

# Clissold Swimming Club Newsletter



## Annual General Meeting

The swimming club's AGM will be held on **Friday 3rd March at 6.30 pm at Kings Hall in the James Room**. All parents are invited to attend. The meeting will last around one hour and will include a presentation from **Rob James**, *Chair*, detailing the highlights of the past year, a presentation of the accounts by **Ann Towndrow**, *Treasurer*, and a brief talk by **Greg McNeill**, who is a member of the Clissold Users' Group, with the latest news from Hackney Council on the re-opening of Clissold Leisure Centre. In addition, we are pleased to be able to announce that **Janna Callan**, from the newly formed London Region ASA, will be our guest speaker and will tell us something about the work of the ASA and what they can do to help in our club's development.

The AGM is also the time at which officers and committee members will be elected for the coming year. All posts are held for one year and although some of the current committee members will be continuing, others would like to move to a different role or step down altogether, so we are looking for **lots** of new volunteers. The various committee posts and their current holders are listed below:

*Chair	Rob James
*Treasurer	Ann Towndrow
*Secretary	Liz McVeigh
*Membership Secretary	Jenny James
*Publicity/ Recruitment Officers	Ian McVeigh & Liz McVeigh
*Competition Secretary	Jenny James
*Coaching Co-ordinators	Greg McNeill & Andy Doyle
Welfare Officer	Liz McVeigh
Fundraising Officer	Kate Cornwall-Jones
Swim 21 Development Officer	( <i>vacancy</i> )
Water Polo Development Officer	( <i>vacancy</i> )
Social Events Organiser	( <i>vacancy</i> )
Swim Shop Manager	Mary Wiggin
Newsletter Editor	Jenny James
Website Manager	Greg McNeill
Squad 3 & 4 Rep	Jenny James
Squad 1 & 2 Rep	( <i>vacancy</i> )
Elementary Rep	Lorna Reid
Beginners Rep	Tricia Patel

The first seven of these posts are elected officers and must serve on the committee. The remaining posts are appointed, and although all post holders will be invited to be on the committee, they do not necessarily have to be, so if you are interested in taking on one of these roles, but cannot commit to coming to monthly committee meetings, then don't let this put you off.

## AGM *continued*

Some jobs could be shared by a team of people, so if you don't feel you could take full responsibility for something, but would like to help out, please do volunteer. Of course, some of you may have the time and energy to take on several jobs, in which case we would love to hear from you!

Job descriptions for most of these roles are posted on the website and are also being sent out by email, so please do take the time to read them and decide what you are going to volunteer for. Please phone or email **Liz** prior to the meeting to let her know which post you will be standing for.

Remember that this is **your** club; this is your chance to get involved. And if that wasn't sufficient reason to come to the AGM, **there will be a free glass of wine!**

## Thank you!

Thank you to **Kate Cornwall-Jones**, who has recently been co-opted on to the committee as Fundraising Officer and has already put together a number of grant applications. If we are successful in getting some of this funding, this may lead to lots of exciting developments for the club. Come to the AGM to find out more.

Thank you also to **Tricia Patel**, who has recently volunteered to help out as Beginners Squad Rep. If you have a child in Beginners and are looking for someone to pay fees to or to answer any queries you may have about the club, then Tricia will be able to help you.

## Welcome!

A big welcome to **Caroline Alhadeef, Eve and Hal Dixon, Lottie Macdonald and Callum Poland-Smith** who have recently joined the club and to **Amber Beattie, Riley Bowden and Bibsi Haywill**, who have rejoined after a brief absence. Nice to see you back!

Several more swimmers have been trying out in January, so hopefully there will be more new members to announce in the next newsletter.

## Gala results

The 2006 gala season got off to a great start, with Clissold swimmers taking 3rd place in the first London Graded League gala of this year 's series, which was hosted by Anaconda SC at Park Road, on Saturday 28th January.

23 Clissold swimmers took part and clocked up 11 first places, 10 second places and 5 third places between them. Congratulations to those swimmers who gained a first, second or third placing:

**Joshua** - 1st in 50m freestyle, 1st in 25m backstroke and 3rd in 25m breaststroke

**Matthew** - 1st in 50m breaststroke and 1st in 25m fly

**Gabriel** - 1st in 50m freestyle and 3rd in 50m fly

**Hanna** - 1st in 50m breaststroke

**Demera** - 1st in 50m breaststroke

**Matilda** - 2nd in 50m backstroke, 2nd in 25m backstroke and 2nd in 25m breaststroke

**Ben** - 2nd in 25m breaststroke and 2nd in 25m freestyle

**Dan** - 2nd in 100m freestyle

**Jonathan** - 2nd in 50m backstroke

**Charlotte** - 2nd in 50m fly

**Latisha** - 2nd in 25m freestyle

**Joe** - 3rd in 25m backstroke

The girls ' 4 x 25m breaststroke relay team (**Sarah, Alice, Millie & Abigail**) took 1st place, as did the boys ' (**Ben, Dan, Euan T-R & Jonathan**). Similarly, both the girls ' (**Rachel, Alice, Hanna & Demera**) and the boys ' (**Dan, Euan T-R, Jonathan & Joe**) 4 x 50m medley relay teams came in first place. The girls ' 8 x 25m freestyle relay squad (**Charlotte, Sarah, Amina, Millie, Leyla, Matilda, Safaa & Abigail**) came second, while the girls ' 4 x 25m medley relay team (**Leyla, Sarah, Hanna & Millie**) came third, as did the boys ' 4 x 25m freestyle relay team (**Ben, Joshua, Max D & Matthew**).

There were some fantastic swims, with new PBs achieved in 20 of the 32 individual events:

50m backstroke - **Abigail & Matilda**

25m backstroke - **Matilda, Rachel & Joe**

50m fly - **Gabriel**

25m fly - **Latisha & Matthew**

100m freestyle - **Dan**

50m freestyle - **Demera, Joshua & Gabriel**

25m freestyle - **Amina & Ben**

100m breaststroke - **Sarah & Jonathan**

50m breaststroke - **Demera & Dan**

25m breaststroke - **Alice & Matilda**

**Sarah** set a new U12 girls club record in 100m breaststroke, while **Gabriel** set a new U14 boys club record in 50m freestyle.

Congratulations to **all** the swimmers who took part; our 3rd placing was a whole team effort. Thank you to **Colin**, who was our timekeeper for the evening, and to **Greg, Andy and Jenny**, who organised the swimmers on the poolside.

## Time trials, PBs and club records

In December, Abigail and Sarah took part in Anaconda 's Winter Championships and both did very well. **Sarah** gained new 100m PBs in each of breaststroke, backstroke and fly and set new U12 girls club records in each of these events. **Abigail** set a new U14 girls club record in 100m fly.

In January, seven Clissold swimmers took part in Anaconda 's 50m time trials. **Ben, Dan, Euan T-R, Sarah and Kassia** all achieved new PBs in 50m freestyle. **Ben, Euan and Sarah** also all did so in breaststroke, while Ben and Dan achieved PBs in fly and Dan in backstroke. **Sarah** set new U12 girls club records in each of 50m freestyle and breaststroke.

Updated 25m, 50m and 100m PB and club record holders lists are now available to view on the club website.

## £2,150 raised in World Swim for Malaria!

As was reported in the December newsletter, 30 of our Elementary and Squad swimmers took part in a sponsored swim on Sunday 4th December at Ironmonger Row. This was part of the World swim for Malaria, which is a global event, with its aim being for 1 million people, from all around the world, to all swim to raise money for the fight against malaria. 1.5 million people, 70% of whom are children under the age of 5, die of malaria each year. That's equivalent to a child dying of malaria every 30 seconds.



Our swimmers swam **2,369** lengths between them, that's an amazing **78.96 kilometres!!!**

Most of them have now collected in their sponsorship money and together, they have raised **£2,150.50**. **Charlotte Barbour-Condini** (pictured above) raised a staggering £871, while **Jonathan** raised £201.20. **Latisha** raised £113 and **Rachel** raised £107.40. Congratulations to all of them and also to **Theo, Joe, Ben, Dan, Demera, Matilda, Matthew, Gabriel, Millie, Max O, Grace, Catherine H, Tom H, Catherine U, Tylar, Ewan B, Wil and Carlotta**, who raised £857.90 between them.



## Water polo

For the past few months, we have been running a mini polo session for swimmers in E2, S1 and S2 on Tuesdays at Highbury Grove. This has been in addition to the 4 weekly scheduled swimming sessions already offered to swimmers in these groups and has been offered at no additional cost. However, although a few swimmers in these groups have come along and enjoyed the sessions, there has been a very low take-up. Therefore, this session will be cancelled from February 14th onwards.

Instead, we will be running a water polo session for **swimmers in Y7 or above who are in S1 - S4**. These sessions will be held at Highbury Grove from 7 - 8 pm on Tuesday evenings. We are hoping to get a professional water polo coach to run these sessions. We are also considering inviting swimmers from other clubs to join us, in order to get enough players training regularly to be able to build a viable water polo club.

The first of these sessions will take place on **Tuesday 21st February**, so if you are a Squad swimmer in the right age group, do come along and give it a try.

## Squad changes and session times

As well as the new water polo session on Tuesdays (see above), there is also now a new session for swimmers in S2 on Wednesdays at Kings Hall from 5.30 - 7 pm. This replaces the Tuesday session for this group.

As well as timetable changes, there have also been a number of squad changes, with lots of swimmers, particularly in Beginners and Elementary, having been moved up a group recently. Congratulations to all those who have been moved up. A revised squad list and timetable will be circulated by email or will be available from your Squad Rep.

## Gala programme for 2006

A gala programme for 2006, along with a letter giving further details of the types of events we will be entering and the basis for team selection was recently circulated by email to all parents of swimmers in Squads and Elementary. If you did not receive a copy, please ask **Jenny or Lorna** for one. It is also available to view on the club website at [http://www.clissoldswimmingclub.org.uk/fixture list](http://www.clissoldswimmingclub.org.uk/fixture%20list).

## SwimShop merchandise

A new range of club merchandise is now in stock, so do ask **Mary, Myrtle or Sharon** if you need to buy any swimming kit. 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 **Kate Cornwall-Jones** to pay your deposit and to be given a receipt.