



# Seafield Swimmers

## NEWSLETTER – December 2017



Seafield Lodge, Station Road, Claverdon.  
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### Welcome

Its starting to feel a lot like Christmas, more things to buy, kids nagging us for their chosen gifts, colder weather means more heating.

I feel it would be remiss of me not to ask people to spare a thought for those who do not have homes, families, gifts on the way to them and no money.



### Environmental Issues

Recently I visited Malaysia and apart from enjoying time with my sisters, we embarked on a mission to sweep the beach and seafronts of plastic. Some of you may have seen the photos of bin liners, nappies, straws and grocery wrappers.



I think we are all aware now of the damage that this amazing invention is doing to our seas, wild life and eventually us, as we are not only the source of the problem, but ironically the recipient. More fish are eating plastics and ultimately, we are digesting plastic. At Seafield we are trying to cut down, you may have noticed I'm not using bin liners (if I do I recycle the liner for another few goes). The over shoes I now use are more expensive, however, I can wash them. I would like to say I am happy for people to go barefoot. If your child needs to use a swim nappy, please note that you do not have to throw it away after every use (unless soiled), simply rinse and pat dry.

Out of Seafield I can't really ask you to support this quest, but if you can do just one thing, please at the time of ordering a drink for you or the kids, ask them not to give you a straw.

### Housekeeping / Health and Safety...

- If your child has been sick in anyway, please do not bring them swimming for 48 hours after the bug. Recently we have had a number of children arrive, amazingly, none of the waste product from the child has reached the pool, nevertheless, a massive clear up is needed when a mess has occurred. If the pool is contaminated with faeces or vomit from a bug, we will have to close, and to be quite honest, I don't feel happy about finding alternative lessons through no fault of Seafield Swimmers.
- Can I continue to ask that you do not give your child/baby any food in the changing room or pool side. This is a plea that seems to be ignored.
- Hair, I appreciate children do not want to wear hats, but the more chemicals that enter the water from hair products the more chemicals I have to use to get the PH balance right in the pool. Please try and use this Christmas to buy a suitable hat and goggles for their stockings.
- Where possible I would encourage as many of our spectators as possible to wait in the reception area. Children are being distracted by helicopter parents. Once a child is in our lesson we need to try and engage with them and this is getting increasingly harder, when parents are continually talking to them, touching or following them around the pool, not to mention the increasing noise level of parents or siblings. Sorry to moan but if they cant hear us, they wont improve.
- Some of our swimming techniques can be practised at home in the bath or in the lounge, better still at your local pool. I have had parents ask for their 3 year olds to be swimming by the summer. Well with the best will in the world we will do our bit in the half hour a week, if you can reinforce.



**Alistair and Joe  
Armstrong –  
age 4 - with  
their 10 metre  
awards.  
Well done boys!**

### Payments

Please ensure that you reference your payments, either BACS or cash. Invoices for the next term must be paid by January 10<sup>th</sup> 2018. Anyone struggling to meet this please let me know.

### New Term

We are closed from 12.30 December 15<sup>th</sup> and will re open on Thursday 10<sup>th</sup> January. The course for each day will be 10 weeks, breaking for February 19<sup>th</sup> half term.

### Classes

Please let me know as soon as possible if you do not intend to return. I will post on Facebook spaces available. We are now open Wednesday morning for adult and child lessons and 1 aqua sports class, to book for these please get in touch.

### Starfish Swimming

Karen now runs a very successful newly established swim school, offering lessons for beginners and improvers from pre-school age to 8 years based at Langley School in Olton. For more info contact Karen 07389 137998.



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### Successes

It is always pleasing to see children go on to swim for clubs, school competitions and even in the GB squad! Recently from Eversfield pool Emily Steele reached her 'outstanding swim award and trophy', having completed, Bronze, Silver and Gold. The swimmers there are working so hard to achieve high standards and it was lovely for me to have the opportunity to work with some of you in November. We have spaces left at Eversfield, so please let me know if you are interested.

At Claverdon, we also have many success stories. These are from little ones working their way through their awards, to some overcoming their fears. Well done all.

Please remember to bring your progress books to be stamped, collect one if you do not have one. Every child who is on the National Plan Awards should have one. I will leave a box in the reception, so please pop in there, once we have stamped them, we will put in another box for you to collect.

### Congratulations

I would like to congratulate Ian and his wife on the birth of their baby, Francesca.

### Neal's Yard Remedies

Jenny Houghton

Independent Consultant

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[uk.nyorganic.com/shop/jennyhoughton.co.uk](http://uk.nyorganic.com/shop/jennyhoughton.co.uk)



### Painting quote

In April I would like to get the pool painted so if anyone out there has the necessary skills, I would welcome a quote.

### Lost Property

Please collect all belongings, at the end of every term all lost property goes to the charity shop.

### Any ideas?

Suggestions are welcome on how we can improve. If you need an ad placed in the newsletter, please let me know.

### Coolsportz

We run pre-school physical activity sessions at your nursery/pre-school or out of hours. The fun themed sessions are progressive to help children develop fundamental movement skills which is a great platform for the future. We also run tennis sessions for children and adults from 4yrs upwards.

For more info contact Neil on 07912664426, [neil@coolsportz.co.uk](mailto:neil@coolsportz.co.uk), [www.coolsportz.co.uk](http://www.coolsportz.co.uk).