



Making Waves

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

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Monthly overview

Welcome to our new swimmers!

We're delighted to welcome **25 new swimmers** this term, 20 across our age squads and 5 joining our Masters team, following our September trials. We hope all of our new swimmers settle in quickly, and we're sure the rest of the club will make you feel right at home.

We also welcome our new head coach **Simon King** who had his first official day with us on Thursday the 1st October. Simon will be working closely with all of our Coaches to support our swimmers in setting their goals, mind development, race planning and tactics.

This past month we've competed in a couple of Galas where our squads performed really well, gaining many PBs for our swimmers. We have more galas these coming months so please see the panel on the right to find and **sign up** to these.

Congratulations to our new captains!

CLUB & SQUAD CAPTAINS

Huge congratulations to our newly appointed Club Captains and Squad Captains! You'll play an important role in representing the voices of RRSC swimmers of all ages and abilities.

We wish you every success and can't wait to see you inspire and support your teammates, both in and out of the pool.

Squad Captains

Academy Donata Z	Gold Chloe C and Liam H
Academy Plus Daisy C and Gregor Ellis P	Platinum Shreya C
Bronze Leo M	Platinum Plus Lauren C
Silver Arya S and Sebastian P	



CLUB CAPTAIN
Ishaan P



CLUB CAPTAIN
Penny C

DATES FOR OCTOBER

Galas and events

4 CASC Autumn Meet
SUN Cranleigh, Surrey

Entry deadline: **Passed**

11 200m Club Championships - DAY 2
SUN Dorking Sports Centre, Reigate Road, Dorking

Entry deadline: **Weds 7th October**
200m Backstroke now open to Bronze Squad

16 RRSC Speedy Sprints
FRI Donyngs Leisure Centre

Entry deadline: **Weds 14th October**

31 RRSC Scary Sprints 🏊‍♂️🏊‍♀️🏊
SAT The Triangle Leisure Centre, West Sussex, RH15 8WA

Entry deadline: **Fri 9th October**

DATES FOR NOVEMBER

15 Dorking SC Open Meet
SUN Dorking Swimming Club

Entry deadline: **Thurs 22nd October**

20 Annual General Meeting (AGM)
FRI Donyngs Leisure Centre

28 Crawley Fast and Festive
SAT K2 Leisure Centre, Crawley, West Sussex

Entry deadline: **Sat 31st October**



For more details and to sign up, go to the Sports Engine App and look under the Events tab in the menu.

We need your help!



For our Speedy Sprints gala to happen, we desperately need volunteers, otherwise we may need to cancel.

Please take a look at the sign up sheet and see if you could help:

Volunteers
<https://volunteersignup.org/D8YDK>

Officials
<https://swim-meet.com/availability/?t=1>

We also need Raffle Prizes! If you have anything to donate (big or small!) contact comms@rrsc.org.uk.

♥ Thank you!

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**.



Safeguarding at RRSC: we're here to listen

Safeguarding is everyone's responsibility. If you ever see, hear or experience something that does not feel right, you can talk to someone at Redhill and Reigate Swimming Club.

Our Club Welfare Officer is Claudine Day.

You can speak to Claudine or email her confidentially at welfare@rrsc.org.uk if:

- you see or hear something that does not feel right
- something has happened that you want to share
- you are worried about a friend
- you simply need someone to talk to

RRSC follows Swim England's safeguarding policies, set out in [Wavepower](#). We work to best-practice guidelines and will respond promptly to any concerns raised.

For further information or support, visit the Swim England website or contact the [Swim England Safeguarding team](#).

Supported by



DISCOUNT CODES

SportsShoes 15% off

The SportsShoes code for October is **Z3IFZ7V3508**. 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 01/11/26.

Proswimwear

10% off plus 5% rebate to the club
<https://www.proswimwear.co.uk/swimming-clubs/>

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 / PLATINUM

Zak selected to represent Great Britain!

Everyone at RRSC is incredibly proud of Platinum Squad swimmer Zak, who has been selected to represent Great Britain at the 12th World Down Syndrome Swimming Championships.

At 21, Zak is a dedicated and valued member of our club. His hard work and commitment have earned him the opportunity to compete on the world stage in Albufeira, Portugal, from 30 October to 7 November.

Last weekend, Zak joined his Great Britain teammates at a DSS-GB training camp as preparations for the championships gathered pace.

Representing his country is an extraordinary achievement and the result of countless hours of training, determination and perseverance. Zak is a brilliant example to every swimmer at RRSC of what can be achieved through commitment, enthusiasm and a genuine love of swimming.

We are enormously proud to have Zak representing Great Britain and RRSC on the international stage!

Good luck in Portugal Zak!



Photo: Zak at the recent DSS-GB training camp.



dss-gb.org

Sally and Hazel swim Chillswim Windermere

ACHIEVEMENTS / MASTERS

Sally and Hazel complete Chillswim Windermere. An Open Water Swimming event in the beautiful Lake District.

Here's their story:

Hazel and I entered the Chillswim Windermere 11-mile end-to-end swim just three weeks before the event, fitting it around a Lake District holiday.

We train regularly with R&R Masters, and had the River Arun 3.8km, Bournemouth Pier to Pier (1.4 miles) and Dart 10km swims under our belts from June and July to help prepare.

The route runs from Fell Foot Park in the south, along the eastern shore, across to the western shore for most of the swim, then back across to finish at Waterhead in the north. Conditions were mostly small, choppy waves, with paddlers, kayakers and feed stations supporting us along the way.

I started in the third wave, Hazel in the fifth, but she caught me at mile 5, which gave me a real boost. By mile 8 I had a cramp, a stitch and a craving for anything other than a jelly baby, but kept my mind occupied with comedy lines, favourite films and the alphabet game.

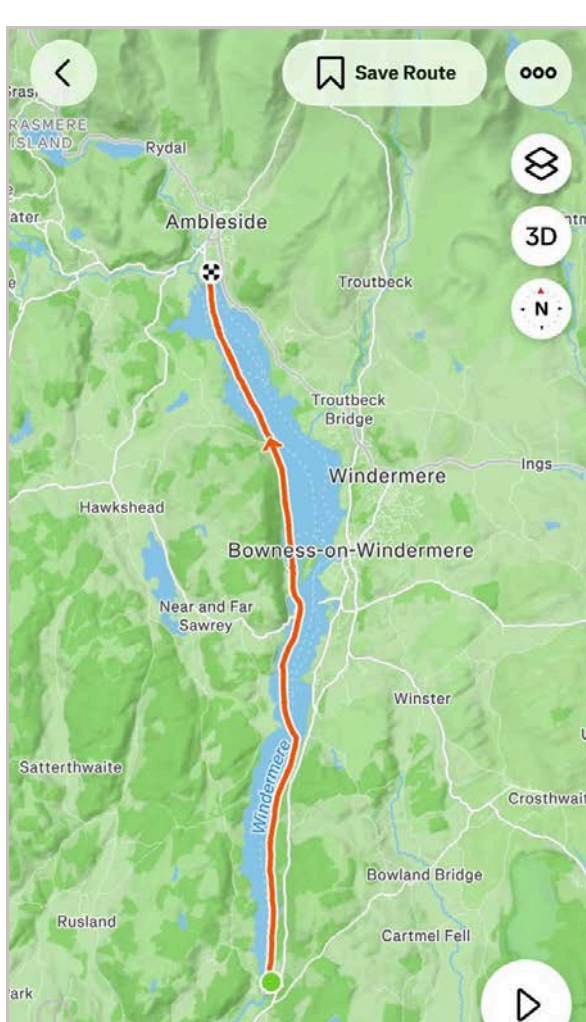
The last few miles were tough, but the yellow inflatable duck at the finish was a very welcome sight. **My time was 7 hours 54 minutes; Hazel's was 7 hours 14 minutes.** We did it, and the hot drink and flapjack afterwards were well earned.

Amazing achievement Sally and Hazel, congratulations to you both!



Hazel's time: 7hrs 14mins

Sally's time: 7hrs 54mins



The route



Inspired? Sign up for next year at:

<https://chillswim.com/>

South East Regional Competition Success!

CHALLENGE SPOTLIGHT / MASTERS

Masters Swimmers Kinga and Claudine shine at South East Regional Competition

On Saturday 26th September, two of the club's Masters swimmers, **Kinga and Claudine**, qualified for and competed in the **20th South East Regional Masters Short Course Competition**, held at K2 in Crawley.

The competition brought together Masters swimmers from clubs across the South East of England, as well as competitors from further afield, making for a strong and competitive field.

Despite the tough competition, it was a thoroughly enjoyable and fun event, with plenty of great swimming and a fantastic atmosphere throughout the day.

Both Kinga and Claudine put in excellent performances, with some impressive results across their respective age groups.

A fantastic achievement by both swimmers, with **Kinga bringing home a bronze medal and Claudine winning four silver medals and a bronze.**

Congratulations to Kinga & Claudine on your amazing performances and for representing the club!



Claudine and Kinga wearing their medals

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

