

March 2006

# Clissold Swimming Club Newsletter



## Annual General Meeting

The swimming club's AGM was held on Friday 3rd March at Kings Hall and was very well attended. Thank you to everyone who came.

The meeting began with a brief introduction from **Janna Callan**, from the newly formed London Region ASA, who explained how the ASA will work with swimming clubs to help them with their development plans and especially with the work involved in applying for Swim 21 accreditation. **Rob James**, last year's Chair, then talked us through the highlights of the past year and illustrated how far the club has come over the last 2 years. He also presented the accounts, which show that although the club currently has a healthy level of reserves, this is mainly due to grant aid. The income from membership fees is not currently sufficient to meet expenditure on an ongoing basis, hence the need to work actively to seek new sources of sponsorship and grants. The text of Rob's speech and also the accounts are available to view on the website.

Finally **Greg McNeill** gave us an update on the Council's plans for the re-opening of Clissold Leisure Centre, the London Fields Lido and Haggerston Baths and the potential this would have for the club.

We then moved on to the election and appointment of officers and committee members. The following were elected or appointed:

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	Pauline Kinch
Fundraising Officer	Kate Cornwall-Jones
Swim 21 Development Officer	Kate Cornwall-Jones
Water Polo Development Officer	Rob James
Swim Shop Manager	Mary Wiggin
Newsletter Editor	Jenny James
Website Manager	Greg McNeill
Squad 3 & 4 Rep	Liz McVeigh
Squad 1 & 2 Rep	Cressida Sparrow
Elementary Rep	Rachael Shankar
Beginners Rep	Tricia Patel

**Thank you very much to all those listed above who volunteered to serve on the committee.** As I am sure you are all aware, although some of our coaches are paid, the club is run and managed entirely by volunteers. If parents were not willing to devote their time, skills and energy, we would not have a swimming club at all.

## AGM *continued*

As well as all those who volunteered to serve on this year's committee, thanks are also due to **Lorna Reid**, who volunteered to help with the organisation of the various meets which a number of our swimmers enter, to **Myrtle Brown and Sarah Cull**, who volunteered to help with SwimShop and to **Sharon Barbour, Maddy Auty and Lynette Joseph** who volunteered to help out with the organisation of club social events.

Even if you couldn't make it to the AGM, there are always ways in which you can volunteer to help. The social events team will always need lots of help with club galas and parties or perhaps you could think about training to become an official or qualified time-keeper. Don't be shy about coming forward to offer your skills!

## Welcome!

A warm welcome to **Hollie Clugston, Fraser and Lewis Duncan, Rachel Goldblatt, Ishmael McCalla, Dalila McFarlane-Martin, Isla-Belle Rainforth and Deniz Yildirim** who have recently joined the club and to **Olivia Bedford** who has rejoined after a brief absence.

These new swimmers bring us up to a grand total of **96 members** and given that there are also a number more who have been trying out in recent weeks but have not yet signed up, this means the club is officially full. Of course, as soon as we think we are full, someone leaves, so there is still space for one or two more, but we will have to introduce a waiting list in the near future.

## Term dates

Our usual training programme will run up to and including **Friday 31st March**, after which we will break for the Easter holidays.

However, some sessions will be run during the holidays. There will be sessions at Ironmonger Row from 5.00 - 6.30 pm on Sundays 2nd and 9th April, at Ironmonger Row from 8.00 - 9.00 pm on Mondays 3rd and 10th April and at Cally from 6.30 - 8.00 pm on Thursdays 6th and 13th April. The Sunday sessions are open to all club members, the Thursday sessions to those in Squads and E2 and the Monday sessions to those in S1 - S3.

We will resume our usual training programme on **Tuesday 18th April**.

## London Graded League gala results

On Saturday 25th February, 24 Clissold swimmers took part in the second gala of this year's London Graded League series, which was hosted by Northolt Phoenix. The team came in third place overall, which means that after two galas, we are currently in second place in the league!

Our swimmers clocked up 10 first places, 9 second places and 5 third places between them, resulting in a top 3 placing in over half the events.

Congratulations to those swimmers who gained a first, second or third placing:

**Hannah** - 1st in 100m freestyle

**Charlotte** - 1st in 100m breaststroke

**Amina, James and Dan** - all 1st in 50m freestyle

**Rachel and Amber** - both 1st in 25m freestyle

**Safaa** - 1st in 25m breaststroke and 2nd in 25m backstroke

**Jasmine** - 1st in 25m backstroke and 2nd in 50m backstroke

**Gabriel** - 2nd in both 100m freestyle and 100m breaststroke

**Matthew** - 2nd in 50m backstroke and 3rd in 50m breaststroke

**Matilda** - 2nd in 25m breaststroke and 3rd in 50m breaststroke

**Loulou** - 2nd in 50m breaststroke

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

**Catherine** - 3rd in 50m backstroke

**Joshua** - 3rd in 25m freestyle

The girls' 4 x 50m medley relay team (**Matilda, Loulou, Hannah & Amber**) won their event. The boys' 4 x 25m freestyle relay team (**Dan, Ewan, Tom W-T & Matthew**) came second, while the girls' 4 x 25m freestyle relay team (**Catherine, Charlotte B-C, Amina & Charlotte**) came third.

We might well have done even better than third place in this gala if we hadn't had so many upgrades - 12 in all. Many swimmers swam much faster than we had anticipated, and between them they clocked up new PBs in 20 of the 32 individual events:

50m backstroke - **Jasmine, Jonathan & Matthew**

25m fly - **Matthew**

100m freestyle - **Hannah & Gabriel**

50m freestyle - **Amina, James, Charlotte & Dan**

25m freestyle - **Rachel, Joshua & Ewan**

100m breaststroke - **Charlotte & Gabriel**

50m breaststroke - **Loulou, Matilda & Joshua**

25m breaststroke - **Dan & Joshua**

**Gabriel** set new U14 boys' club records in both 100m freestyle and 100m breaststroke, while **Jonathan** set a new Open boys' club record in 50m backstroke.

The London Graded League provides a great opportunity for new swimmers to gain some gala experience and four of our newer swimmers competed in their first gala - **Sean, Tylar, Amber & Carlotta** - and all of them swam really well.

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

## Alliances with other clubs

In order to provide more competitive opportunities for some of our stronger swimmers, we are working on building relationships with other local swimming clubs. A few of our swimmers have been swimming regularly with Anaconda and on Saturday 4th February, both **Sarah and Euan T-R** swam in the Anaconda team in the Junior Speedo League. As well as swimming in a number of relays, they both swam **and won** an individual breaststroke event., with **Sarah** winning the 50m breaststroke and **Euan** winning the 25m breaststroke and gaining a new PB in the process. Well done both of you!

On Saturday 18th February, **Gabriel, Abigail, Latisha, Demera and Sarah** all swam in the Leyton SC team in the Essex League gala at Witham. **Gabriel** did particularly well, winning both the 50m backstroke and the 50m fly and setting new PBs and new U14 boys' club records in both these events. **Sarah** won the 50m breaststroke and came second in the 50m freestyle, while **Abigail** came second in the 100m breaststroke. **Latisha** swam in the 50m fly and gained a new PB. **Gabriel, Abigail, Sarah and Demera** also all swam in a number of first or second placed relay teams.

Following this success, a number of Clissold swimmers have also been invited to swim in the next Essex League gala on Saturday 1st April.

## Time trials

As I am sure you all know, we will be holding joint time trials with Leyton SC on **Saturday 11th March**, starting at 3.45 pm, at Cathall Road Leisure Centre in Leyton.

Those aged U10 on the day will swim 25m in all strokes (or as many as they can), while those aged 10+ will swim 50m in all strokes (or 25m if they are a less experienced swimmer). If time permits, the older swimmers will also get the opportunity to swim 100m IM.

It is important that we have accurate, up to date times for all our swimmers, as this enables us to track progress. Also, in order to enter most meets, swimmers need to have an entry time. And you are much more likely to be picked to swim in a team gala if we have accurate times for you.

We would really like to see as many as possible of our Squad and Elementary swimmers (and the more confident Beginners too) at this event. So if you haven't already done so, please let Jenny or your Squad Rep know whether or not you can come.

## Forthcoming meets and galas

Squad and Elementary swimmers have recently been given details of two meets which will be taking place in the next few months. The **Middlesex County Spring Development Meet** will be held over the weekend of **Saturday 22nd and Sunday 23rd April** at Southbury Road, Enfield. This competition is intended for strong swimmers who were not quite fast enough to qualify for the County Age Group Championships which are currently being held ( and which Sarah and Abigail are competing in ).

If you did not receive the original flyer or would like further details, please ask **Lorna or Jenny**. Entry forms and fees must be handed in by **Sunday 26th March at the latest**

The **St. Neot's Swans Open Meet** will be held on **Saturday 17th June** in St. Neot's. This is a banded meet, with swimmers being entered for events according to time bands rather than by age group. This makes it an especially suitable event for our club to enter, as nearly everyone will be eligible to enter in one time band or another. As the event is likely to last most of the day and it is a relatively long distance, we are planning to hire a coach, so it should be a fun day out, and we would like lots of our swimmers to enter.

Again, if you did not receive the original flyer or would like further details, please ask **Lorna or Jenny**. Again, entry forms and fees must be handed in by **Sunday 26th March at the latest**

A third meet in the pipeline 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. A separate flyer with more details about this event will be sent to Squad and Elementary swimmers shortly.

Our next few team galas are the **Waltham Forest London Graded League gala on Saturday 6th May**, the **Altenberge Trophy gala on Saturday 13th May** and the **Haringey London Graded League gala on Saturday 10th June**. The Altenberge gala includes parents' races, so some of our keen Sunday swimmers need to get practising! Team lists for each of these events will be circulated approximately 2 weeks in advance. The full updated gala schedule is available to view on the club website at [http://www.clissoldswimmingclub.org.uk/fixture list](http://www.clissoldswimmingclub.org.uk/fixture%20list).

## Water polo

Water polo sessions for our older Squad swimmers have taken place on the last 3 Tuesdays at Highbury Grove and have been very well attended and thoroughly enjoyed by those taking part. We are very grateful to the **coaches from London Poly Water Polo Club** who have coached these sessions.

There will be 3 more such sessions on the next 3 Tuesdays prior to breaking up for Easter. These sessions will be extended by 1/2 hour and will run **from 7.00 - 8.30 pm**, which will be a more appropriate session length for these older, stronger swimmers. Please note that these sessions are intended for swimmers aged 11+ (i.e. in Year 7+) only.

The younger swimmers had a 3 month mini polo trial from November to February which was very poorly attended. However, if there is sufficient demand, we will try and find a slot to reintroduce mini polo for the younger swimmers after Easter. Please talk to **Rob** if you are keen to see this happen.

## SwimShop merchandise

A new range of club merchandise is now in stock, so do ask **Mary, Myrtle or Sarah** 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.

## Club fees

Club fees have not been increased for at least the last 3 years but our pool hire costs have increased steadily over this period. It was announced at the AGM that there will be a fee increase from 1st April 2006. Fees will increase by £2.50 per month per child for those paying by standing order. If you are already paying by standing order, please contact your bank **NOW** to ask them to increase your standing order by the appropriate amount from your April payment.

If you are not 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 March and to ask you to consider switching to standing order payments from April.

In addition to the monthly club fees, an annual fee, which includes ASA registration and insurance, is now due. Again your Squad Rep will be contacting you to arrange payment of this.

A table setting out full details of the revised fees is shown on the back of this newsletter.