our own club championships as possible. Also, I would like to guide swimmers with their entries at competitions and in some cases discuss with parents and swimmers the reasons behind such entries.

After being at the club for a couple of months, I'd like to get together with as many of you as possible to give a quick presentation/chat regarding my vision for Otters moving forward and things I'd like to see. E.g., I want to see as many water bottles on poolside as swimmers in the pool.

## **EXPECTED FOR ALL SWIMMERS**

### **KIT LIST**

- \* Kick Board
  - \* Pull Buoy
  - \* Fins
  - \* Water bottle
- Optional additions**
- \* Hand paddles
  - \* Training snorkel

**sporty**swim



Don't forget that we get 10% off everything at sporty swim using our club code.

[Www.sporty-swim.co.uk](http://www.sporty-swim.co.uk)

Discount code **OTTERS10**

## **New HAT Design**

We have finalised the hat design and are now taking orders

The hats are £5.25 per hat and 3.75 if swimmers wish to personalise.

I will have to order them in batches and so need your orders in by 17th November please fill in a form if you wish to purchase.

<https://forms.office.com/r/4TwfeX9Yic>



**easyfundraising**

[Www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

search Okehampton otters sign up and start fundraising

## New Chairman !!!

As winter approaches, I have gratefully accepted the position of Chair at Otters SC I have been asked to write a short introduction about myself.

I arrived here like many of the previous Chairs, Coaches and Helpers because I have a child, who swims for Otters SC.

Rosamond has swum at OKE since she was 10 months old and she does not want to swim anywhere else; she thrives, as many of the swimmers do, on the small club environment. If any parents, friends and carers have witnessed recent training sessions they will have sensed the same feelings of desire and friendship that a smaller club has to offer.

I have many ideas which I hope will help the club evolve. I will be poolside Tuesdays, Wednesdays (at MK) and Fridays if any swimmer or parent would like to stop by for a chat, not just about the club but pretty much anything.

Whilst swimming is solitary in nature otters very much a team.

Kind regards,

Matthew Ffooks



### **The Blocks have arrived !!!!!**

Unfortunately they took a little bit of adjusting before they would fit but kindly Craig (Arabella's Dad) has come to our rescue and fixed them for us. Now they are available for use by all swimmers during training sessions and for our club champs. We have received the funding from the Okehampton United Charities and will invite them to the club champs to thank them personally we hope you all enjoy.

## 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)