

September 2006

Clissold Swimming Club Newsletter



Success for CSC in club 's first competitive water polo matches



On Sunday 17th September, the water polo players from Clissold SC played in their first competitive fixture, against the water polo section of Enfield SC. With no previous experience of competitive water polo, no one really knew what to expect, but the matches turned out to be really exciting for both players and spectators.

The U16 squad played first. This was a closely fought contest, with the score at half time being 2 – 2. But the Clissold players upped their game in the second half and the final score was 6 – 4 to Clissold SC. This was followed by an U14 match, where the Clissold players got off to a flying start, and were 4 – 0 up at half time. But Enfield SC came back strongly in the second half, scoring 4 goals in quick succession, with the final result being 6 – 4 to Clissold SC.

Congratulations to all the players involved in the two matches. The U16 team comprised **Richard, Kieran, Matthew, Jonathan, Ben, Ciaran, Rachel, Katie, Hannah, Charlotte and Safaa**, while the U14 team comprised **Nabil, Dan, Ben, Gabriel, Oscar, Joe, Katherine, Abigail and Sarah**.

Then on Thursday 21st September, the boys from Clissold 's squad competed against City of London School. CLS fielded two teams and a mini tournament was held, with each team playing a short match against each of the two other teams. Clissold drew 1 – 1 against the first CLS team and lost 5 -3 to the second CLS team. Despite failing to repeat their success of the previous weekend, the players performed well against a school which plays water polo to a very high level. The squad for the match against CLS comprised **Richard, Nabil, Kieran, Gabriel, Matthew, Dan, Ben, Ciaran, Oscar and Joe**.

Congratulations to all the players involved in these fixtures and a huge thank you to **James** from London Poly Water Polo Club, who coaches the squad and to **Andy** and to **Chris**, from Leyton SC, who assist him.

Read more about our plans for the development of water polo within Clissold Swimming Club on the next page.

Water polo *continued*

As you may be aware, we have already run two water polo taster sessions at Ironmonger Row and we will be running a third session on Sunday 8th October. These water polo sessions were funded by the GLA as part of their London Summer of Sport scheme.

Following the success of these sessions, we will be continuing to hold water polo sessions at Ironmonger Row on alternate Sundays, starting from Sunday 22nd October. The sessions will be divided into 2 slots, with the first slot for WP Squad B and the second slot for WP Squad A. Squad B will be for players in Y6 - Y8 who are of at least E1 standard, while Squad A will be for players in Y9+ who are of at least Squad 1 standard. However, there will be some flexibility and any younger players who show particular strength and talent may be moved up into the A Squad, while older players who are struggling to keep up may be moved into the B Squad. This will be at the discretion of the water polo coaches and the Head Swimming Coach. Those who have already attended any water polo sessions this term will be informed which squad they will be placed in initially.

Squad A will also continue to train at Highbury Grove on Tuesday evenings from 7.00 - 8.30 pm.

Committee news

Rob James, who has been Chair of the club for the last 18 months, stepped down from this role at the beginning of this term. A huge thank you is owed to Rob for everything he has contributed towards the development of the club over this period. He will continue to work on the development of water polo within the club structure.

Kate Cornwall-Jones has agreed to take on the role of Chair with immediate effect. Being Chair is a very demanding role, particularly as the club continues to grow and to work towards Swim21 status, so please offer Kate your support.

Lorna Reid has been co-opted on to the committee and will take on two roles. She will become Press & Publicity Officer, ensuring that news of the club's successes gets coverage in the local press. She will also take on the role of Meets Secretary, co-ordinating the club's entries into County and other meets. Greg and Jenny will continue to organise the galas which the club enters as a team.

Tim Jordan has volunteered to act as Masters Squad Rep. He will be responsible for keeping registers, collecting fees and liaising with Masters swimmers.

There is now a **vacancy** on the committee for someone to act as **Fundraising Officer**. This principally involves identifying potential sources of grant funding and writing grant applications. If you could take on this role or would at least be prepared to help with it, then please talk to Kate.

There are lots of ways in which people can help with running the club, even if they do not want to take on a committee post. If you have some skills and time to offer, please talk to Kate about how you can get involved.

Welcome!

Welcome to a number of new members who have joined the club recently - **Jack de Deney, George Erwin, Dexter Gibbs, Inez Laing-Faiers, Billie and Harry Myers, Ciaran Potter, Philip Schild, Devon Vitalis and Anthony Walsh**. We are delighted you have all decided to join our club!

There have been lots of potential new members trying out with the club during September, so we hope to be able to welcome more new members in next month's newsletter. 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 have already volunteered to be on a rota for manning the registration desks. More volunteers are still needed. Please talk to Kate if you can help.

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 from October onwards.

Otherwise, please ensure that October fees and any other outstanding fees are paid by the end of the first week of October. Fees can be paid to Jenny, to your Squad Rep or to those manning the registration desks at Kings Hall or Ironmonger Row. 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.

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.

Gala results

On Saturday 23rd September, 21 Clissold swimmers, helped out by 4 swimmers from Leyton SC, took part in the Millbank Trophy Gala, hosted by Haringey SC at Park Road.

This was an Open gala, against tough competition, and we were not disappointed to come in 5th overall. Everyone who swam performed to the best of their ability and almost everyone gained a new PB in their individual race.

PBs were gained by the following swimmers:

100m freestyle - **Jonathan, Dan, Abigail**

50m freestyle - **Charlotte B-C**

50m breaststroke - **Loulou, Kassia, Sarah, Joshua**

50m fly - **Sarah, Hannah, Charlotte McV, Jonathan**

50m backstroke - **Matilda, Max O, Joe**

New club records were set by **Jonathan** (Open boys 100m freestyle and 50m fly), **Hannah** (U16 and Open girls 50m fly), **Abigail** (U16 and Open girls 100m freestyle) and **Sarah** (U12 girls 50m breaststroke and 50m fly).

Congratulations to all these swimmers and also especial congratulations to **Kassia**, who came first in the U11 50m breaststroke, **Nabil**, who came first in the U13 50m freestyle, **Abigail**, who came 2nd in the 15 & over 50m breaststroke and also 3rd in the U15 100m freestyle, **Hannah**, who was 3rd in the 15 & over 100m freestyle, **Sarah**, who was 3rd in the U13 50m breaststroke and **Richard**, who was 3rd in the 15 & over 50m backstroke.

The U11 girls team (**Leyla, Kassia, Demera and Charlotte B-C**) came 3rd in their medley relay event, as did the mixed age girls medley relay team (**Charlotte McV, Sarah, Hannah and Leyla**).

Thank you to everyone who took part and especially to Richard, Nabil, Sam and Ben from Leyton SC who boosted our boys squad. Thank you also to Greg, Andy, Lorna and Chris (Leyton SC), who all helped manage the team or to officiate at the gala.

Forthcoming fixtures

The next galas the club has entered are as follows:

- Clissold LGL gala at Park Road on Saturday 7th October
- Leyton LGL gala at Cathall Road on Saturday 11th November
- Jim Savory Trophy gala at Southbury Road on Saturday 18th November.

The initial team for the Clissold gala has been announced. If you have been selected, please let Jenny know as soon as possible whether or not you are available.

Teams for the following two galas will be announced in late October/ early November. If you know that you will not be available for either of these galas, please let Jenny know sooner rather than later.

Masters Lite

Masters Lite goes from strength to strength and 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).

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.

Time trials

Greg is planning to run regular time trials at Kings Hall on Wednesdays and Fridays 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.

It is important that our Elementary and Squad swimmers attend time trials on a regular basis, as this is an important means of monitoring 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.

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 swimmers are especially needed. Why not bring a friend along? We will offer **free** swimming lessons to any primary school age swimmers attending training on Sundays for the duration of the coaches' course.