

April 2007

Clissold Swimming Club Newsletter



Club AGM

The club's AGM took place at Kings Hall on Friday 23rd March. 17 parents and swimmers attended the meeting.

The AGM is an opportunity for members and parents to find out more about their club's performance over the past year and about future plans for the club. The voluntary management committee of the club is also appointed at the AGM. The management committee consists of seven elected officers and a number of other co-opted members who hold posts which are essential to the smooth running of the club.

During the meeting, **Kate** (Chair) presented a brief report on the club's achievements over the past year (*the text of this report is included with this newsletter*), **Ann** (Treasurer) presented the accounts for the year and **Greg** (Head Coach) gave a brief introduction to the **new squad structure which will be introduced from 30th April 2007** (*more about this later*).

Following the various presentations, the club officers were elected and volunteers co-opted to a number of other roles. We are delighted that most of those who attended the meeting volunteered to help in one way or another and several people agreed to continue in the posts they have held over the past year. We are very grateful to them all.

The following were elected as Officers of the Club for the coming year:

Chair: **Kate Cornwall-Jones**

Club Secretary: **Ayesha Solomon** */ **Rebekah Carrier** *

Treasurer: **Chock Glendinning** (Ann Towndrow) **

Membership Secretary: **Lolita Muhammad** (Jenny James) **

Competition Secretary: **Jenny James**

Welfare Officer: **Pauline Kinch**

Publicity Officer: **Sharon Barbour** *

* volunteered subsequently to the meeting

** there will be a transition period for a handover from current post holders

In addition, a number of people volunteered or were co-opted to take on various roles, as follows

Fundraising Officer: **Dorcas De Deney**

Press Officer: **Anna Hart** *

SwimShop Manager: **Myrtle White**

Website Manager: **Greg McNeill**

Newsletter Editor: **Jenny James**

S3/ S4 Squad Rep: **Liz McVeigh**

S1/ S2 Squad Rep: **Sarah Cull**

Elementary Squad Rep: **Rachael Shankar**

Improvers/ Beginners Squad Rep: **Monica Irwin**

Masters Squad Rep: **Tim Jordan**

Club AGM (continued)

Co-opted post holders are not required to come to committee meetings, but are encouraged to do so. All committee members, including elected officers and co-opted members, have voting rights.

Although many of the posts were filled at the AGM, there are still several vacancies. We are looking for volunteers to take on the following roles:

Meets Secretary

Swim 21 Officer

Water Polo Development Officer

Diving Development Officer

Synchro Development Officer

Masters Development Officer

Water Polo Squad Rep

Social Events Organiser

And in addition to all these committee posts, we also need volunteers to be trained as **Team Managers, Officials and Timekeepers**. And finally, we always need people who are willing to help out on one-off occasions, such as galas, club parties and other club events.

Clissold SC is run entirely by volunteers for the benefit of its members - the swimmers. One of the first tasks for the new committee will be to encourage all parents to contribute some time during this year to assist with the running of the club. If you would like to discuss what **you** could do to help **your** club this year, please contact **Kate** on 020 7254 7259 or 07773 294147.

Thank you!

As well as giving a big thank you to all those who have volunteered to serve on the committee this year, many of whom have already done so for several years previously, the club also owes a huge debt of gratitude to the outgoing committee members who are not continuing this year:

Mary Wiggin - SwimShop Manager for the past 3 years

Ann Towndrow - Treasurer for the past 2 years

Lorna Reid - Meets Secretary and Press Officer

Ian McVeigh - Chair of the Club from March 04 - March 05 and subsequently a member of the Publicity team

Rob James - Chair of the Club from March 05 - September 06 and also largely responsible for the introduction of water polo to the club.

Thank you all very much!

Term dates and timetable

The first day of the summer term will be **Monday 16th April** (*not Sunday 15th April as announced in the March newsletter*). However there **will** be Diving for Group 1 on Sunday 15th April.

The timetable for the first 2 weeks of next term will be unchanged from last term (*copy attached*), except that Beginners 3 are welcome to attend the Sunday sessions at Ironmonger Row on Sunday 22nd and Sunday 29th April. *Please note that these sessions are held in the main pool.*

However, there will be **a completely new timetable from Monday 30th April** to coincide with the introduction of the new squad structure. This new timetable will include additional sessions at the London Fields Lido. The new timetable will be sent out by email and advertised on the website and club notice board shortly.

Squad structure

As you may have realised, for the last few months, we have not accepted any non-swimmers as new members of the club. Instead they have been referred to the swimming lessons run by GLL. A decision has now been made that the minimum entry level for any new swimmers will be Improver 1, which is equivalent to Level 4+ of the National Plan for Teaching Swimming. Swimmers must be able to swim at least one length of the pool (25 metres) without assistance to start in this group.

From 30th April, our Beginners groups will be disbanded and new groups, called Improver 1, Improver 2 and Improver 3 will replace them. The Improver groups, together with Elementary 1, will form the “teaching” programme, while Elementary 2 and Squads will form the “training” programme.

Each of the Improver and Elementary groups will relate to a certain level of the National Plan for Teaching Swimming. During last term, Greg and the coaching team have been assessing all the current Beginner and Elementary swimmers to ascertain which level they have reached and are in the process of allocating them to a training group of the appropriate level. A new squad list will be sent out with the new timetable and will come into effect from 30th April.

Progress through the Improver and Elementary groups will be as a result of the swimmer having achieved all the goals set out for the relevant level. Swimmers will be tested regularly and certificates will be awarded once a swimmer reaches the next level.

Progress from Elementary 2 to Squad 1 and then through the Squads will continue to be at the Head Coach’s discretion, and will be dependent on a number of factors including speed, technical ability, stamina, work rate, attendance, attitude and behaviour.

Sponsored swim for Comic Relief

On Friday 16th March, 55 swimmers took part in a sponsored swim at Kings Hall in aid of Comic Relief. They swam the grand total of 2,457 lengths, equivalent to just under 40 miles, the distance from Dover to Calais and back again.

Kieran Battistella, aged 16, swam the furthest, managing 74 lengths in 30 minutes, while the youngest swimmer to take part, **Andrea Demeter**, aged 7, swam 36 lengths in the same time.

The swimmers who took part have already raised over £500 for Comic Relief. There are several swimmers who have not yet handed in their sponsorship money. Please give this to Kate or hand it in at the registration desk as soon as possible. Look out in the next newsletter for the total amount raised.

Thank you very much to **Amina, Matilda** and **Sarah**, who had the initial idea and did most of the organisation, to **Kate** who helped them organise the event and to **Greg** and all the coaches and parents who helped on the day.



Water polo on Sundays

We have been awarded a grant by Proactive Islington to run 10 taster water polo sessions on Sunday mornings at Ironmonger Row, starting on **Sunday 22nd April**. These will be open to children and young people in Y5 - Y11 and will be free of charge.

The sessions will be held on alternate Sundays from 10.00 - 11.00 am and will replace our Squad B sessions. Of course, we hope that all our existing Squad B players will continue to come along, but we also hope to attract lots more potential water polo players, both from within the club and from elsewhere. So if you haven't yet tried water polo, why not give it a try this term?

Clissold SC wins Graded League gala!

On Saturday 24th January, 27 swimmers from Clissold SC competed in the third of this year's London Graded League galas, hosted by Brent SC. It was a great gala, with the team winning convincingly, coming in first with 131 points, well ahead of Northolt SC in 2nd place, with 150 points.

After the first 3 galas in the league, Clissold, having swum in 2 of these galas, is in equal first place in the league, with 11 points, along with Northolt SC (also swum 2) and Anaconda SC (swum 3).

Our swimmers gained a top three place in 33 of the 46 events:

Katherine M-B - 1st in both 50m freestyle and 25m backstroke	James - 2nd in both 50m breaststroke and in 25m fly
Inez - 1st in 50m backstroke and 2nd in 25m freestyle	Tao - 2nd in 25m breaststroke and 3rd in 25m freestyle
Charlotte McV - 1st in 100m breaststroke	Joe - 2nd in 100m freestyle
Charlotte B-C - 1st in 50m breaststroke	Dan - 2nd in 100m breaststroke
Leyla - 1st in 25m breaststroke	Kieran B - 2nd in 50m backstroke
Safaa - 1st in 25m backstroke	Demera - 3rd in both 50m freestyle and in 50m backstroke
Rene - 1st in 25m freestyle	Billie and Tom W-T - both 3rd in 25m breaststroke
	Max O - 3rd in 25m backstroke

The boys got a top three placing in **all** of their relay races. They won the 4 x 50m freestyle relay (**Joe, Ewan, Fred, Kieran B**), the 4 x 50m medley relay (**Joe, Max O, Kieran B, Fred**), the 4 x 25m medley relay (**Ciaran P, Tom W-T, Dan, Rene**) and the 8 x 25m freestyle squad relay (**Ciaran P, Tao, Arthur, James, Sam, Ewan, Daniel M-M, Dan**). They came 2nd in the 4 x 25m breaststroke relay (**Dan, Arthur, Max O, Kieran B**) and in one of the 4 x 25m freestyle relays (**Tao, Ewan, Rene, James**) and came 3rd in the other 4 x 25m freestyle relay (**Tom W-T, Sam, Fred, Daniel M-M**).

The girls did almost as well, winning three relay events - the 4 x 50m medley relay (**Leyla, Loulou, Charlotte McV, Katherine M-B**), the 4 x 25m freestyle relay (**Demera, Billie, Lottie, Matilda**) and the 8 x 25m freestyle squad relay (**Matilda, Inez, Millie, Demera, Charlotte B-C, Lottie, Charlotte McV, Safaa**). They also came second in the 4 x 25m medley relay (**Matilda, Millie, Inez, Charlotte McV**) and in the 4 x 25m freestyle relay (**Inez, Charlotte B-C, Hannah M-B, Demera**).

Loulou swam fast enough to be upgraded in both her events (50m breaststroke and 25m fly), as did **Daniel M-M and Ewan** in 50m freestyle, **Dan** in 50m breaststroke and **Kieran B** in 25m backstroke. All gained new PBs in the process.

In fact, the majority of swimmers achieved new PBs at this gala:

100m freestyle: **Matilda and Joe**
50m freestyle: **Katherine M-B, Ewan and Daniel M-M**
25m freestyle: **Millie, Tao and Rene**
100m breaststroke: **Charlotte McV and Dan**
50m breaststroke: **Loulou and Dan**
25m breaststroke: **Leyla, Billie, Tao and Tom W-T**
50m backstroke: **Inez, Ciaran P and Kieran B**
25m backstroke: **Katherine M-B, Safaa and Kieran B**
25m fly: **Loulou and James**

Congratulations to all the swimmers who took part. Everyone either came in the top three in their individual event or was in a top three placed relay team, so **everyone** helped contribute to the team's success. Well done especially to **Billie, Lottie, Sam and Daniel**, who were all competing in their first gala and hopefully all enjoyed the experience.

Thank you to **Ann**, for timekeeping, to **Pauline and Rob**, who recorded split times for all the races, to **Greg, Alina and Kate**, who managed the team and to all the parents for their support.

Gordon Trophy gala

On Saturday 3rd March, **Sarah and Gabriel** swam with the Anaconda team in the Gordon Trophy gala at Park Road.

Both achieved very good results personally, with **Gabriel** winning both the 50m freestyle and the 50m backstroke. He gained new PBs in both events and set new U16 and Open club records in 50m backstroke.

Sarah came 1st in U12 50m freestyle, 1st in 50m breaststroke at U16 level and 2nd in 50m breaststroke at Open level.

Well done, both of you!

Gala results with Leyton SC

On Saturday 24th February, **Jonathan, Gabriel, Rachel and Abigail** competed for the Leyton SC team in an Essex League gala at East Ham.

Gabriel won the 100m backstroke, while **Abigail** won the 100m breaststroke and came 3rd in 100m freestyle. All four swimmers competed in several relays and helped the Leyton team to 3rd place.

The next gala in the Essex League series was on Saturday 31st March. Eight Clissold swimmers - **Dan, Gabriel, Rachel, Charlotte, Abigail, Matilda, Fred and Adam** - competed in this gala.

They gained 6 top three places between them, with **Gabriel** coming 1st in 100m backstroke, **Matilda** 1st in 50m freestyle, **Rachel** 3rd in 100m backstroke and **Charlotte** 3rd in 100m freestyle. **Abigail** came 1st in 100m breaststroke and 3rd in 100m backstroke, achieving a PB in the latter event.

All eight swimmers took part in at least one top three placed relay event and between them they helped the Leyton team achieve second place in the gala. This was the last gala in this year's Essex League series and Leyton SC finished in joint 2nd place in the league.

On Sunday 11th March, **Rachel and Charlotte** swam with the Leyton team in a meet in Lumbres, France. Leyton came 3rd out of 10 teams, with many swimmers gaining a top 4 place. **Rachel** came 1st in 100m backstroke, 3rd in 100m IM and 4th in each of 50m backstroke and 50m fly, while **Charlotte** came 3rd in 50m fly and 4th in each of 50m freestyle and 100m IM. Both girls gained new PBs in 100m IM, while Rachel also gained a PB in 50m backstroke and Charlotte did so in 50m freestyle.

Middlesex County Age Groups

On Saturday 24th February, **Sarah, Demera, Matilda, Abigail and Safaa** swam in the 50m sprint events in the Middlesex County Age Group Competition.

Sarah did really well to win the 11 year old girls 50m breaststroke, gaining a new PB and setting new club records at U14, U16 and Open level. She also came 8th in 50m freestyle and set new PBs in both freestyle and backstroke.

Demera and Abigail both also set new 50m freestyle PBs, with **Abigail** setting new U16 and Open club records in this event.

Over the weekends of 10th/11th and 17th/18th March, **Sarah, Abigail and Gabriel** also competed in a number of 100m and longer distance events at the Middlesex County Age Groups.

Sarah came 6th in 200m breaststroke and 8th in both 100m freestyle and 100m IM. She set new PBs in 100m and 200m freestyle, 100m and 200m breaststroke, 100m backstroke, 100m IM and 200m IM. She also set new U14 club records at 100m backstroke and 100m IM and U14, U16 and Open club records at 100m freestyle. **Gabriel** set new PBs at each of 100m freestyle, 100m backstroke and 100m IM and set new U16 club records in all of these events. He also set new Open club records in 100m backstroke and 100m IM. **Abigail** set a new PB and new U16 and Open club records in 100m IM.

Water Polo Winter League

On Sunday 28th March, the U16 team (**Ciaran P, Joe, Nabil, Safaa, Rachel, Hannah, Abigail and Katherine**) took part in the last tournament of the Winter League series. The team played 3 matches:

Clissold vs Enfield (lost 1 - 3)

Clissold vs SER girls (lost 1 - 7)

Clissold vs Sevenoaks (lost 0 - 10).

The following Sunday, the U18 boys (**Richard, Jonathan, Matthew, Kieran B, Ciaran P, Dan and Joe**) competed in their last tournament. They played 2 matches:

Clissold vs Croydon (lost 0 - 12)

Clissold vs Sevenoaks (lost 2 - 6)

Although both the U16s and the U18s finished last in their respective leagues, they improved hugely during the course of the season and have learnt a great deal. Both teams, especially the U18s, included a lot of young players who were playing against those considerably older and stronger than themselves and so should fare much better much year.

Thanks you very much to **James, Andy and Chris** for all their coaching over the last season.

Forthcoming fixtures

The club has entered the following meets/ galas next term:

21st/ 22nd April - Middlesex County Development Meet A Grade gala

28th/ 29th April - Middlesex County Development Meet B Grade gala

12th May - Altenberge Trophy gala

16th June - London Graded League gala (Haringey)

23rd June - St. Neot's Swans Open Graded Meet (*please see attached information for entry details*)

28th June - London Mini Games

30th June - London Youth Games

30th June/ 1st July - Middlesex County Long Course Championships

7th July - London Graded League gala (Broomfield Park)

Please put these dates in your diaries now and check the website regularly for any changes/ additions.

Club records

The following swimmers have set new club records between 24th February and 18th March 2007:

U10s: [Adam](#) (100m freestyle)

U14s: [Sarah](#) (50m breaststroke, 100m backstroke, 100m freestyle, 100m IM)

U16s: [Sarah](#) (50m breaststroke, 100m freestyle) , [Abigail](#) (50m freestyle, 100m IM) , [Gabriel](#) (50m backstroke, 100m backstroke, 100m freestyle, 100m IM)

Open: [Sarah](#) (50m breaststroke, 100m freestyle) , [Abigail](#) (50m freestyle, 100m IM) , [Gabriel](#) (50m backstroke, 100m backstroke, 100m IM) , [Jonathan](#) (100m fly)

Certificates will be awarded at the club summer party.

Contact details

It is very important that we have up to date contact details for all our members.

In January, all members were given a contact form to check, complete and return. Around half have now returned their form, which means half have not! Please do so as soon as possible.

Club fees

A letter has been included with this newsletter to any parents whose fees are not paid up to date. If this applies to you, please ensure that you pay your outstanding fees in full before the end of the first week of term. **If these fees are not paid, your children will not be permitted to swim until they are.**

We expect all members who can possibly do so to pay their monthly club fees by standing order. If you really cannot pay by standing order, then please ensure that your monthly club fees are paid in the first week of every month. These can be paid to [Lolita](#), to any of the Squad Reps or handed in at the registration desk at Kings Hall or Ironmonger Row. Please do not give money to coaches - they are there to coach, not to deal with fees and paperwork. Please remember that the work of collecting fees is carried out by volunteers. You should not have to wait to be asked to pay your fees; the onus is on you to pay them promptly.

Any member whose fees are not paid in full by the 7th of the month following the month in which they are due will be subject to an additional £5 handling charge and will be suspended until the outstanding balance is paid.

Club dress and equipment

This is just to remind you again that members must turn up to training appropriately dressed, i.e. wearing close fitting swimming costumes or trunks (no bikini, beach shorts or baggy trunks) and with the appropriate equipment, i.e. hat, goggles, drinks bottle, short fins etc.

If you don 't have the necessary equipment with you, then you will not be able to train. Swimmers and their parents should be responsible for ensuring they come to training with the appropriate items.

Please help ensure the training sessions run smoothly by turning up on time and with the appropriate kit.

Parents - please also note that young children (i.e. school year 6 and below) should not be left unaccompanied at training sessions. It is essential that a parent or carer is on hand to take charge if for any reason a child cannot join a session or has to leave early. This rule is there for your children 's safety. Many of the venues we use are open to the general public and we cannot be responsible for your children when they are not actually in the water or on the pool-side.

Swim Shop

If you do not have appropriate swimwear, hat or goggles, then why not buy some from our own Swim-Shop? A percentage of the sale price goes to the club, which all helps with our fundraising efforts.

Also, [Myrtle](#) has a large stock of **ASA badges** which she is keen to sell to raise some money for the club. These badges are ideal for sewing on to club T-shirts. So if you gained a new ASA award at the Christmas party, or indeed have gained an ASA award at any time over the past 2 years, please see [Myrtle](#) and buy your badges.

Masters Lite

Masters Lite, for our adult swimmers, continues to run on Tuesday evenings from 8.00 - 9.30 pm at Ironmonger Row. From 30th April onwards, there will also be early morning sessions at the London Fields Lido (*these will be shown in the new timetable*).

If you would like more information about Masters Lite, please contact [Tim](#), [Kate](#) or [Greg](#).