



Stowmarket Swimming Club

IMPORTANT NOTICES

Keep up to date with us on Facebook.com and on the website stowmarketswimmingclub.co.uk

If you don't receive emails from me and would like to please email me at sscmeetsecretary@gmail.com and I will add you to the list.

Sprint into Spring Meet – Arrangements for our meet are going well, however, if you would like to help on the day please do speak to Fiona our Gala Secretary. Registration for our club and some individual swimmers staying with our club for the day will be just inside the changing rooms. Sarah will be these to sign you in. Revised session times are as follows, please arrive 20 minutes before the warm up time to sign in.

Session 1 – Warm-up 13:30pm for 14:30pm start, Estimated finish 16.45pm

Session 2 - Warm-up 17:15pm for 18:15pm start, Estimated finish 20.00pm

West Suffolk A'May'zing Open Meet - This is now closed, all entries have been submitted and we are waiting approval. Accepted entries will be posted on the website as soon as they are received.

East Region Championships - Please see the club website for Qualifying times, rules and schedule for these championships taking place in May. Entry is open to all those who qualify. To enter please print a copy of the schedule, indicate which swims you would like to swim and return the form and fee to the Team Manager. Please remember to add £2 admin fee to your total. Weekend 1 entries have been submitted, accepted entries will be posted on the East Swimming website. Deadline for entry is **22nd April** for weekend 2 (14/under). (Please ensure you return your entries following our sprint meet on 21st).

Norwich Summer Madness Meet July - This long course meet is now closed and all entries have been submitted. Accepted entries will be posted on our website as soon as they are received.

Summer league – The 1st round of summer league will be held at Beccles on 14th April. Team selections will be communicated directly from the Head Coach.

Ipswich Novice Gala – taking place on Saturday 14th April, approved entries are on the website. Please arrive 20 minutes before the warm up starts for registration on poolside. Swimmers should make their way through the changing area and on to poolside where our team will have an allocated area to sit. There will be Club Coaches and Team Managers there to meet you. Spectators should enter the seating area by going up the stairs in the main foyer where there will be a desk to pay for your entry. Swimmers are not allowed in the spectator area during the gala please ensure you have everything you need with you, i.e. towel, club t shirt, hat, goggles, plenty to drink (water or soft drinks only please) and a snack or two (e.g. banana, popcorn). Spectators will not be allowed into the swimmer area on poolside. Often our club parents sit together in the spectator area and please do cheer all the Stowmarket swimmers on during their races.

Please check the website for Yoga and Land Training dates

A calendar of fixtures is on the website. Please make a note of all deadlines and retain a copy of your entry form for reference.

Any questions please contact Sandra or Sylvia. Dated 6th April 2018.