

July 2007

Clissold Swimming Club Newsletter



Club Summer Party and Awards evening

The Club summer party was held at Queensbridge Leisure Centre on Friday 6th July. This proved to be a very good venue for a party, and lots of club members came along and had a good time.

A lot of people worked very hard to make this event happen. A huge thank you is due to **Chock Glendinning**, who cooked almost all the wonderful food. Thank you also to all those who contributed salads or desserts, who helped to serve the food and drink and to clear away afterwards. Thank you too to **Janet Pearce and Ansel Krut** who organised the raffle and to all those who donated raffle prizes. Thank you also to **Sharon Barbour** who produced the posters, tickets and other publicity and, together with **Kate Cornwall-Jones**, organised the whole event. Thank you to all of you and to everyone else who helped who I have forgotten to mention.

The main purpose of the evening was to celebrate swimmers' achievements over the past 6 months or so and a large number of awards was presented.

ASA Sprint and Middle Distance Competitive Swimming Performance awards were presented to those swimmers whose 50m, 100m or 200m PB is now fast enough to qualify them for one or more of these awards.

Bronze awards for one or more strokes/ distances were presented to **Joanna, Eve D, Sakinah, Billie, Adam, Millie, Caroline, Anna D, Katherine M-B, Ella, Chloe, Tom W-T, Tylar, Ewan B, Tao, Tom G, Joshua, Thomas H, James, Charlotte B-C, Inez, Isabel, Leyla, Demera, Matilda, Bibsi, Ben P and Safaa**

Silver awards were presented to **Sean, Max O, Anthony, James, Ewan B, Tao, Ciaran P, Charlotte B-C, Inez, Isabel, Leyla, Demera, Matilda, Amina, Bibsi, Joe, Kieran B, Jonathan, Dan and Ben P**

Gold awards were presented to **Demera, Matilda, Loulou, Bibsi, Daniel M-M, Kieran B, Katie, Joe, Rachel, Charlotte McV and Safaa**

Platinum awards were presented to **Matilda, Daniel M-M, Kieran B, Katie, Joe, Rachel, Gabriel, Jonathan, Dan, Ben P and Abigail**

A full list of all the Sprint and Middle Distance awards which swimmers have qualified for since 2005 can be viewed on the club website, at this address: www.clissoldswimmingclub.org.uk/asaawards. Do check the website and please do remember that badges to go with each of these awards can be purchased from the Club SwimShop.

Swimmers who have set a new club record since December 2006 were presented with a **club record holders certificate**. These were awarded to the following swimmers:

U10s: **Eve O, Joanna, Aaron B-S, Adam**

U12s: **Inez, Isabel, James**

U14s: **Isabel, Matilda, Daniel M-M, Joe, Gabriel**

U16s: **Hannah M, Bibsi, Abigail, Dan, Gabriel**

Open: **Hannah M, Bibsi, Abigail, Dan, Gabriel, Jonathan**

The full list of current club record holders can be viewed on the club website, at this address: www.clissoldswimmingclub.org.uk/clubrecords.

Finally, gold, silver and bronze medals were awarded to the swimmers who came **1st, 2nd and 3rd in each age group in the various events in the Club Summer Championships**. The following swimmers were all awarded one or more medals:

9 & under: **Eve O, Grace, Joanna, Andrea, Tolulope, Aaron B-S, Adam, Pablo R, Fred, Rene, Pablo G-G**

10/11: **Isabel, Leyla, Demera, Sakinah, Charlotte B-C, Luke, Max O, James**

12/13: **Matilda, Anna D, Tylar, Tao, Daniel M-M, Thomas H**

14 - 17: **Rachel, Charlotte McV, Abigail, Hannah M, Joe, Gabriel, Dan**

Masters: **Tim, Janet, Sarah, Edell, Karen, Kate**

Club Summer Party and Awards evening (*contd.*)

Again, the full list of winners and runners-up in each event can be viewed on the club website, at www.clissoldswimmingclub.org.uk/champs2007.

Not many swimmers actually entered the races in the Club Championships in all 4 strokes, but those who did so had the chance of winning a trophy for the fastest aggregate time. Trophies were presented to boys and girls in 2 age groups and the winners were:

Girls 11 & under: **Isabel Patrick**

Boys 11 & under: **James Kinch**

Girls Open: **Abigail McNeill**

Boys Open: **Dan Mason**

Congratulations to all four of you!

Finally, a "2007 Club Championships" T-shirt was given to everyone who entered one or more events in the Club Championships. *If you were not at the party, please collect your T-shirt from Kate at Kings Hall before the end of term.*

Islington Primary Schools ' gala

Isabel could not be at the Awards evening to collect her trophy (*see above*), as she was competing that evening with her school swimming team in the finals of the Islington Primary Schools gala at Ironmonger Row. Isabel came second in the finals of the backstroke and her school team (Hanover) won the girls' event. St Joseph's won the boys' event.

Hackney Schools ' galas

During May and June, Clissold SC, together with the Learning Trust ran a series of schools' galas for Hackney primary and secondary school children. For the primary schools, a tournament format was used, with separate galas for each of the "old" boroughs that were merged in 1965 to make the present day Hackney. This culminated in the Hackney Primary Schools' final, which was won by Rushmore. A Secondary Schools' gala was also held, which was won by Stoke Newington. Clissold swimmers were well represented in many schools' teams. The club is already working with the Learning Trust and GLL to plan the 2008 competition

London Youth and Mini Games

On Thursday 28th June, **Demera, Leyla, Inez, Charlotte B-C, James, Ewan B, Sean and Andrew (from Anaconda)** competed for Hackney in the London Mini Games at Crystal Palace. The team finished in 27th place overall, an improvement on 30th place in each of the 2 previous years.

Then on Saturday 30th June, **Safaa, Hannah, Bibsi, Natalie (from Anaconda), Abigail, Loulou, Ella, Matilda, Jonathan, Kieran B, Ciaran P, Dan, Gabriel, Lucas (from Camden Swiss), Joe and Daniel M-M** all swam for Hackney in the London Youth Games. The girls finished in 22nd place, up one place from last year, while the boys finished in 19th place, a vast improvement from 30th place the previous year. There were some great swims from all concerned, with especial congratulations to **Gabriel** who came 7th in Junior boys backstroke and **Lucas** who came 8th in Junior boys breaststroke.

Finally, on Sunday 1st July, **Safaa, Amina and Tao** represented Hackney in the diving competition. This was the first time that Hackney has ever entered a diving team in the London Youth Games. They came 16th out of 24 boroughs entering, which is a really fantastic achievement, considering that they only started learning to dive a few months ago. They each had to execute four dives, at least 3 of which had to be different dives. **Safaa and Amina** both included a backward dive with a forward somersault in their repertoire, while **Tao** completed a backward dive. The diving squad, which included **Jonathan, Gabriel and Demera as well as Safaa, Amina and Tao**, has trained extremely hard to achieve this level of competence in such a short period of time. Their coach, Rick Dear, and indeed the whole club can be very proud of our divers. There is now a diving page on the club website, which includes short videos of the dives. This can be viewed at www.clissoldswimmingclub.org.uk/diving.

St. Neot' s Graded Meet

On Saturday 23rd June, 17 swimmers took part in the St. Neot ' s Swans SC Graded Meet. They competed in 17 events between them and came away with a good number of trophies, medals and speeding tickets.

We didn ' t get any 1st places this time, but **Demera** came 2nd in her 50m fly event, while **Max O** came 3rd in 50m backstroke and **Leyla and Hannah M** both came 3rd in their respective 100m IM events.

Kate came 4th in the Ladies 50m freestyle, while **Matilda** also came 4th in her 50m freestyle race. **Joanna** came 5th in 50m freestyle, as did **Hannah**. **Joanna** also came 5th in 9 year olds 50m backstroke. **Demera and Abigail** both came 5th in their respective 50m breaststroke races.

Safaa was awarded a speeding ticket for swimming faster than the cut off time for her 50m fly event.

Most of the swimmers competing gained at least one new PB, with **Demera and Leyla** both gaining new PBs over 50m in all 4 strokes and in 100m IM. **Joanna, Abigail and Gabriel** all set a number of new club records.

A gala report and a full results listing can be viewed on the club website at www.clissoldswimmingclub.org.uk/stneots2007.

Thank you to **Greg**, who not only looked after the swimmers, but also drove a minibus full of swimmers to and from St. Neot ' s.

Haringey Graded League Gala

On Saturday 16th June, a team of swimmers took part in the fifth gala of the 2007 London Graded League series. The gala was held at Park Road and hosted by Haringey SC. Clissold came 4th in this gala.

Our swimmers achieved 21 top three places between them:

Matilda - 1st in 100m freestyle

Sakinah - 1st in 100m freestyle

Amina - 1st in 50m breaststroke

Thomas H - 1st in 25m fly

Demera - 1st in 50m breaststroke and 3rd in 50m freestyle

Tylar - 1st in 25m freestyle and 3rd in 25m backstroke

Ben - 2nd in 50m breaststroke and 3rd in 25m backstroke

Kieran - 2nd in 50m backstroke

Leyla - 2nd in 25m breaststroke

Joshua - 2nd in 25m breaststroke

Billie - 2nd in 25m breaststroke

Katherine M-B - 3rd in 50m backstroke

Inez - 3rd in 25m freestyle

Six swimmers were upgraded in their individual races:

Joe & Anthony - both in 50m freestyle

Dan - in 100m breaststroke

Daniel M-M - in 50m fly

Amina - in 25m fly

Joshua - in 25m freestyle

They all achieved new PBs in these events. **Sakinah, Demera, Inez, Hannah M-B, Tylar, Ben, Leyla, Billie, Charlotte McV, Kieran and Thomas H** also all achieved new PBs in one or more events, while **Daniel M-M** set a new club record for U14 boys 50m fly.

The girls were very successful in their relays, with the 8 x 25m freestyle squad (**Demera, Sakinah, Hannah M-B, Lily, Billie, Inez, Matilda & Charlotte McV**) coming in first. The 4 x 50m freestyle relay team (**Matilda, Joanna, Billie & Charlotte**) was 2nd, as was the 4 x 25m medley relay team (**Leyla, Katherine M-B, Inez & Sakinah**). The 4 x 25m breaststroke team (**Demera, Leyla, Hannah M-B & Charlotte**) and the 4 x 50m medley relay team (**Katherine, Leyla, Charlotte & Amina**) were both 3rd.

A gala report and a full listing of all the results can be viewed on the club website at www.clissoldswimmingclub.org.uk/haringeylg1_07.

Congratulations to everyone who took part, especially to **Lily, Pablo R, Harry and Anthony**, who were all swimming in their first gala.

Welcome!

Welcome to **Olivia Taylor** who has recently joined the swimming club.

We hope you are enjoying being part of the club.

Water polo

During the course of this term, we have been running taster water polo sessions from **10.00 - 11.00 am on Sunday mornings at Ironmonger Row**. These sessions are open to children and young people in Y5 - Y11 and are free of charge. They are not restricted to club members.

The first 4 sessions have already taken place. There will be 2 further sessions on **Sundays 15th and 29th July**. There will then be 4 further sessions next term on **Sundays 9th and 23rd September and on Sundays 7th and 21st October**. If you haven't yet tried water polo, why not come along to one of these sessions? And why not invite some of your friends?

If any of our older female water polo players are interested, British Water Polo is hosting an Open Day, with the aim of recruiting more young women into the sport in the run up to the 2012 Olympics. The Open Day will be held in Walsall on Saturday 21st July. It is intended for female swimmers aged 16 - 22. If you are interested, please contact sam.littledyke@swimming.org for more details.

Channel Swim

Those of you who were at the Summer Party will have heard Greg mention the club's plans to do a relay swim of the Channel in summer 2008. This is an exciting challenge, but will require a strong commitment from both swimmers and parents. There will be an initial meeting for interested swimmers and parents **next Wednesday 18th July at 6.45 pm in the James room at Kings Hall**. Sally Goble, a Channel swimmer, who will be training the Clissold squad, will be at the meeting to answer swimmers' and parents' questions.

So if you will be aged 12+ by next July and are interested in finding out more about this project, please come along to the meeting. If possible, do ask your parents to come too.

There will be a further meeting on 12th September for those who cannot make the preliminary meeting or who would like the chance to ask further questions.

Club fees

Please note that all outstanding club fees must be paid in full by the end of term. If you are not sure whether or not you owe any fees, please ask **Lolita, Jenny or your Squad Rep**. In any case, Lolita or your Squad Rep should be contacting you within the next few days. **Anyone owing 2 or more months fees will not be permitted to return to the club next term until they are paid up to date.**

Swim Shop

Don't forget that club swimming costumes, T-shirts, bags, caps, goggles and a whole range of other merchandise can be purchased from our own SwimShop. Club water bottles are also now on sale. 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 summer party, or indeed have gained an ASA award at any time over the past 2 years, please see Myrtle and buy your badges.

Term dates

The last swimming session of this term is on **Friday 27th July at Kings Hall**. The last diving session is on Sunday 22nd July at Park Road and the last water polo session is on Sunday 29th July at Ironmonger Row.

The autumn term will start on **Wednesday 29th August**, with swimming at Kings Hall. Dates for the first diving and water polo sessions will be notified to you shortly before the beginning of next term, as will any changes to the timetable or squad lists.