

October 2006

Clissold Swimming Club Newsletter



Second place for CSC in club's own graded league gala



On Saturday 7th October, Clissold SC hosted the 8th gala in the 2006 London Graded League series at Park Road. This event took a great deal of planning and organisation, so a big thank you is due to all the committee members, coaches and parents who helped in any way. Especial thanks to **Sharon and Myrtle** who sold the programmes and ran the raffle, **Judith and Ann** who kept the scores, **Richard** who was one of the timekeepers, **Chris**, who was the announcer, **Lorna and Andy** who supervised the team, **Greg** who was one of the officials and **Kate** who dispensed drinks. Several people have commented on how smoothly everything went, so many thanks to all of you.

The team (pictured above) acquitted themselves really well, clocking up 19 PBs and 29 top 3 places between them. Overall, we finished second, closely behind Leyton, who won on the night. This means we are now in equal second place in the league, with just one gala to go.

Joe, Tom H, Tylar, Joshua, Dan, Ben, Kieran B, Caroline, Inez, Charlotte B-C, Sarah, Safaa, Amina, Katie, Demera and Matilda all set a new PB in one or more event. **Dan** took 11 seconds off his 100m breaststroke time, while **Kieran** took nearly 10 seconds off his 50m fly time and **Tom** took 6 seconds off his 50m freestyle time. **Sarah** set a new U12 girls club record for 100m freestyle, with a time of 1.15.96.

We came in 1st, 2nd or 3rd in 20 of the 32 individual races. Congratulations to the following swimmers:

Katie - 1st in 50m backstroke and 2nd in 50m fly
Charlotte McV and Joe - both 1st in 50m freestyle
Sarah and Gabriel - both 2nd in 100m freestyle
Charlotte B-C and Tom H - both 2nd in 50m freestyle
Demera - 2nd in 50m backstroke
Ben - 2nd in 50m breaststroke and 3rd in 25m backstroke
Bibsi - 2nd in 50m breaststroke

Euan T-R - 2nd in 25m breaststroke
Joshua - 3rd in 50m backstroke and 3rd in 25m freestyle
Dan - 3rd in 100m breaststroke
Loulou - 3rd in 50m breaststroke
Max O - 3rd in 25m backstroke
Matilda - 3rd in 25m fly
Tylar - 3rd in 25m freestyle

We also did really well in the relay events, with 9 top 3 places. The boys won 4 relay races - the 4 x 25m breaststroke relay (**Kieran, Max O, Tylar, Jonathan**), the 4 x 50m freestyle relay (**James, Fred, Rene, Joe**), the 4 x 50m medley relay (**Gabriel, Euan T-R, Jonathan, Tom H**) and the 8 x 25m freestyle relay (**Ben, Joshua, Fred, Max O, Tylar, Rene, and Ciaran**), while the girls came 1st in the 4 x 25m freestyle relay (**Charlotte B-C, Millie, Carlotta, Abigail**).

The boys 4 x 25m medley team (**Ciaran, Max O, Gabriel, Tom H**) came 2nd, while the girls 4 x 25m breaststroke team (**Safaa, Catherine H, Millie, Abigail**), the girls 4 x 25m freestyle team (**Catherine H, Charlotte B-C, Carlotta, Loulou**) and the girls 8 x 25m freestyle team (**Matilda, Inez, Amina, Millie, Charlotte B-C, Carlotta, Sarah, Abigail**) were all placed 3rd.

Congratulations to everyone who took part!

Middlesex Autumn Development Meet

Over the weekend of 21st/ 22nd October, 8 Clissold swimmers took part in the Middlesex County ASA Autumn Development Meet . Between them, they entered 38 events and came away with 27 top 8 places and 1 speeding ticket.

Sarah received a speeding ticket for the 100m breaststroke, which she swam in a time of 1.32.02, setting a new PB and a new U12 girls club record. She came 3rd in both the 200m breaststroke and the 100m freestyle, 5th in the 400m freestyle and 7th in the 200m freestyle.

Abigail came 2nd in the 200m freestyle, 3rd in the 200m backstroke and the 100m breaststroke, 5th in the 100m fly, 7th in both the 100m and 200m freestyle and 8th in the 200m IM.

Gabriel achieved a top 8 place in every event he entered, coming 3rd in the 400m freestyle and in the 100m backstroke, 5th in the 200m freestyle and in the 200m backstroke, 6th in the 200m breaststroke, 7th in the 8th in 200m breaststroke 100m freestyle and 8th in the 100m breaststroke, 100m fly and 200m IM.

Hannah M came 4th in 100m fly, **Safaa** came 5th in 200m freestyle and 8th in 200m breaststroke, **Euan T-R** came 5th in 50m freestyle, **Rachel** came 5th in 200m backstroke and **Matilda** came 7th in 400m freestyle and 8th in 200m backstroke.

PBs were set in the majority of events, with **Euan** setting a new PB and a new U10 boys club record in 50m freestyle and **Gabriel** setting a new PB and a new U14 boys club record in 100m freestyle. **Gabriel and Matilda** both also set new PBs in 100m backstroke, with Matilda gaining the U14 girls and Gabriel gaining the U14, U16 and Open boys club records in this event. **Sarah, Hannah and Gabriel** also set new PBs and club records in 100m fly, with Sarah gaining the U12 and U14 girls, Hannah the U16 and Open girls and Gabriel the U14, U16 and Open boys club records in this event.

PBs were also set in 200m freestyle (**Sarah, Matilda, Abigail, Safaa and Gabriel**), 400m freestyle (**Matilda, Abigail and Gabriel**), 200m backstroke (**Matilda, Abigail, Rachel, Gabriel**), 100m breaststroke (**Matilda**), 200m breaststroke (**Sarah and Gabriel**), 100m fly (**Abigail**) and 200m IM (**Abigail and Gabriel**).

It is really encouraging to see our swimmers do so well at a County event and we hope that a lot more will enter the 2007 Spring Development Meet.

Forthcoming fixtures

The remaining fixtures for this year are as follows:

- Leyton LGL gala at Cathall Road on **Saturday 11th November**
- Jim Savory Trophy gala at Southgate Leisure Centre on **Saturday 18th November**.

The teams for these two galas will be selected shortly. If you know that you will not be available for either of these galas, please let Jenny know sooner rather than later.

Hackney Primary Schools Gala

The Hackney Primary Schools swimming gala will take place on **Thursday 9th November** at Kings Hall. No doubt some Clissold swimmers will be taking part in this event. News of how they got on will be published in next month ' s newsletter.

Welcome!

Welcome to the following new members who have joined the club in the last month - **Katie Doe, Luc Dyson, Tom Grylls, Louis Nelson, Isabel Patrick and Daisy-May Perkins**. We are delighted you have all decided to join our club!

There have been lots more potential new members trying out with the club during October. If you have had your week ' s free trial and are now intending joining, please complete your registration forms and pay your joining fee as soon as possible. Please be aware that you are not covered by the club' s insurance if you have not registered. Forms can be obtained from Jenny, any of the Squad Reps or those manning the registration desk at Kings Hall and Ironmonger Row.

Registration

As you will have noticed, attendance registers are now being taken at every session. At Kings Hall and Ironmonger Row, swimmers are asked to sign in before they go to get changed. It is important that you do this. For health & safety reasons, we need an accurate record of who is in the water at every session. If there were an emergency and we had to evacuate the building, then we have to be able to account for everyone who has signed in for that session. **Please help us to ensure this system works.**

Thank you to those parents who are manning the registration desks. More volunteers are still needed. Please talk to Kate if you can help.

Training timetable

A new timetable was issued about a month ago, but some swimmers are still turning up to the wrong sessions. Please note that Wednesday and Friday evenings at Kings Hall and Sunday evenings at Ironmonger Row are club nights and a session is scheduled for all groups, but that Mondays are intended for Beginners only, Tuesdays for Elementary and S1 and Thursdays for S2, S3 and S4. Please do not come on the wrong day, as it is very difficult for the coaches if swimmers of widely differing abilities are in the same lane.

A copy of the timetable and of the squad list is attached, so please check out which sessions you should be coming to.

Time trials

Time trials will be held at Kings Hall on a regular basis during the autumn and throughout next year. The dates of these time trials will be published in the on-line calendar on the club website.

On 20th October, 200m time trials were held. As this was the evening before the half term holiday, there was a very low turn-out, but a number of swimmers did come along and clocked up times over a number of strokes.

Jonathan, Ben, Joe and Safaa all improved on their 200m freestyle PBs and **Jonathan, Ben and Safaa** also improved their 200m backstroke PBs.

Most of the other swimmers taking part were setting a time over 200m for the first time and it was good to see some of the Elementary and Squad 1 swimmers coming along and being prepared to have a go. Well done all of you, especially **Leyla**, who swam 200m in all 4 strokes.

Updated 200m PB sheets will shortly be available to view on the club website.

Time trials are one of the ways in which the coaches monitor swimmers' progress. If we do not have up-to-date times for you, you are very unlikely to be selected to swim in galas. You will also not be eligible to gain ASA sprint awards and you are unlikely to progress rapidly through the squads. For our Elementary swimmers, attending time trials is a good first step to gaining the confidence to swim in galas, so please do give it a try.

Water polo

A committed group of water polo players are continuing to attend training on a regular basis. We have taken the decision to enter two teams in the 2006/2007 Winter league - an U18 boys team and a mixed U16 team. The first tournament for the U16 team will take place on **Sunday 5th November**, so look out in next month's newsletter to see how the team got on.

Everyone who has so far attended a water polo session this term has been allocated to either Squad A or Squad B and has been sent a letter telling them which squad they are in. However, there have been a couple of squad changes since then - a revised squad list is attached. Squad B trains at Ironmonger Row on alternate Sunday mornings from 10.00 - 11.00 am, while Squad A trains at Ironmonger Row on alternate Sunday mornings from 10.30 - 12.00 am and at Highbury Grove on Tuesday evenings from 7.00 - 8.30 pm.

If you have not yet been to a water polo session and would like to give it a try, more players are always welcome. Anyone aged 8+ in E1 or above can come to water polo training. Please ask Andy which session to come to initially. You will then be assessed and allocated to a squad.

Many thanks to **James**, our water polo coach, and to **Chris** from Leyton SC and to **Andy**, who assist him. They are all putting in a huge amount of time on a voluntary basis to enable Clissold SC to offer water polo as well as swimming and we are very grateful to them.

Sunday evening swimming

As you know, we are currently running an ASA Level 2 coaches' course at Ironmonger Row during our usual Sunday evening training sessions. However, the course can only be successful if the trainee coaches have some swimmers to coach.

Please do make a big effort to come to training on Sunday evenings - Beginner and Elementary swimmers are especially needed. Why not bring a friend along? We will offer a **free** swimming lesson to any non club members in school years 3 - 6 who attend training on Sundays 5th, 12th or 19th November.

Masters Lite

Masters Lite has attracted several new members this term. However, there is still space for a few more members, so if you would be interested in joining, why not come along and see what it is all about.

Masters Lite takes place on **Tuesday evenings from 8.00 - 9.30 pm at Ironmonger Row**. Membership costs £24 per month, payable by standing order. This fee also includes a "free" swim on Sunday afternoons at Ironmonger Row and on Friday evenings at Kings Hall -these are not usually coached sessions, although the Sunday sessions will be coached while the coach training course is running (see above) .

If you do not want to commit to coming on a regular basis, 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 or Friday evening sessions. However, priority in the lane on Tuesdays will be given to regular members if space becomes an issue.

For more details about Masters Lite, please call **Tim Jordan** on 020 7254 7259.

Club fees

Most members are now paying their monthly club fees by standing order. If you are not already doing so, please consider paying by this method which is much more convenient for everyone.

Otherwise, please ensure that November fees and any other outstanding fees are paid by the end of the first week of November. Anyone whose fees are more than 2 months in arrears may be asked to leave the club.

Don't forget that we have a number of subsidised places available to families on low incomes, so if you think you could benefit from one of these places, please talk to Jenny or your Squad Rep.