

May 2006

# Clissold Swimming Club Newsletter



## Summer Party

Our club summer party will be held on **Friday 7th July at Kings Hall**. Please put this date in your diaries now!

Instead of the usual swimming sessions, **there will be races for all swimmers**, including Beginners, from 6.00 - 8.00 pm. This will be followed by a party and prize giving in the Old Gym (the room adjacent to the pool) from 8.00 - 9.30 pm.

**Rachael Bradley-Shankar** has kindly volunteered to organise the party and she will need lots of help with preparing food, setting up the room and clearing away afterwards, running the raffle, selling tickets etc. So please call **Rachael** on 020 7690 6315 to volunteer to help.

There will also be lots of helpers needed for the gala - officials, timekeepers, score recorders etc. This will be a chance for some of those attending the timekeepers' course on 25th June (see below) to practise their newly acquired skills. Please phone **Jenny** on 020 7359 4547 with your offers of help.

More details will follow nearer the time, but do keep the date free. Those who have been to previous club parties will know that they are usually a lot of fun and the more members who come, the more successful it will be.

## Timekeepers' course

As mentioned above, we have secured a number of places on a timekeepers' course run by Middlesex County ASA. The course is being held at **Southbury Road Pool on Sunday 25th June** from 10.00 am - 4.00 pm. Those who pass the short exam at the end of the course will then become ASA qualified timekeepers.

At every gala we attend we have to supply a timekeeper and we are aiming for a situation where all the timekeepers we use are qualified. A number of parents have already signed up to go on this course, but there may still be a few places left, so please contact **Kate Cornwall-Jones** on 020 7254 7259 if you are interested. This is a way in which you can help **your** children's club, which only exists because of the efforts of volunteers.

## Half term

A reminder that the club will remain open during the summer half term holidays and all sessions will run as usual except for on the Bank Holiday Monday when the club will be closed.

## Fundraising success!

**We are delighted to announce that the club has recently been awarded a number of grants.** Firstly, we have successfully applied to the **Community Sports Coaching Fund** for funding for 50% of the cost of a full-time Head swimming coach and for a part-time water polo coach. We are hoping to start the recruitment process shortly, with the aim of having the successful applicants in place for the start of the autumn term. However, we still need to match fund the other 50%, so if anyone has any ideas of other grants we could apply for or fundraising ideas in general, please talk to **Kate or Rob**.

We have also been awarded a grant of £5,000 from **Awards for All**, to be used for coach training.

And don't forget that last summer we were awarded a grant of £2,000 from the **Jack Petchey Foundation** to be used primarily for providing subsidised places for secondary school age swimmers. We are very keen to have some of these places taken up, so if you think you might be eligible for a subsidised place, please talk to Jenny or any committee member.

We have also applied to the **Local Network Fund** for a grant to be used to provide subsidised places for primary school age children. We hope to hear the outcome of this application shortly.

A number of committee members have worked extraordinarily hard to secure these grants. Particular thanks are due to **Kate Cornwall-Jones, Rob James, Greg McNeill and Lorna Reid**.

## E-mail addresses

As I am sure you are aware, most club information is distributed to members by e-mail. A huge number of documents, e.g. recent newsletters, gala results, lists of PBs and club records etc. are also available to view on the club website. It is too expensive and time consuming to post hard copies of every document to every club member, although we will post hard copies to those who are not on email and who do not have internet access.

If you change your email address, please make sure that you tell both **Jenny and your Squad Rep** what your new email address is. All information is sent to parents of swimmers, but if secondary school age swimmers have their own email address and would like to receive club information themselves, please let Jenny have your email address and we will send information to you as well as to your parents.

## London Graded League gala results

On Saturday 6th May, 23 swimmers took part in a London Graded League gala, hosted by the Borough of Waltham Forest Swimming Club. This was a really exciting gala, with everything riding on the final race. We were in first place right up to the penultimate race, but then were upgraded in the final relay and so **finished the gala in second place**, which was a really good result.

Out of 46 events, we achieved **24 top three places**:

**Charlotte** - 1st in both 100m breaststroke and in 50m fly  
**James** - 1st in 50m freestyle, 2nd in 50m breaststroke and 3rd in 25m fly  
**Safaa** - 1st in 100m freestyle  
**Dan** - 1st in 100m freestyle  
**Matilda** - 1st in 25m freestyle  
**Alice** - 1st in 25m fly  
**Rachel** - 2nd in 50m freestyle and 3rd in 25m backstroke  
**Joe** - 2nd in 25m backstroke and 3rd in 50m freestyle  
**Euan T-R** - 2nd in 25m breaststroke  
**Joshua** - 3rd in 25m freestyle  
**Katherine M-B** - 3rd in 25m freestyle  
**Latisha** - 3rd in 25m breaststroke  
**Matthew** - 3rd in 50m backstroke

The girls 4 x 25m medley relay team ( **Matilda, Hannah M-B, Charlotte, Catherine H** ) took 1st place, as did the boys 4 x 25m freestyle relay team ( **Joshua, Sean, Euan T-R, Ben** ), while the boys 4 x 25m medley relay team ( **Max O, Joshua, Ben, James** ) were second. The boys 4 x 25m breaststroke relay team ( **Ben, Max O, Joshua, Dan** ), the girls 4 x 25m breaststroke relay team ( **Charlotte, Latisha, Millie, Sarah** ) and the girls 4 x 50m freestyle relay team ( **Alice, Katherine M-B, Amina, Sarah** ) all came third.

**Amina** ( 50m freestyle ), **Tom H** ( 25m freestyle ) and **Ben** ( 25m breaststroke ) all swam fast enough to be upgraded in their individual races, gaining new PBs in the process.

Other swimmers who clocked up new PBs were **Safaa** ( 100m freestyle ), **Dan** ( 100m freestyle ), **James** ( 50m freestyle ), **Joe** ( 50m freestyle, 50m backstroke and 25m backstroke ), **Matilda** ( 25m freestyle ), **Matthew** ( 100m breaststroke ), **Ben** ( 50m breaststroke ), **Charlotte** ( 50m fly ), **Sarah** ( 50m backstroke ) and **Rachel** ( 25m backstroke ).

Congratulations to everyone who swam; this was a real team effort and everyone who took part contributed to the team 's success.

Many thanks to **Ian and Ann** who acted as timekeepers and to **Greg, Andy and Jenny** for their help on poolside.

This was the fourth gala in this year 's graded league series and we are currently in 3rd place ( out of 9 clubs ).

**The next graded league gala is on Saturday 10th June at Park Road.** You will be told if you are needed to swim within the next week or two.

## Altenberge Trophy gala results

On Saturday 13th May, 20 Clissold swimmers, together with 10 swimmers from Leyton SC, competed in the Altenberge Trophy gala, hosted by Broomfield Park Swimming Club.

We were up against very tough competition and were pleased to achieve **fifth place**, especially as some of our more experienced swimmers were unable to attend and we did not field a full team in every age group.

Out of 51 events, we achieved **14 top three places**:

**Abigail** - 1st in U15 3 lengths breaststroke  
**Nabil** ( Leyton SC ) - 1st in U13 2 lengths fly and 2nd in U13 3 lengths breaststroke  
**Hayley** ( Leyton SC ) - 2nd in each of U11 1 length backstroke, fly and freestyle  
**Kassia** - 2nd in U11 1 length breaststroke  
**Sarah** - 3rd in U13 3 lengths breaststroke  
**Mohammed** ( Leyton SC ) - 3rd in U11 1 length backstroke  
**Ben** ( Leyton SC ) - 3rd in U11 1 length freestyle

The U11 girls team ( **Kassia, Millie, Hayley & Claire** ) came 3rd in their freestyle relay, while the U11 boys team ( **James, Max D, Mohammed & Ben** ) came 3rd in their medley relay.

Congratulations to all the swimmers mentioned above and also to the remaining swimmers who all contributed to the team 's performance.

This gala also featured a 4 x 1 length freestyle relay race for parents of swimmers. **Both the Mums and the Dads did spectacularly well to come in second** in their respective races. Congratulations to **Kate, Rachael, Brigitta, Elizabeth, Tim and Alex**, not to mention **Chris from Leyton SC and, of course, Greg!**

Thank you to **Rob** for timekeeping and to **Greg, Andy, Kate, Lorna and to Chris, Alan and Paul from Leyton SC** who all helped on poolside.

Several Clissold swimmers have swum with the Leyton team in two Essex League galas this spring. We are looking forward to continuing to work together to fill gaps in each other 's teams, as this is of benefit to both clubs.

## Junior Speedo League results

Both **Sarah and Euan Taylor-Reid** have been competing this season in the Junior Speedo League with the Anaconda team. They have both swum in all 3 heats, the third of which took place on Sunday 14th May. Anaconda came third in this event and third in the league overall.

As well as competing in a number of relays, **Sarah** swam the 50m breaststroke event in each heat and came 1st, 3rd and 2nd in the 3 heats respectively. **Euan** swam the 25m breaststroke event each time and came in 1st, 3rd and 1st over the 3 heats. Congratulations to both Sarah and Euan!

## 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.

In order to help select teams for the Youth Games and Mini Games, we held time trials at Kings Hall on Sunday 30th April, which were attended by 25 Clissold swimmers and 18 young people from Hackney schools.

As well as using these time trials to select teams for the Youth Games and Mini Games, it is always useful to have an occasion to record a new set of 50m times and a number of swimmers achieved PBs. **Tom W-T and Safaa** did especially well to achieve PBs in all 4 strokes, while **Charlotte B-C, Amina, Demera, Alice and James** achieved PBs in 3 out of 4 strokes.

The full list of PBs achieved is as follows:

**Breaststroke:** Gabriel, Alice, Matilda, Safaa, Amina, Demera, Leyla, James, Charlotte B-C, Tom W-T, Joanna C-J

**Freestyle:** Gabriel, Alice, Safaa, Leyla, Charlotte B-C, Tom W-T, Carlotta, Jasmine,

**Fly:** Safaa, Amina, Demera, James, Tom W-T, Jasmine, Sean

**Backstroke:** Alice, Matilda, Safaa, Amina, Demera, James, Charlotte B-C, Tom W-T

**Gabriel** set new U14 boys club records in both 50m freestyle and 50m breaststroke at this event.

Three of our younger swimmers - **Adam, Andrea and Arthur** - although too young to be selected for the Mini Games, came along to their first 50m time trial and recorded some good times. **Adam**, in particular, did very well, setting a new U10 boys 50m backstroke club record. Well done, Adam!

**Demera, Leyla, James, Max O, Tom W-T and Tom P** have all been invited to take part in the Mini Games, along with **Kathleen** from Anaconda SC and **Tao, George and Inez** from Gayhurst School.

The team for the Youth Games will be decided within the next week or so.

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.

## Forthcoming meets and galas

As mentioned on Page 2, our next team gala is the Haringey London Graded League gala on Saturday 10th June at Park Road.

Apart from this fixture and the Youth Games and Mini Games, we have no other team galas scheduled this term, but a number of swimmers will be taking part in various meets.

Six of our younger swimmers have signed up to take part in the Enfield Invitation Meet on **Saturday 10th June**, while 21 swimmers will be taking part in the St. Neot's Open Meet on **Saturday 17th June**. The deadline dates for entering both these events have now gone, but if you have failed to enter in time and would still like to do so, please see **Jenny**. However, there is no guarantee that late entries will be accepted.

Another meet we have just received details of is the Edmonton Phoenix Open Meet for swimmers aged 9 - 14, which will be held on **Saturday 24th June** at Southbury Road. There will be 50m races in each stroke and a 100m IM for swimmers in all age groups and 100m races in each stroke for swimmers aged 12 - 14. Entries cost £3.25 per event. Entry forms need to be received by Edmonton Phoenix by Friday 26th May at the latest, so if you would like to take part, please let **Jenny** know as soon as possible and by **Wednesday 24th May** at the absolute latest.

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).

## Masters Lite

**Masters Lite**, our new swimming training programme for adult swimmers, has got off to a flying start. Sessions have taken place each Tuesday evening this term and have been well attended. Clearly the coaching has been reaping dividends, as both the **Mums and the Dads free-style relay teams came in 2nd place** in a gala they swam in on Saturday 13th May (see Page 2).

Masters Lite takes place on **Tuesday evenings 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, payable by standing order. This fee also includes a "free" swim on Sunday afternoons at Ironmonger Row (these are not coached sessions). Alternatively, you can pay on a sessional basis, at a rate of £7 per session for the coached session on Tuesday evenings and £3 per session for the Sunday afternoon (non coached) sessions.

All adult swimmers, whether swimming on Tuesdays and/ or Sundays, will also be asked to pay an annual registration fee of £10, in order to join the club as an adult member.

We are looking for a volunteer to take over as Masters Squad Rep, so if you are currently coming along on Tuesday evenings or are thinking of doing so and would be prepared to take on this role (not too onerous a task), please phone **Kate Cornwall-Jones** on 020 7254 7259 for more details.

## Islington Divers

On Tuesday evenings, Masters Lite share the pool at Ironmonger Row with Islington Divers. They are offering a free trial dive to anyone swimming with Masters Lite, so this is an added incentive to go along and give Masters Lite a go. Please ring **John Cassidy** on 07747 753810 if you would like more information about Islington Divers.

## SwimShop merchandise

This is a reminder that club merchandise can be purchased from **Mary Wiggin, Myrtle Brown or Sarah Cull**. 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.

Also, if you have borrowed fins from the club, please see **Sarah Cull** to pay your deposit and obtain a receipt. Fins must be returned if a swimmer leaves the club.

## Club fees

Although we are delighted to have obtained a number of grants recently (see front page), most of our club income comes from monthly fees. Can I remind those of you those of you who have not yet realised this that **club fees were increased from 1st April 2006 onwards**. This was the first fee increase for around 3 years. 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.

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 May. Please be aware 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, there is also an annual fee, which includes ASA registration and insurance. Most of you have now paid your 2006 annual fee, but if you have not yet done so, please see your Squad Rep and pay this as soon as possible.

Your Squad Reps are **Tricia Patel** (Beginners), **Rachael Bradley-Shankar** (Elementary), **Cressida Sparrow** (S1 & S2) and **Liz McVeigh** (S3 & S4). If you do not know who your Squad Rep is, then please make a point of finding out!