

WFSC Newsletter

September 2026

From the Head Coach



Welcome back to all our club members! Hopefully you all enjoyed the break and the swimmers rested, slept and ate well. This Autumn term we will have our usual exciting sessions, focusing on technique, stamina and speed.

Many swimmers will be concentrating on getting those all-important county qualifying times. We will have galas planned to help them achieve this. Our first one is in September, the next at Witham, where I hope as a club, we get as many swimmers as possible to enter. It is a great introduction to open galas. The mini league is continuing with 2 more rounds to go. Charlotte H will be issuing Team News in the next few weeks. If you are interested in taking part in any galas or are not sure how to go about it, please ask at our desk on Monday evenings and someone will help you.

Don't forget parents, our Masters section are always looking for new swimmers. You do not have to be the next Adam Peaty; join for pleasure or fitness! And I believe Rob is even helping some learn to dive now! If you are a triathlete or competitive swimmer we have a lane for you too. Come along — they are all very friendly.

Have you seen our new notice board? Thank you to Charlotte H for putting in the work here! It is informative and celebrates all the swimmers' achievements.

I would like to say thank you to committee members Laura and Cat, who have been amazing in helping the club run smoothly — you will be missed!

And welcome to new committee members! If you would like to help, we would love to hear from you. The club always needs help poolside or behind the scenes. Come and have a chat Monday evening at the desk — you would be most welcome.

On behalf of the coaching staff and myself, we look forward to lots of PBs, medals, qualifying times and another very successful year!

— Sue



A Reminder: Expected Standards

Be prepared

With the start of a new swimming year, this is the perfect time to remind your swimmer(s) of what is expected of them each session.

We ask that all swimmers arrive on poolside at least 5 minutes before the start of their session. This helps everyone be ready to get in the pool on time and ensures swimmers can make the most of their full session.

The few minutes before the session are a great opportunity for swimmers to:

- Stretch their muscles before their warm-up.
- Get themselves ready to enter the pool.
- Put their swimming hat on.
- Get their water bottle out ready to put by their lane.
- Bring any required equipment with them and place it in their lane, ready for the session.

Being prepared and ready to go means we can get the most out of every session and, most importantly, enjoy our swimming!

Thank you for your continued support in helping our swimmers arrive ready and prepared.

Lane Etiquette

As a general reminder we would just like to remind swimmers of lane etiquette. Please leave 5 seconds gap between swimmers. If you catch another swimmer up, the caught swimmer should give way to the faster swimmer by moving over. When you get to the end of the lane you then stay behind the swimmer who was faster.

Please be kind to each other. If you have a problem make your coach aware so they can try and resolved amicably.

— *The Coaching Team*



The Coach's Bulletin

Hi everyone!

Please remember that your coaches are here to help! If you're unsure about something, need a little extra help, or have a question during a session, please don't be afraid to speak to your coach. We're always happy to listen and support you.

Also, don't forget to bring a water bottle to every session. It might not feel like you're getting hot or sweaty when you're swimming, but your body is still working hard and losing water throughout your session. Staying hydrated helps your muscles work properly, keeps you feeling focused and can help prevent tiredness, headaches and feeling unwell.

Taking regular drinks during your session can help you maintain your energy levels and means you'll be better prepared to give your best from the first length to the last.

So, remember to bring your water bottle, listen to your body and speak up if you need help. Your coaches are here to support you!

— **Charlotte P**



For the Masters

Hi guys,

A big well done to everyone for your hard work and commitment in recent sessions.

A special congratulations to Paul and Keith who recently completed the Copenhagen Iron Man, to Wendy who took part in the Big Southeast Aqua Run in Dartford and to Charlotte H who competed in the Masters open water national championships in Sheffield.

Thank you to everyone who took part in our recent diving clinic. It was great to see swimmers of all abilities getting involved, building confidence and developing their skills. We hope you enjoyed it!

To any adults out there who are thinking of taking up swimming again — whether it be for fitness, confidence, competition or simply enjoyment — we cater for all ages and abilities. If you are interested, please contact us through the club email or come along on a Monday evening and see if you would like to give it a go.

— **Rob**



Well Done!

Paul & Keith — Completed the Copenhagen Iron Man!

Wendy — Took part in the Big Southeast Aqua Run in Dartford!

Charlotte H — Competed in the Masters Open Water National Championships in Sheffield!

Leon — Selected for the Long Course Training on the Essex Development Programme!

Casey — Competed at the Open Water National event! Amazing

Have we missed you? Let us know so we can celebrate achievements together!



Upcoming Galas: Dates for Your Diary



OFFICIAL GALA SCHEDULE

WFSC Gala Update

Autumn / Winter 2026 – 2027

COMPETE • IMPROVE • EXCEL

Woodham Ferrers Swimming Club

● Club Supported
 ● NOT Club Supported – Enter Yourself

★ KEY 2027 DATES INCLUDED BELOW

~ SEPTEMBER 2026

DATE	EVENT	ELIGIBILITY / NOTES	VENUE	SUPPORT	INFO
Sat 19 – Sun 20 Sep	Dunmow	CAT 2 Swimmer	Basildon	✓ Club Supported	ENTRIES CLOSED

~ OCTOBER 2026

DATE	EVENT	ELIGIBILITY / NOTES	VENUE	SUPPORT	INFO
Sat 10 Oct	Essex Mini League – Southend	Invite Only	Southend	✓ Club Supported	Invites to follow soon
Sat 10 Oct	800m Meet	CAT 2 Swimmer · 800m only	Basildon	✗ NOT Supported	Enter yourself
Sun 11 Oct	Witham Festival of Swimming	Open to All · 50m / 100m	Witham	✓ Club Supported	Encourage maximum entries!
Sat 17 – Sun 18 Oct	Essex Winter Champs	CAT 2 Swimmers · Qualifying times apply	Stratford Centre	✓ Club Supported	Entry link live shortly

~ NOVEMBER 2026

DATE	EVENT	ELIGIBILITY / NOTES	VENUE	SUPPORT	INFO
Thu 6 – Sat 8 Nov	East Regionals SC	CAT 2 Swimmers · Qualifying times apply	Luton	✓ Club Supported	—
Fri 14 Nov	Essex Mini League	Invite Only	Brentwood	✓ Club Supported	Invites to follow
Fri 14 Nov	1500m Meet	CAT 2 Swimmer · 1500m only	Basildon	✗ NOT Supported	Enter yourself
Fri 28 – Sat 29 Nov	Open Meet	CAT 2 Swimmer · 50/100/200 TBA	Basildon or Chelmsford	✓ Club Supported	—

~ DECEMBER 2026

DATE	EVENT	ELIGIBILITY / NOTES	VENUE	SUPPORT	INFO
Fri 12 – Sat 13 Dec	Colchester Last Chance	CAT 2 Swimmer · 50/100/200 TBA	Braintree	✓ Club Supported	LAST CHANCE for County Qualifying times!

ESSEX COUNTY CHAMPIONSHIPS 2027

★ KEY DATES 2027 | 📍 Stratford Centre | Qualifying times apply for all weekends

WEEKEND 1 16 – 17 January 2027	WEEKEND 2 20 – 21 February 2027	WEEKEND 3 27 – 28 February 2027
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★ The December Colchester gala is your LAST CHANCE to achieve qualifying times for Counties! ★

 For any questions, please speak with Ian at the pool

Woodham Ferrers Swimming Club · WFSC
Autumn / Winter 2026 – 2027

In Focus - Swimming Recovery

Stretching after swimming helps relax tight muscles, clear out waste products, and improve flexibility. **We don't always have time to do these exercises due to the time we have in the pool but we would strongly encourage these to be completed when you get home from training**

Key Benefits Improves

Flexibility: Lengthens muscle fibers that contract repeatedly during strokes like freestyle or butterfly.

Reduces Soreness: Helps clear metabolic waste and lactic acid buildup from working muscles.

Prevents Injury: Relieves tension in overworked upper body areas like the shoulders, lats, and upper back to prevent chronic tightness.

Stimulates Relaxation: Calms the nervous system and signals the body to transition from high-intensity output to a resting state

SWIMMING RECOVERY STRETCH ROUTINE

Perform after your swim workout.
Hold each stretch for 20 - 30 seconds
and repeat 2 - 3 times on each side.

20 - 30 SECONDS

2 - 3 REPS

NO PAIN OR BOUNCE

BREATHE DEEPLY

AFTER EVERY WORKOUT

1 CHEST STRETCH	2 LAT STRETCH (LATISSIMUS DORSI)	3 TRICEPS STRETCH	4 POSTERIOR SHOULDER STRETCH	5 HAMSTRING STRETCH
6 QUADRICEPS STRETCH	7 CALF STRETCH	8 ADDUCTOR STRETCH	9 GLUTE STRETCH	10 LOWER BACK STRETCH
11 SIDE BEND STRETCH	12 CHEST OPENER STRETCH	13 NECK SIDE STRETCH	14 UPPER TRAPEZIUS STRETCH	15 OVERHEAD SHOULDER STRETCH
16 SEATED SPINAL TWIST	17 CHILD'S POSE STRETCH	18 SHOULDER STRETCH WITH TOWEL	19 STANDING HAMSTRING STRETCH	20 ANKLE & ACHILLES STRETCH

BENEFITS

- ✓ Improves flexibility and range of motion
- ✓ Reduces muscle tightness
- ✓ Helps prevent injuries
- ✓ Enhances swim performance
- ✓ Supports faster recovery

TIPS FOR SWIMMERS

- ✓ Stretch after your workout, not before
- ✓ Focus on shoulders, chest, and back
- ✓ Keep breathing smoothly
- ✓ Hold each stretch steadily
- ✓ Stop if you feel sharp pain

PERFORMANCE GUIDELINES

- ✓ Do this after every swim session
- ✓ Breathe deeply and steadily
- ✓ Do not hold your breath
- ✓ Do not stretch to the point of pain
- ✓ Move slowly and stay controlled

Could You Volunteer or Coach with Us?

Our club and our galas simply couldn't happen without the dedication of our volunteers and coaching team. From supporting swimmers at training sessions and competitions to helping organise galas behind the scenes, every contribution makes a difference.

We're always looking for enthusiastic members, parents and supporters who would like to become more involved with the club. Whether you have experience in swimming or are completely new to volunteering, there are lots of ways you can get involved and support our swimmers.

If you would like to volunteer, join the committee or explore becoming a coach, we'd love to hear from you!

Interested? Please contact our team to find out more.

Questions?

If you have any questions, please, when appropriate, speak to a member of our coaching team or email us and we will answer them in our next newsletter.