

NASWPC NEWS



AUTUMN EDITION

Welcome to the second quarterly NASWPC newsletter – keeping you up to date with all NASWPC related news.

COACHES CORNER

SWIMMING UPDATE FROM HEAD COACH KEV

WDSC Short course qualifier @1601 Dorchester

A terrific weekend of swimming whereby our 11 attending swimmers took part in 81 races spread over Saturday 4th & Sunday 5th October. Our swimmers achieved 11 Gold, 16 silver and 11 bronze medals and a whopping 57 PBs! Well done all!



Arena League

Round 1 was held at Plymouth Life Centre on Saturday 11th November. We finished 6th out of 7 but we were always going to struggle due to the lack of availability of swimmers meaning that we couldn't enter a number of races and medleys. The Arena League is a logistical nightmare and we do struggle to provide a full team, but despite this, the swimmers **Do** enjoy it **AND** its one of the few events that we compete as a **TEAM**. For this reason alone, I am still keen to enter the league, but it really does depend on numbers of swimmers and their availability. I think we do need to review towards the end of this season when we have a clearer idea of club membership numbers and the competitiveness of the relevant age groups.

Lyndsey Powell Memorial meet.

Nine swimmers took part in the two-day event at Plymouth Life Centre (October 18th & 19th), with 1 gold, 3 silver, 5 bronze and 35 PBs!

Devon Development Training Camp

Congratulations to Anya and Henry who have been selected for the Devon Development Camps for the 2025/26 season, Anya's will be at Mount Kelly for 12 year old girls and Henry's will be at Hutton Moor (Weston Super Mare) for the 14-16 year old boys. Well done to both - richly deserved.

Noemi

Sadly Noemi, who leads our Junior and Development squads, will be leaving us in December, I am sure you will all join me in thanking her for her dedication to the club over the last few years and wishing her the best of luck in her future endeavors.

WATER POLO UPDATE FROM HEAD COACH ROGER

End of the summer programme

Water Polo has just finished its' "Summer" Programme, with a visit to Taunton by our U15s, they finished on a high with a 32-5 victory. They, along with our U17s & Ladies will all be Runner-up in their respective Devon League.



Bristol and West League

We have played in two Bristol & West Water Polo League Cup Competitions, at U15 & U17, and were Runner-up in both events.

Regional selections

We have had a busy time since returning from the August break, with many of our players being selected for Devon in the SW Region Inter-County Championships, and players being selected for the Regional teams to take part in the Inter-Regional Competition.

New Assistant Coaches

We have added two further qualified Coaches to our list with Ava and Martha now having completed the Assistant Water Polo Coach Course.

Coming up

In preparation for 2026, we took an U12 team to play in an event in Plymouth, playing against older players, our Team performed well. We embark on a hectic few months now, with all our Teams taking part in the Devon Winter championships – hope we have time for Christmas!

WATER POLO CALENDAR

Here is a reminder of our water polo events throughout the next few months.

Sunday, 23 November: U13 Taunton, 6pm to 8pm

Friday, 05 December: Mens Winter Championship, Exeter, 8 30pm

Sunday, 07 December: U17 Winter Championship, Exeter, 4 30pm

Wednesday, 10 December: Ladies Winter Championships, Exeter, 8 30pm

Thursday, 11 December: U17 Winter Championship, Exeter, 8 30pm

Sunday, 11 January, 2026: U15 Winter Championship, Exeter, 3 30pm

Celebrate 2026 *in style*

NASWPC Annual Celebration Evening

Saturday 3rd January 2026

Newton Abbot Rugby Club

Doors open at 6:30pm

NYE theme

Tickets £10, available on Active

DO YOU WANT TO TRY WATER POLO?

FREE TASTER SESSIONS AVAILABLE
EVERY SATURDAY 4PM
AT NEWTON ABBOT LEISURE CENTRE
WITH NEWTON ABBOT SWIMMING
AND WATER POLO CLUB



- Try a fun new team sport
- No experience required
- Ages 6 -18 (adult sessions also available)
- Email: waterpolo@naswpc.co.uk to book
- Find out more at www.naswpc.co.uk



MEET THE COACHES



Kevan is our Head Coach with specific responsibility for our Senior swimmers. He is a L2 teacher and L2 coach. Kevan joined NASWPC this year from Teignmouth and Dawlish with 20 years coaching experience in clubs, including NASWPC.



Noemi is familiar to many of you and became a coach and teacher with NASWPC after her own children joined and she developed a passion for all things swimming. Noemi coaches our Junior and Development squads. She is a L2 teacher and a L2 coach. Sadly Noemi will be leaving the club in December.



Hayley is a L2 teacher and runs our Mini Development section.



Roger is our senior water polo coach and has been coaching for over 30 years. He comes with a wealth of experience and is a senior member of the water polo community regionally. Roger is a L2 coach as well as a local referee and official.



Tom is a L2 Coach and also a referee locally for local competitions. Tom largely coaches the U15 squads.



Helen is a L1 Coach and works largely with our U15 and U17 squads.



Clare is a L2 coach and has a special interest in coaching our U13 squad. You will hear her cheering on the team from the coaches corner and is popular with the entire squad. She is a huge asset to the club.

OTHER NEWS

CLUB KIT - VX3

We have a large selection of kit available via the VX3 website. All items can be personalised if required. Please follow the QR code below to go straight to the range. We also have items available from poolside directly such as swimming hats and kit bags.

Please email clubshop@naswpc.co.uk for further info.



CELEBRATION HOODIES

If you would like to order a 2026 celebration hoodie please email Emma on secretary@naswpc.co.uk to place your order. Children £20.00, adults £25.00



WE ARE HIRING!

Calling all NASWPC members - do you have a L2 SE coaching qualification or know someone who does? NASWPC are looking for new and enthusiastic L2 coaches (or L1 working towards L2) to inspire and help our growing squads to reach their full potential. This is a part-time role, and applicants must be willing to work evenings and weekends. Benefits include a competitive salary and funding towards qualifications. We can be flexible on the number of hours available.

Please email Emma on secretary@naswpc.c.o.uk for more information.

We hope that you all have a lovely Christmas and a peaceful New Year and look forward to seeing you all at the celebration evening on the 3rd Jan 2026!

