JULY 2026

THIRSK WHITE HORSE SWIM TEAM

NEWSLETTER

HEAD COACH HIGHLIGHTS

Since taking up the role of Head Coach at TWHST, I've focused on getting to know our swimmers, parents, and coaching team, and I've been genuinely impressed by the commitment and spirit across the club.

Over these first weeks, I've introduced clearer training structures, refreshed technical priorities, and begun shaping a long-term development pathway that supports every swimmer, whatever their stage. I'm already seeing growing confidence, improved consistency, and a real appetite for progress in the pool. My aim is to build a coaching environment that is positive, purposeful, and supportive, and I'm excited to continue this momentum as I settle fully into the role and work with the team to help every swimmer thrive.

KIT NAMING

A gentle reminder to make sure all kit, including t shirts and pool equipment, is named. Mistakes are made and kit is left behind - we want to get it back to you!

VOLUNTEER OPPORTUNITIES

We are always in need of volunteers at the Club. You dont have to have a crazy background in swimming, just a desire to help our swimmers make the most of their potential. Please talk to the coaches about opportunities.

EVENTS

4 Jul 26 - Moors League Finals

4 - 5 Jul 26 - SNOWs

16 - 22 Jul 26: Aquatics GB Next Gen Champs

18 Jul 26: Summer Madness Gala

25 - 26 Jul 26: SE Open Water National Age Group Champs

27 Jul - 1 Aug 26: SE National Summer Meet

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UPDATES



SWIMMER OF THE MONTH

Our Swimmer of the Month Award for June goes to Lily F, in Blue Squad.

Her attendance, consistency in training and all round desire to improve has been nothing short of impressive.

Well done Lily!

SKINS WINS

Betsy, Toby and Eddie romped home at the Middlesborough Summer Meet in Jun, winning the Skins races convincingly for their age groups. Amazing swimming!

FUNDRAISING

Please make sure you have linked up with our Easy Fundraising page - its feee to use and earns much needed pennies for the club.

NORTH EAST REGIONALS AND BEYOND

Congratulations to Ben on representing the Swim England North East Region Swim Team 2026 and competed at the prestigious AP Race London International Meet 22 -25 May at the London Olympic pool.

Well done to Eddie, Millie and Betsy at the Swim England North East Regionals Age Group Championships at Leeds.

Millie brought home a brilliant bronze medal in the 50m freestyle. Incredible swims from all three swimmers.

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SQUAD NEWS

BLUE

A very warm welcome to our new swimmers in Blue Squad, joining us from their Learn to Swim Pathway! We are very happy you are here!

WHITE

Congratulations to Arwen R on her promotion move into White Squad! Its a big step up in training but we know you can do it!

PINK

The focus remains on strengthening body position, breathing patterns, and turns while gradually building endurance. Teamwork and positive energy continue to stand out.

PINK PERFORMANCE

Congratulations to Millie B on her promotion move into Pink Performance! A well deserved and hard earned reward for some outstanding work!

SILVER

Silver squad is steadily growing and the sets are reflecting that of the rest of the club - competitive and challenging while remaining achievable.

OPEN WATER

A fantastic return to Open Water in the last few weeks has meant we have enjoyed some fantastic results at the SE North East Championships. Well Done!

POOLSIDE PERSONALITY

Our new feature to introduce our Coaching Team, Committee and Volunteers must start with our newly appointed Head Coach, Alan.

A level 3 coach with a wealth of experience, Alan joins us on poolside with big plans! We are so excited to have him on the team!



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KEY CONTACTS

- Volunteer Roles:
  - Email **thirskwimteam@gmail.com** if you'd like to help.
  - All volunteers require a club-processed DBS check.

- Training Queries:
  - Contact the Head Coach and cc the Parent Liaison Officer: **hc.twhst@gmail.com | twhstparentliaison@gmail.com**
  - Replies within a week; Alan may speak to you at the pool if needed.

- Swim Manager Details:
  - Please keep your swimmer's information up to date, especially medical details that may affect training or wellbeing.

- Absences:
  - If your swimmer will miss training, email **attendance.twhst@gmail.com** so coaches can plan pool time effectively.

- Fundraising:
  - Every contribution helps the club. Contact Andrea & Michelle at **TWHSTfundraising@gmail.com** for fundraising opportunities.

- Galas:
  - For gala information, email **galas.twhst@gmail.com**

- Welfare & Safeguarding:
  - Email **twhstwelfare@gmail.com** with any welfare or safeguarding concerns.

- Parent Liaison:
  - For general concerns or anything you wish to raise with the committee (not safeguarding), contact **twhstparentliaison@gmail.com**