



SHARKS MASTERS
SWIMMING CLUB

NEWSLETTER

MAY 2026



NEARLY 1 MONTH IN...

The club has been open nearly a month now and what a month it's been! It's been lovely seeing so many familiar faces but also loads of new faces too.



A STRONG START

We kicked off the club with two of our members competing in the Gloucester Masters Open:

- Jamie competed in the Men's 100m Free, 50m Fly, 100m IM & 50m Free coming away with two bronze medals, two PB's and no bruised ribs which was a bonus for him!
- Nicola competed in the Mixed 200m Breast & Women's 50m Back, coming away with a silver and a bronze and 2 PB's.

A massive thank you to our Head Coach Keith for travelling up and supporting the guys with his words of wisdom and feedback after the races – it was hugely appreciated.



TRAINING UPDATE

Keith has been putting everyone through their paces using his years of experience to help us all settle back into swimming quickly.

Some drills over the last month have included:

- Practicing turns around bollards for those wanting to try open water swimming
- A few little races at the end of the session to give people a taster for how a gala would feel
- All the technical drills helping to improve technique
- Lots of lengths improving fitness and stamina

Keep up the hard work – it's paying off!



GOOD LUCK!

We'd like to wish all our members competing in the Swansea Open Water Swim on the 23rd May the best of luck!



SWANSEA
OPEN WATER
SWIM



PROUD TO BE AFFILIATED

We're officially affiliated with Swim Wales and look forward to building a strong partnership.



SWIM WALES
NOFIO CYMRU



THANK YOU!

A few small thank yous to:

- Keith – for all the time you give up to coach the team.
- Tracy – for all your efforts as chair and your continued dedication to capturing content for our social media along with the funding you have secured to help us get started.
- The whole committee – for taking their volunteer roles in their stride and helping us get this club off the ground.
- The staff at Bronwydd and Tonyrefail – for a lovely warm welcome back to the pool.
- Scott at RCT Sport – for his help and support with getting us set up.
- Jake & Mark at Swim Wales – for helping us with the affiliation process.
- And a big thank you to all our members for believing in us and helping us create such an amazing community and keep swimming alive.



LOOKING AHEAD

We're excited to host our first social event – an Open Water Swim on Wednesday 20th May!



Can't wait to share what went down in the next newsletter with lots of photos!

See you in the water!