

May/ June 2007

Clissold Swimming Club Newsletter



Clissold SC Summer Championships 2007

The club's Summer Championships were held at Kings Hall over 5 evenings in May 2007. On each evening, a different stroke was swum over 100m. 47 of our Junior swimmers and 6 Masters swimmers entered at least one event and a number more, who had not officially entered, swam the events as time trials. For many swimmers, specially the younger ones, this was the first time they had swum an 100m event and therefore they were establishing their first PB. The following swimmers all swam one or more 100m events for the first time:

Andrea, Eve O, Adrene, Verena, Hannah K-P, Saskia, Ellen, Joanna, Grace, Tolulope, Plenty, Plefilia, Sophie, Sakinah, Carlotta, Eve D, Millie, Charlotte B-C, Isabel, Demera, Inez, Billie, Anna D, Ella, Chloe, Charlotte McV, Aaron B-S, Oisin, Pablo G-G, Hal, Luc D, Liam, Adam, Rene, Fred, Pablo R, Ethan, Gaspar, Miron, Luke, Ewan, James, Max O, Tylar, Tao, Thomas H, Daniel M-M, Ciaran P, Joe, Kate, Karen, Sarah, Edell, Janet, Tim.

Many of those who already had 100m times bettered their previous PBs:

100m backstroke: Demera, Inez, Tao, Dan

100m fly: Matilda, Hannah Macdonald, Charlotte McVeigh, Dan

100m breaststroke: Charlotte B-C, Demera, Leyla, Matilda, Loulou, Rachel, Tao

100m freestyle: Andrea, Eve O, Tolulope, Sophie, Lily, Eve D, Isabel, Billie, Demera, Leyla, Matilda, Aaron B-S, Fred, Harry, Ewan, James, Tylar, Tao, Daniel M-M, Thomas H, Dan, Matthew

100m IM: Joanna, Demera, Matilda, Loulou, Hannah Macdonald, James, Max O, Tylar, Tao, Dan

Joanna set new U10 girls club records for 100m IM, 100m fly and 100m backstroke, while **Eve O** set a new U10 girls club record for 100m freestyle. **Hannah Macdonald** set new U16 and Open girls club records for 100m fly. **Aaron B-S** set a new U10 boys club record for 100m backstroke. **Adam** set new U10 boys club records for 100m IM and 100m fly, while **James** set new U12 boys club records for 100m IM, 100m fly, 100m backstroke and 100m freestyle.

Updated PB and club record spreadsheets will soon be available to view on the club website. Club record certificates will be awarded at the club summer party.

Also at the club party, medals will be awarded to the top 3 placed boys and girls in each event in each of the following age groups: 9 and under, 10 or 11, 12 or 13, 14 - 17, Masters (ages as at 23/05/07). So do make sure you come along to the club party and see if you have won any medals. All swimmers who entered one or more events in the Club Championships will be given a free ticket to the party.

Congratulations to everyone who took part in the Club Championships. We hope to see many more swimmers enter next year.

Thank you to **Greg** and the coaching team who ran the events each evening and to all the parents who helped on the pool-side, at the registration desk or with organisation and planning prior to the Championships.

Club Summer Party and Awards evening

The club summer party will take place at **the Queensbridge Centre, Holly Street at 6.30 pm on Friday 6th July**. During the evening, medals will be presented to the winners of the various events in the Club Championships and a number of other awards will also be presented. Tickets, priced at £5 for adults and at £3 for children and young people under 18, are now on sale.

LOTS of help will be needed to ensure the party runs smoothly. Volunteers are needed to help sell tickets, run a raffle, help with catering, organise a disco, set up the room and clear away afterwards. If you can help with the planning and organisation or on the night, please contact **Sharon** on biancaneve@rosemary-works.fsnet.co.uk or **Kate** on 07773 294147.

Welcome!

Welcome to the following new members who have joined the club recently: [Isabella Aquilina](#), [Max Bland](#), [Lilian](#), [Leah](#) and [Molly Jones](#), [Erwann le Lannou](#), [Ethan Prior](#), [Genevieve Weston](#) and [Luke White](#).

We hope you are enjoying being part of the club.

Thank you

Thank you to a number of parents who have volunteered to join the committee since the AGM:

[Andy Doyle](#) - Water polo coordinator

[Mick Brunton](#) - Diving coordinator

[Maddy Auty](#) - Swim21 coordinator

For a full list of committee members, please see the April newsletter which can be viewed on the club website.

There are still a number of vacant slots on the committee to be filled. If you would like to discuss what **you** can do to help your club this year, please contact [Kate](#) on 07773 294147.

Sponsored swim for Comic Relief

As reported in the April newsletter, 55 swimmers took part in a sponsored swim at Kings Hall in aid of Comic Relief on Friday 16th March. They swam the grand total of 2,457 lengths, equivalent to just under 40 miles, the distance from Dover to Calais and back again.

The swimmers who took part raised the grand total of **£775** for Comic Relief. Congratulations to all the swimmers who took part and thank you to those who sponsored them.

Thank you very much to [Amina](#), [Matilda](#) and [Sarah](#), who had the initial idea and did most of the organisation, to [Kate](#) who helped them organise the event and to [Greg](#) and all the coaches and parents who helped on the day.

Timetable changes

From **Monday 4th June** there is one change to the published timetable (*last version dated 1st May 2007*). The S1/ S2 session at Cally Pool on Thursday evenings will no longer run. Instead S1 now have a session at the London Fields Lido from 5.30 - 7.00 pm on Thursdays and S2 has a session at the Lido from 5.30 - 7.00 pm on Mondays.

An updated timetable will be posted on the website shortly, along with an updated squad list, including our recent joiners.

Diving

The last session of the first course of diving lessons took place on Sunday 3rd June. All current divers have now been assessed and allocated to one of two new groups. A new course will start on either Sunday 10th or Sunday 17th June, depending on which group you have been allocated to.

There will also be new courses starting for those who have not yet had any diving lessons. These will be starting on **Sunday 3rd and on Sunday 10th June** (those who have already expressed interest in starting diving have been allocated to one of these two groups). **There are still several spaces left on the diving courses, so please contact [Kate](#) on 07773 294147 if you are interested in learning to dive.**

Learn to Swim for 4 - 6 year olds

We are proposing to run a 6 week course of swimming lessons for 4 - 6 year old younger siblings and friends of current club members. These sessions will take place **on Fridays from 6.00 - 6.40 pm in the small pool at Kings Hall starting on Friday 8th June**. The course will cost £30 payable in advance.

The course will only run if there is sufficient demand. Please contact [Kate](#) on 07773 294147 to book your place.

The course is intended for non club members. Any 6 year olds who attend the course and who reach the level required to join Improvers 1 will be offered the opportunity to join the club at the end of the course.

Water polo on Sundays

As announced in the April newsletter, we have been awarded a grant by Proactive Islington to run 10 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. The next session will be on Sunday 17th June and then on alternate Sundays for the rest of this term. If you haven't yet tried water polo, why not give it a try this term? And why not invite some of your friends?

Middlesex County Development Meet

A number of CSC swimmers competed in the Middlesex County ASA Spring Development Meet held over the weekends of 21st/ 22nd and 28th/ 29th April.

15 swimmers took part in the 'A' Grade Meet, for swimmers who already had 'B' Grade qualifying times but had not yet gained 'A' Grade qualifying times. Between them, they came away with 24 medals or rosettes for top 8 placings, as follows:

1st places: Fred, Jonathan and Isabel (all for 50m freestyle), Gabriel (400m and 800m freestyle)

2nd places: Jonathan (100m freestyle), Abigail (1500m freestyle), Gabriel (100m breaststroke)

3rd places: Gabriel (200m breaststroke), Abigail (50m backstroke, 50m fly)

4th places: Dan (100m freestyle), Gabriel (200m freestyle)

5th places: Rene, Charlotte B-C, Charlotte McVeigh (all for 50m freestyle), Abigail (400m and 800m freestyle, 100m breaststroke), Gabriel (100m fly)

6th places: Sakinah (50m backstroke)

7th places: Charlotte B-C and Demera (both for 50m breaststroke)

8th places: Matilda (200m backstroke) .

Four swimmers were awarded speeding tickets, which means they swam **faster** than the 'A' Grade time for their age group for that event: Sakinah (50m freestyle), Isabel (50m backstroke), Daniel M-M (100m freestyle), Gabriel (50m breaststroke, 50m fly, 200m backstroke, 200m IM) .

The following weekend, 12 swimmers took part in the 'B' Grade Meet, for swimmers who had not yet gained a 'B' Grade qualifying time. Again, they did really well, coming away with 25 top 8 placings:

1st places: Tao (50m breaststroke and 50m backstroke), Abigail (100m and 200m backstroke), Charlotte McVeigh (100m freestyle and 100m IM)

2nd places: Inez (50m fly), Amina (100m backstroke), Dan (50m breaststroke)

3rd places: Amina (100m IM), Loulou (50m freestyle), Charlotte (50m fly)

5th places: Billie (50m backstroke), Amina (100m freestyle), Matilda (50m breaststroke) Abigail (100m breaststroke and 100m fly), Charlotte (100m breaststroke)

6th places: Amina (50m backstroke), Matilda (100m breaststroke and 50m fly)

7th places: Amina (50m fly), Loulou (100m freestyle)

8th places: Amina (50m breaststroke), Loulou (100m breaststroke) .

They also gained 18 speeding tickets between them, meaning that those who were awarded a speeding ticket achieved the 'B' Grade qualifying time for their age group. Speeding tickets were awarded to: Sakinah (50m breaststroke), Billie (50m freestyle and 50m breaststroke), Demera (200m backstroke and 100m IM), Amina (50m freestyle), Matilda (200m and 400m freestyle, 100m and 200m IM), Daniel (200m freestyle, 100m backstroke, 50m fly), Dan (400m freestyle, 50m and 100m backstroke, 50m fly, 400m IM) .

Almost everyone who swam gained new PBs in the majority of their events. Abigail set new U16 and Open girls club records for 100m backstroke. Gabriel set new U16 boys club records for both 50m and 100m fly and also set both U16 and Open boys club records for 100m breaststroke. Jonathan set new Open boys club records for both 50m and 100m freestyle.

Altenberge Trophy gala

Clissold SC took part in the Altenberge Trophy gala hosted by Broomfield Park Swimming Club on Saturday 12th May and came in fourth place overall.

No one managed a first place in any event, but there were a number of second and third places, as follows:

Carlotta - 2nd in U11 girls 1 length backstroke

Adam - 2nd in U11 boys 1 length breaststroke

Julia - 2nd in U15 girls 3 lengths freestyle

Abigail - 2nd in Open girls 3 lengths breaststroke

Joanna - 3rd in U11 girls 1 length breaststroke

Leyla - 3rd in U13 girls 3 lengths breaststroke

Tao - 3rd in U13 boys 3 lengths breaststroke

Dan - 3rd in Open boys 3 lengths freestyle

The U11 girls team of **Ellen, Sakinah, Joanna and Carlotta** came 2nd in both their medley and freestyle relays, while the U11 boys (**Fred, Arthur, Rene and Adam**) came 3rd in their freestyle relay.

The U13 girls (**Isabel, Inez, Leyla and Demera**) came 2nd in their freestyle relay, while the U13 boys (**James, Tao, Ewan and Max O**) came 3rd in their medley relay. The U15 boys (**Joe, Ben, Daniel and Gabriel**) came 2nd in their freestyle relay. The Open girls team of **Abigail, Hannah, Safaa and Catherine Morgan** came 2nd in their freestyle relay and 3rd in their medley relay. There was also a 3rd place for **Sakinah, Fred, Demera, Ewan, Matilda, Gabriel, Abigail and Dan** in the mixed 8 x 1 length squadron relay.

Finally both the Mums (**Kate, Karen, Sarah & Janet**) and the Dads (**Tim, Matthew, Greg & Chris**) came 3rd in their respective freestyle relay races.

Congratulations to everyone who swam, especially the Mums and Dads, and also **Ellen, Joanna and Sakinah** who were all swimming in their first gala as part of a Clissold SC team.

Thank you to **Julia** (Anaconda SC) and to **Chelsea and Tom** (Leyton SC) who swam for us and boosted our team and to **Greg, Andy, Catherine, Chris, Tim and Ann** who helped with timekeeping, judging, coaching and poolside supervision.

Sid Barrett Trophy gala

Four Clissold swimmers - **Abigail, Daniel M-M, Max O and Adam** - swam with the Anaconda team in the Sid Barrett Trophy gala on Saturday 12th May.

Abigail came 3rd in the open girls 100m backstroke, while **Adam** came 4th in both the U11 boys 50m breaststroke and 50m freestyle. He set a new PB and a new U10 boys club record in the 50m freestyle.

All four swimmers swam in a number of relays and helped the Anaconda team to fourth place overall

Forthcoming fixtures

The remaining fixtures for this term are as follows:

16th June - London Graded League gala (Haringey)

23rd June - St. Neot's Swans Open Graded Meet

28th June - London Mini Games

30th June - London Youth Games

7th July - London Graded League gala (Broomfield Park)

16 swimmers have signed up to enter the St. Neot's Meet. If any of their parents could volunteer to time-keep or assist on poolside at this gala, please contact **Jenny** on 020 7359 4547.