



# MARCH

## Congratulations to Swimmer of the Month winners

Squad	Swimmer
Pre-Team	Livvy
Mini Step In	Lucy
Youth Step In	Sophie M
Mini Compete	Thashan
Youth Compete	Harrison
Top Compete	Corbyn
Power	Ellie G



This communication includes updates on the following:

- **PRIDE – our Club's values**
- **May 2025 – training timetable amendments**
- **Regional Championships**
- **Returning to swimming after an injury – an article by Neve Taylor (Junior Club Captain)**
- **BBC Panorama programme**

## **PRIDE – our Club's values**

A reminder about our Club's values which are important for all to remember regarding essential life skills and for guiding our swimmers (and parents/guardians) throughout their involvement with the swimming club. **Respect for each other** is a key attribute for us all to be mindful of particularly when at training sessions and swimming competitions.

## **May 2025 – training timetable amendments**

During May half-term, the following sessions will not be running.

- One Leisure: there will NOT be morning training sessions on Monday 26<sup>th</sup> May.
- Hinchbrook: there will NOT be evening training sessions on Monday 26<sup>th</sup> May and Wednesday 28<sup>th</sup> May.

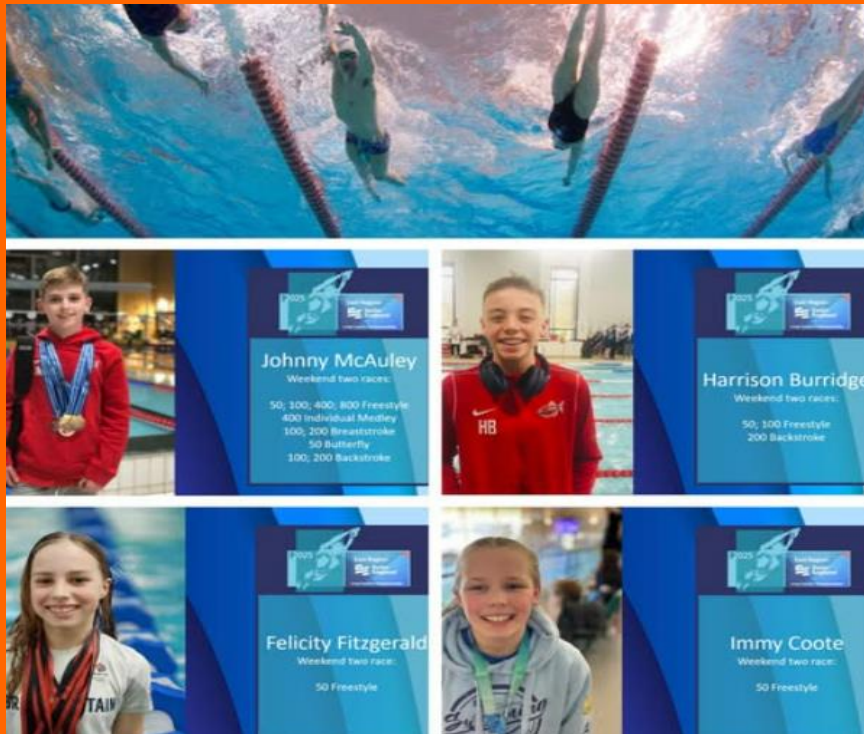
## **Regional Championships**

**Congratulations to the following swimmers for qualifying for the East Regional Championships held recently and for their individual performances in the events they qualified for:**

**Johnny, Immy, Harrison, Felicity**

## **PRIDE – OUR CLUB'S VALUES**





## Returning to swimming after an injury – written by Neve Taylor

“Sport has always been a big part of my life from a young age. Whether I’m swimming, doing ballet or horse riding, especially on my beloved pony, Petal. Sport helps me with both my physical and my mental health and to forget about the stresses of the day. Just before Christmas, after pony camp, my foot became very sore which later led to me becoming very unwell. I was taken into hospital where they discovered I had sepsis, a life-threatening reaction to an infection. I was transferred into another hospital where I had emergency surgery and stayed in hospital for a week having intravenous antibiotics every few hours (even through the night!) The surgery left me with a big hole in my foot which needed to heal. The recovery had a few complications and it ended up being 4 months before I was allowed to do sports again, which was a big problem for my physical and mental health!”

“I felt very happy returning to sports again but rather nervous about one sport: swimming. I felt like I wasn’t going to be the same as where I was before and have to start all over again! But, luckily with a lot of help and support from the coaches and my friends it has helped the situation a lot more. I’ve had to listen to the coaches and my body to know what sets I should and shouldn’t do and sit out if I get too tired. I’ve got my first swimming competition since being back, but, for me it’s not about medals or PB’s, it’s about seeing where I am and how far I can go if I work hard. I hope my story can help inspire other swimmers who need to take a break for whatever reason. It’s not the end it’s just the beginning and if you put in lots of hard work and effort, then the sky’s the limit.”





## BBC Panorama programme

You may be aware that there is a BBC Panorama episode on next week that explores some of the more concerning aspects of competitive swimming.

For the very large part, swimming and being involved with a swimming club is a very positive experience where we want to create and promote a welcoming, supportive, and rewarding community. At Huntingdon Piranhas SC whilst we don't always get things right in the way that we intend or strive for, our aim remains the same: **to be a club for the community working together to inspire our members to achieve their full potential to achieve individual and team goals across all levels and ages.**

If you do watch the episode and want to discuss any of the subject matter or are concerned by some of the issues raised, then please do reach out to us - the coaches, the committee, and the welfare team are here to listen.

Please see the below regarding when the episode is being aired and other support networks beyond what the club provides.

**Q: Where can I watch the BBC Panorama show?**

A: The BBC Panorama show will air on Monday 19 May on BBC1.

**Q: What well being and mental health support can we suggest to our members or parents of members?**

A: Below is a list of organisations who can support members [on our website here](#). (This is the Swim England website). Two to highlight in particular are:

**Childline:**

Childline is free, private and confidential and exists to help and support anyone under 19 in the UK with any issues they're going through. Children and young people can talk about anything with trained counsellors to support them any time of the day or night. You can talk to ChildLine on the phone, by e-mail or through 1-2-1 counsellor chat. Call Childline on 0800 1111 or go to [www.childline.org.uk](http://www.childline.org.uk) for advice and support.

**Mind**

Mind is a charity providing help and support to anyone experiencing a mental health problem and actively campaigns to raise awareness, improve services and promote understanding.

Further information and links and numbers to helplines can be found on [Mind's website](#)

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***Additional information***

*The NSPCC also have useful resources available as follows:*

We also have resources for clubs and parents via our Child Protection in Sport Unit <https://thecpsu.org.uk/> - some of these are great to share with parents and for CPD within the club.

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Many thanks for your continued commitment and support.

*Huntingdon Piranhas Swimming Club Coaching Team*  
*Huntingdon Piranhas Swimming Club Executive Committee*