



Making Waves

The club newsletter - news, achievements and what's coming up next.

IN THIS ISSUE Galas Club News Coaching focus Spotlight Important notices Volunteers



Nathaniel Logan
RRSC Interim Chair

Chair Welcome

Welcome back to the new season at RRSC!

The Club is entering an exciting time. The coaches and committee have been listening to your feedback as members and swimmers and we have been preparing lots of (both little and big) changes over the summer in response.

These will help all swimmers at the Club to achieve their goals. You will start to see and feel these changes over the next few months.

Also we have had more than 20 new swimmers join for the new season - a very big welcome to you all! Similarly we have a number of fantastic new coaches starting with us - please make these new coaches feel welcome.

The Club is also about to expand. We will be adding a pre-academy, a new academy squad and a new Bronze squad!

Celebrating our swimmers

SUMMER SIZZLER

On 5 September, 29 of our swimmers travelled to Dorking to take on host club Dorking and near neighbours Leatherhead at the Summer Sizzler gala.

It was a fantastic team performance, with brilliant energy from parents and swimmers cheering poolside.

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Lucy and I just wanted to say a massive well done to all the swimmer today. So many medals, ribbons, PBs and lots of smiling faces! What a great start to the season, well done everyone!

HANNAH, COACH

DATES FOR SEPTEMBER

Galas

19 SAT **Crawley SC Lis Hartley Open Meet 2026 - DAY 1**

K2 Leisure Centre, Pease Pottage Hill, Crawley

Entry deadline: **Passed**

20 SUN **Crawley SC Lis Hartley Open Meet 2026 - DAY 2**

K2 Leisure Centre, Pease Pottage Hill, Crawley

Entry deadline: **Passed**

27 SUN **200m Club Championships - DAY 1**

Dorking Sports Centre, Reigate Road, Dorking

Entry deadline: **17th September**

DATES FOR OCTOBER

Galas

4 SUN **CASC Autumn Meet**

TBC

Entry deadline: **Passed**

11 SUN **200m Club Championships - DAY 2**

Dorking Sports Centre, Reigate Road, Dorking

Entry deadline: **17th September**

16 FRI **RRSC Speedy Sprints**

Donyngs

Entry deadline: **30th September**

Growing the Club

CLUBFEST

On Saturday 5 September we took a stand at Reigate's Club Fest to meet people from the local community and grow the club. It was a brilliant day, and our stand proved hugely popular with the activities drawing a crowd. To date, this one event has already led to 15 new signups, ranging from our new Pre-Academy through to Masters.

Every new member for our club matters. A bigger club means a stronger, more stable club, with more depth across every squad, and a brighter future for everyone already a part of it.



NEW COACHES

We are delighted to welcome several new coaches to RRSC.



Simon King, Head Coach from 1 October. Simon has 20+ years developing aquatics in clubs and schools and has coached youth to national levels. Simon is dedicated to championing aquatics and has been coaching regionally since 2005. His most recent role was at Crawley Swimming Club as Assistant Head Coach and Director of Academy where he led County and Academy squads and grew Academy from 20 swimmers to more than 110.



Jeremy Hancock, a Level 2 Coach and former national-level swimmer, joins as Squad Coach.



Lara Stone, a Level 1 Coach and former Olympic Trials backstroke swimmer, joins our Age Group Squads.



Jasmine Shirley, an experienced Level 2 Masters coach and former regional swimmer, will coach Masters on Tuesdays and Thursdays.



Rosina McLean, one of RRSC's parents and an accomplished competitive swimmer, has also joined the coaching team as an assistant coach.



A huge thank you to **Hannah Newing** for outstanding leadership as Acting Head Coach!

COACHES CORNER

Coming soon...

Find out more about our coaches and what they have planned for swimmers for the month ahead...

Reigate Grammer School Car Park and Pool

The main RGS car park is now off limits to all pool users. Please park on nearby streets or at Broadfield House, and tell anyone bringing your swimmer. One RRSC car entering the main car park could put our current sessions at risk.

All adults must now enter poolside through the side door, not the changing rooms. This follows Swim England safeguarding guidance and keeps children's changing areas private. Shoes can be left inside and a toilet is available. Please politely redirect anyone using the old route.

Thank you for your cooperation



VOLUNTEERS NEEDED

Join our team

It's an exciting time for the Club, with a brilliant coaching team and fantastic volunteers. **Thank you to everyone already helping.** We'd love more parents to join us and will find a role that suits your availability.

Current vacancies

[Membership Coordinator](#)

[Social Secretary](#)

[Timekeepers](#)

[Team Managers](#)

Job descriptions are available on the website.

To get involved, email chair@rrsc.org.uk or message **07468 536291**.

DISCOUNT CODES

SportShoes 15% off

The SportsShoes code for September is **WEOLG5LLX37**. The code is valid on AW26 products only and will give you **15% off** (exclusions apply, including but not limited to Brooks, Coros, Garmin, Maurten and Shokz), valid until 01/10/26.

Share your swimming story!



We're growing our social media channels and would love to celebrate our wonderful swimmers of all ages and experience levels.

Send your favourite photo to comms@rrsc.org.uk and tell us why you, or the swimmer you're nominating, loves being part of RRSC.

Achievements to celebrate!

CHALLENGE SPOTLIGHT / MASTERS

Rona has raised an incredible **£6,396** for Alzheimer's Society and Level Water by swimming the Channel. Here's her inspiring story...

Swimming the Channel: My Journey with RRSC Masters - Rona Lucas

I joined Redhill & Reigate Masters in October as part of my training for an English Channel swim. Although I'd swum all my life and taught swimming for many years, I'd never trained competitively and was nervous about joining.

I needn't have worried as the coach and swimmers were incredibly welcoming. The structured sessions helped improve my speed, stamina, strength and technique, and quickly became a highlight of my training.

I originally planned to stop in April when my open water training increased, but I enjoyed the sessions so much that I carried on. I'm now back training with the club and continuing to build my strength across all four strokes.

The support and coaching played an important part in helping me successfully swim the English Channel this summer in **17 hours and 57 minutes**.

Well done and congratulations Rona from all of us at RRSC!



You can still donate to Rona's Just Giving pages using the links below:



[AZ Donate](#)



[LW Donate](#)

Have **your** say ...

We'd love to hear from you. If there's something you'd like to see in future issues, or you've got feedback on this one, drop us a line at comms@rrsc.org.uk

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