

April 2006

# Clissold Swimming Club Newsletter



## Welcome!

Welcome back to all our members and an especially warm welcome to **Albi and Joshua Gualtieri** and to **Chloe and Olivia Watson** who have recently joined the club.

These new swimmers bring us up to a grand total of **100 members!** And I am aware that there are still quite a few more swimmers who were trying out at the end of last term but have not yet signed up, so if this applies to you, please complete your paperwork as soon as possible, before we have to declare the club officially full and start a waiting list.

## Squad lists

Greg and the other coaches have made a few changes to the Squad lists over the holidays and may make additional changes after this weekend's time trials. A revised list will be circulated early next week. If your name is not on the list, this is because we do not have any paperwork from you yet. Please see your Squad Rep as soon as possible to complete the relevant forms.

Given the rate at which many of our younger swimmers are improving, there will undoubtedly be further editions of the Squad lists over the coming months.

## Congratulations!

Congratulations to **Amie Poole**, who raised £300 in the World Swim for Malaria which took place last December. Together with the £2,150 already raised by the other 22 swimmers who took part, we have raised the grand total of **£2,450** for this worthy cause. Thank you very much to everyone who took part and collected sponsorship money.

## Thank you!

Thank you to **Sarah Cull**, who has agreed to take over responsibility for maintaining a register of members who have borrowed fins or other club equipment. If you borrow fins, please see Sarah to pay your £10 deposit and to be given a receipt.

## Term dates

This is to give you advance notice that the club will remain open during the summer half term and all sessions will run as usual. However, there will be **NO** swimming on the two May Bank Holiday Mondays. We will advise you of the date on which we will close for the summer holidays nearer the time.

## London Youth and Mini Games

The London Youth Games, in which children and young people from each London Borough compete against each other in a wide variety of sports, is Europe's largest youth sports event. We have once again been asked to organise Hackney's teams for the swimming events.

The Mini Games swimming events will take place on **Thursday 6th July** and the Youth Games swimming events on **Saturday 8th July**. On both days, the competition will be held at Crystal Palace, in their 50m pool.

To be eligible to compete for Hackney in the Mini Games, swimmers must attend a Hackney primary school. To be eligible for the Youth Games, swimmers must either attend a Hackney secondary school or live in the borough.

In order to select teams for these events, we will be holding time trials on **Sunday 30th April from 5.00 - 8.00 pm at Kings Hall**. Please do come along if you possibly can; even if you are not eligible to be selected, this will be a good opportunity for us to collect up to date 50m times for all our Elementary and Squad swimmers. There are still a number of swimmers for whom we do not have a complete set of 50m times, and we would particularly encourage these swimmers to come along.

We will need some parents to help with timekeeping and registration. Please contact Jenny asap if you can help.

*Please note that the time trials will replace our usual Sunday session at Ironmonger Row.*

If you are not eligible to swim for Hackney, but you are eligible to compete for Islington, please contact Jenny as soon as possible for details on how to apply for a place in the Islington team.

## Masters Lite

A new initiative this term is the launch of **Masters Lite**, a swimming training programme for our adult swimmers. The first session took place on Tuesday 18th April and was attended by 7 of our parents, who all seemed to have a good time.

Sessions will be held **every Tuesday evening from 8.00 - 9.30 pm at Ironmonger Row**, so if you would like to improve your swimming in a friendly and fun session, why not come along and give it a go? Membership costs £24 per month if paid by standing order or £28 per month if paid in cash or by cheque (payable on the 1st of each month). There is also an annual fee payable on joining of £10.

Thank you to **Kate Cornwall-Jones**, who has initiated this project and to **Greg** for agreeing to coach the sessions.

## Middlesex Meet results

Several of our swimmers have competed recently in two meets run by Middlesex County ASA.

Firstly, **Abigail and Sarah** swam in the Middlesex County Age Group competition which took place over 3 weekends in February and March. In order to swim in this competition, they had to achieve qualifying times and so both did very well to be accepted. Abigail didn't get into the medals table this time around, but **Sarah achieved 5 top 8 places**, with 4th place in both the 50m and 200m breaststroke, 7th place in the 100m IM and 8th place in both 100m breaststroke and 100m freestyle. She achieved new PBs in all these events apart from 100m breaststroke and also in 200m freestyle and in 50m backstroke. She set new U12 girls club records in each of 50m backstroke, 50m breaststroke and 100m freestyle. This was a fantastic achievement - well done, Sarah!

More recently, ten of our swimmers took part in the Middlesex Spring Development Meet over the weekend of 22nd/23rd April. This is a meet for those who had not yet achieved the qualifying times for the County Age Group competition. Anyone who swam faster than the qualifying time in their race was awarded a speeding ticket. **Gabriel, Sarah and Euan T-R** all did really well to achieve one or more speeding tickets - Gabriel in 100m backstroke, Euan in 100m breaststroke and Sarah in both 200m backstroke and 400m freestyle.

As well as the 3 speeding tickets, our swimmers notched up 18 top 8 places between them. **Gabriel** came in 3rd place in 100m breaststroke, while **Abigail** came 3rd in 200m breaststroke. She also got 7th places in both 200m IM and 400m freestyle. **Jonathan** came 4th in 100m fly, 5th in both 100m freestyle and 100m IM and 7th in 100m breaststroke. **Hannah achieved seven top 8 places**, with 5th place in 100m freestyle, 6th place in each of 100m backstroke, 100m fly and 200m breaststroke and 7th place in 100m breaststroke, 100m IM and 200m freestyle. **Dan** came in 7th in 100m freestyle, while **Sarah** was 8th in 100m fly and **Alice** 8th in 100m IM.

Alice didn't quite match her previous 100m IM PB, but all the other swimmers mentioned above achieved new PBs on most of the events they entered, as did **Safaa and Matilda**.

A number of new club records were set at this event:

**Euan** - U10 boys 100m breaststroke

**Sarah** - U12 girls 100m fly

**Gabriel** - U14 boys 100m breaststroke and U14 & U16 boys 100m backstroke

**Hannah** - U16 girls 100m fly

**Jonathan** - Open boys 100m freestyle and 100m fly.

Congratulations to all those who took part in this event and we hope that some of our other swimmers will feel encouraged to take part in the next Middlesex Development Meet in the autumn. Thank you to **Sylwia** and to **Paul** from Anacanda for their help on the poolside. A full report on this event is posted on the club website.

## Leyton / Clissold Spring Swim

On **Saturday 11th March**, which seems a long time ago now, we held joint time trials with Leyton SC at Cathall Road Leisure Centre in Leyton.

I think everyone who took part would agree that the event was a great success and is something which we hope to repeat regularly.

The U10s swam 25m races in each stroke and it was great to see so many of our younger swimmers prepared to give it a go. They all dived off the blocks and swam very enthusiastically. For many of them it was the first time they had taken part in time trials and so they were setting times for the first time. Among those who already had times, an impressive number of new PBs were achieved, **with James gaining new 25m PBs in all 4 strokes and Dereck gaining new PBs on 3 strokes**. **Millie** gained PBs in both 25m freestyle and 25m fly, while **Adam, Carlotta, Eve O, Sakinah, Aaron, Charlotte B-C and Hannah M-B** all gained PBs on one stroke. **Olivia B** set a new U10 girls club record for 25m freestyle.

The older swimmers swam 50m in each stroke and again there was an impressive number of PBs. **Jonathan, Gabriel, Hannah, Rachel, Catherine H, Katherine M-B and Leyla** all gained new PBs on 3 strokes, while **Ben, Safaa, Amina, Matilda, Alice, Demera and Catherine U** gained PBs on 2 strokes and **Max O, Joe, Charlotte, Hannah M-B and Tylar** all got new PBs on one stroke.

**Gabriel** set new U14 boys club records in each of 50m freestyle, 50m breaststroke and 50m backstroke.

Thank you to all the parents who helped with timekeeping, and marshalling swimmers and to **Rob** who did the announcing and **Greg** who helped with the judging.

## Essex League gala results

On Saturday 1st April, nine Clissold swimmers competed as part of the Leyton SC team in the Essex League gala at Fulwell. **Gabriel** came in 1st place in both 50m fly and 50m backstroke, gaining a new PB and setting a new club record in the latter. **Sarah** came 1st in both 50m breaststroke and 50m freestyle, with a new PB in freestyle. **Dan** came 2nd in 100m freestyle, while **Jasmine and Abigail** both came 3rd in their 100m breaststroke events, **Jasmine** gaining a new PB in the process.

**Matilda** gained a new PB in 50m freestyle, as did **Abigail** in 100m backstroke.

**Gabriel, Joe, Ben, Dan, Matilda, Abigail, Charlotte and Jasmine** also all swam in a number of 1st, 2nd or 3rd placed relay teams.

The Leyton team came 4th overall, thanks partly to the efforts of the Clissold swimmers. We look forward to continuing to work with Leyton and hope to enter joint teams for various events in the future.

## Time trials

On Wednesday 19th April, we ran time trials at Kings Hall in a number of strokes and distances. Ten of our Elementary swimmers came along and swam 50m in all strokes along with an 100m IM. **Congratulations to Thomas H and to Max D who both gained new 50m PBs in all 4 strokes.** In addition to Thomas and Max, the following swimmers gained new 50m PBs:

Breaststroke: **Euan, Theo, Max O**

Freestyle: **Theo**

Backstroke: **Euan, Carlotta, Max O, Sean**

Fly: **Hannah M-B, Max O**

Seventeen of our Squad swimmers also took part and swam 100m in each of breaststroke and freestyle, along with a 200m IM. For several of these swimmers, it was the first time they had recorded a 100m time in any stroke and therefore these times will be the benchmark for future PBs, but among the old hands, there were a number of PBs recorded:

100m breaststroke: **Kieran, Joe, Matilda, Alice**

100m freestyle: **Joe, Matilda, Alice, Safaa**

200m IM: **Jonathan, Gabriel, Dan, Safaa.**

A few weeks earlier, four Clissold swimmers - **Latisha, Sarah, Euan and Joshua** - took part in Anaconda's 50m time trials and all gained at least one new PB, with **Latisha achieving PBs in 3 out of 4 strokes.** Sarah gained new PBs in fly and freestyle and set new U12 girls club records in both these strokes.

Updated lists of 25m, 50m and 100m PBs will soon be available to view on the club website. A 200m PB list will follow shortly.

## Club fees

This is a reminder that **club fees were increased from 1st April 2006 onwards.** Fees have increased by £2.50 per month per child for those paying by standing order. If you have not yet increased your standing order, please contact your bank **NOW** to do so.

If you are not yet paying by standing order, your Squad Rep will be contacting you over the next week or two to advise you of any outstanding fees due up to the end of April and to ask you to consider switching to standing order payments from May onwards. May we remind you that club rules state that anyone whose fee payments are more than 2 months in arrears may be asked to leave the club.

In addition to the monthly club fees, an annual fee, which includes ASA registration and insurance, is now due. Around half the members have so far paid this fee, which means that half have not! Again your Squad Rep will be contacting you to arrange payment of this if you have not yet paid.

A table setting out full details of the revised fees was included in last month's newsletter and is also available to view on the club website. Hard copies are available from Jenny or your Squad Rep.

## Forthcoming meets and galas

The **St. Neot's Swans Open Meet** will be held on **Saturday 17th June** in St. Neot's. 21 of our swimmers have now entered for this event and we are waiting to see if their entries have been accepted. If you have not yet entered but would still like to do so, it may not yet be too late, although I can't guarantee that it isn't. Please see Jenny or Lorna if you would like to enter.

Another potential meet is the **Saxon Crown Future Champions Meet** which will be held on **Sunday 18th June** at Ladywell Leisure Centre in Lewisham. This is the day after the St. Neot's Meet, but there may be some swimmers who are not available on the Saturday but are available on the Sunday and would like the opportunity to swim in this event. Some of our keener swimmers may even want to swim in both!

This meet is for swimmers aged 10, 11, 12 or 13 on the day and will consist of 1 length sprints in each stroke. There will also be some relays if we have enough swimmers to form teams. We have been to this meet for the last 2 years and it is always very well run, so do think about entering it, especially if you cannot make the St. Neot's Meet.

Full details of both the Saxon Crown and the St. Neot's Meet were given in last month's newsletter and in flyers which were circulated by email. Please ask Jenny if you would like another copy.

Our next two team galas are the Waltham Forest London Graded League gala on **Saturday 6th May** and the Altenberge Trophy gala on **Saturday 13th May.** ***We will let you know whether you are likely to be required for either or both of these events within the next few days.***

The full gala schedule as currently known is available to view on the club website at [http://www.clissoldswimmingclub.org.uk/fixture list](http://www.clissoldswimmingclub.org.uk/fixture%20list).

## SwimShop merchandise

This is a reminder that club merchandise can be purchased from **Mary, Myrtle or Sarah.** Mary is usually at Kings Hall on Fridays and Myrtle and Sarah are usually at Highbury Grove on Mondays and Tuesdays. In addition to the stock carried by our SwimShop ladies, a much wider range of merchandise is available to order online at <http://www.clissoldswimmingclub.org.uk/kitandclobber>. Please ask Mary for further details.

*Swimmers - if you gained an ASA bronze, silver, gold or platinum sprint award at the Christmas party (or indeed at the summer party in June), do remember that the badges (ideal for sewing on to club T-shirts or towels) are also available to purchase through SwimShop.*

Also, if you have borrowed fins from the club, please see **Sarah Cull** to pay your deposit.