

5<sup>th</sup> February, 2024

Dear Parent/Carer,

**Sheffield Swimming Club opportunity Year 3/4**



There are two Swimming clubs in Sheffield Sheffield City Swimming Club and City of Sheffield.

Please see below for a potential opportunity to represent Sheffield in Swimming via Simon Jones - Sheffield Swimming Club.

Yours sincerely,

*B. Adebola*

Mr. Adebola

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Dear Parents,

I represent Sheffield City Swimming Club, the city's oldest competitive swimming club.

Each year, as our swimmers' technique and stamina allows them to progress through the Club's squad structure, some capacity for new members arises in our "C Squad" of youngest swimmers. Only a few places become available every year – the size of C Squad is constrained by the maximum number of swimmers which can be accommodated in one swimming lane, and the number of lanes in the smallest pool we train in.

We currently have a few spaces available.

In order to join the Club, potential new swimmer members need to demonstrate their capability during a short trial period, generally of two weeks duration. New members need to have completed Swim England's Learn to Swim Stage 6 award and be at least 8 years old (swimmers may not compete until they are 9 years old). We have successfully integrated novice swimmers aged up to 11, and in a few cases older.

The C squad trains 5 times per week (Mondays, Tuesdays, Wednesdays, Saturdays and Sundays) for an hour each time, 5 hours of training per week in total, plus 45 minutes of land-based training on Saturday. We train at Graves, Heeley and Ponds Forge pools. Training is delivered by Swim England qualified coaches in a safe, child-centred and fun environment.

Swimming is a sport in which one can participate for many years: the oldest member of our "Youth & Masters" squad is 73. Developing a passion for swimming as a child can help maintain fitness and mobility throughout a long, healthy life.

**HEADTEACHER: MR MICHAEL WATSON**

**DEPUTY HEADTEACHER: MR DAVID PRESTON**

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Competitive swimming offers a wide range of health benefits, both physical and mental: cardiovascular fitness, joint health, endurance, mental health (like any form of exercise, swimming can positively impact mental health. It releases endorphins, reduces stress, anxiety, and depression, and improves mood and overall mental well-being), social interaction, and respiratory health. In addition, the 8 ½ hours training which our senior, A Squad, swimmers do across 6 days per week each week keeps them off their phones, and teaches them discipline, time management and respect for each other (there are girls and boys in each squad).

Regrettably, and this is something the management committee of the Club are acutely aware of and trying to mitigate: swimming is expensive due to a combination of the amount of training time required to become proficient, the cost of heating and maintaining the pools and the coaches' and lifeguards' pay. An annual membership fee plus monthly training fees costs around £100 per calendar month, averaged across the year. We train all year round, with the exception of a two week break over Christmas and do not swim in the mornings. The Club is run by volunteers, both on the management committee and in other roles associated with swimming competitions (or "galas").

Not every child is well suited to team sports and we find that swimming is particularly attractive to children who enjoy competing on their own, all of whom build great friendships within our Club.

If anyone would like any further information to explore what swimming with Sheffield City Swimming Club is like you can contact the Club via [info@sheffieldcityswimmingclub.co.uk](mailto:info@sheffieldcityswimmingclub.co.uk).

We look forward to hopefully making some more new friends soon!

Many thanks

Simon Jones

Secretary

Sheffield City Swimming Club

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