

# Clissold Swimming Club Newsletter



## Welcome!

Welcome back to all our members to a new term of swimming and an especial welcome to those who have joined the club in September - **Nadia Carrier-Solomon, Thomas Hollis, Laure-Aizee Le Lannou and William Law.**

We hope you are enjoying being part of the club.

## Thank you!

A huge thank you to **Ann Towndrow**, who has now retired as Club Treasurer, after 2 <sup>1</sup>/<sub>2</sub> years.

Thank you to **Chock Glendinning**, who has taken over this role.

## Volunteers needed

As mentioned in recent club bulletins, more help is needed in order to keep the club running smoothly. All the management and administration is carried out by volunteers and most of the work is done by a very small number of people. This is not sustainable in the long term.

If you are interested in helping to run your children's club, then please talk to Kate Cornwall-Jones to discuss how you could help.

## Club Christmas gala and party

We are planning to run a club gala on **Friday 7th December** at Kings Hall. This will be a friendly, fun gala, open to all club members, with races swum in teams. More details will follow about this nearer the time, but please put the date in your diary now.

We are planning to follow the gala with a party and prize giving, but this will only happen if a volunteer comes forward to organise it. If you think you could take on the organisation of the Christmas party, please talk to Kate Cornwall-Jones as soon as possible.

## Club fees

Almost all our members now pay their monthly club fees by standing order. If you do not yet pay by this method, please consider doing so.

If you pay in cash or by cheque, please note that fees are due by the 7th of each month. Please do not wait to be asked, but pay your fees promptly at the registration desk. **Anyone whose fees are 2 or more months in arrears is liable to have their membership terminated.**

If you have any questions about fees, including queries about subsidised places, please talk to Lolita, Jenny, Kate or any of the Squad Reps.

## National Swim Awards

During the summer term, our Improver and Elementary swimmers were tested to see which level they had reached in the ASA National Swim Awards scheme. There are 12 levels in this scheme.

Most of our young swimmers have now been awarded a certificate, corresponding to the level they have attained.

**Level 5: Lukasz**

**Level 6: Aaron B-S, Ben D, Hal, Luc, Aaron F, Ceylan, Molly, Liam, Louis, Oisin, Pablo G-G, Olivia W, Daniella**

**Level 7: Andrea, Leah, Lilian, Saskia, Harry, Verena, Adrene, Isabella, Theo, Sophie, Mohammed, Tolupe, Plefilia, Plenty, Olivia T, Genevieve**

**Level 8: Rene, Grace, Eve O, Arthur, Miron, Gaspar, Hannah K-P, Lottie, Ethan**

**Level 9: Joanna, Carlotta, Eve D, Sakinah, Billie, Ellen**

There will be another round of testing in the second half of term, so that these swimmers can see if they have now improved enough to move up another level and new Improver and Elementary swimmers who have joined the club recently can be tested too. Certificates from this next round of testing will be presented at the Christmas party.

## Swim Shop

Those who gained a National Swim Award can buy their badge from the club shop. ASA sprint and middle distance badges are also available, so if you gained a new ASA award at the summer party, or indeed have gained an ASA award at any time over the past 2 years, please see Myrtle and buy your badges.

Don't forget that club swimming costumes, T-shirts, bags, caps, goggles, water bottles and a whole range of other merchandise can also be purchased from our own SwimShop. A percentage of the sale price goes to the club, which all helps with our fundraising efforts.

## Millbank Trophy Gala

On Saturday 29th September, a team of swimmers took part in the Millbank Trophy gala, hosted by Haringey SC at Park Road. This was a team gala for U11s, U13s, U15s and Open swimmers. Unfortunately, due to illness, injury, school trips and other commitments, Clissold was unable to field any boys at all in the U15 and Open age groups. Not surprisingly, therefore, the team came in last place.

Nonetheless, there were some good swims, with a number of swimmers achieving PBs:

**100m freestyle:** [Matilda](#), [Tao](#)

**50m freestyle:** [Anthony](#), [Fred](#)

**50m breaststroke:** [Amina](#), [Tao](#)

**50m backstroke:** [Isabel](#), [Fred](#)

**50m fly:** [Abigail](#), [Inez](#), [Joanna](#)

[Isabel](#) set a new U12 girls club record for 50m backstroke, while [Joanna](#) set a new U10 girls club record for 50m fly.

Congratulations to [Isabel](#) who came first in U11 girls 50m backstroke and to [Abigail](#) who came first in Open girls 50m breaststroke, 2nd in U15 girls 50m fly and 3rd in U15 girls 100m freestyle.

Thank you to [Greg](#), who was Team Manager, to [Tim](#) for timekeeping and to [Pauline and Sharon](#) who recorded split times.

## Time trials

Club time trials were held at Kings Hall on Monday 24th September. A number of swimmers attended, including several Improver and Elementary swimmers who were timed in certain strokes for the first time.

The following swimmers improved their PBs :

**50m freestyle:** [Eve O](#), [Harry](#), [Sean](#), [Devon](#), [Tao](#), [Anthony](#)

**50m breaststroke:** [Eve O](#), [Joanna](#), [Carlotta](#), [Sakinah](#), [Andrea](#), [Harry](#), [Sean](#), [Demera](#), [Tao](#), [Daniel M-M](#)

**50m backstroke:** [Eve O](#), [Carlotta](#), [Sakinah](#), [Andrea](#), [Harry](#), [Sean](#), [Daniella](#), [Billie](#), [Devon](#), [Leyla](#), [Safaa](#), [Tao](#)

**50m fly:** [Eve O](#), [Joanna](#), [Carlotta](#), [Sakinah](#), [Adam](#), [James](#), [Matilda](#), [Leyla](#), [Demera](#), [Tao](#)

**100m freestyle:** [Sean](#), [Luke](#), [Devon](#)

**200m freestyle:** [Matilda](#), [Leyla](#)

**200m breaststroke:** [James](#)

[Eve O and Adam](#) set new U10 club records for 50m fly and [James](#) set a new U12 club record for 200m breaststroke.

[Demera](#), [Matilda](#), [Beth](#) and [Joe](#) also took part in long course time trials at the London Fields Lido and recorded new long course PBs over a number of distances.

Updated short course and long course PB spreadsheets and club record sheets will soon be available to view on the club website.

## Water polo

The club 's water polo players started the season with a match against City of London School. Their Y11 boys team played a Clissold team consisting of boys and girls from Y10 - Y12.

The City boys were stronger and more experienced and beat the Clissold team 11 - 4. Nonetheless, James, our coach, was pleased with how well the Clissold team played and how much they have progressed in the last year. The team consisted of [Rachel](#), [Hannah](#), [Abigail](#), [Kieran B](#), [Ciaran P](#), [Dan](#), [Ben](#), [Oscar](#) and [Joe](#).

Since first starting to play water polo around 1 <sup>1/2</sup> years ago, some of our players have come a long way. [Dan Mason](#) and [Ben Pitt](#) have recently been selected to play for Middlesex in the U16 boys Southern Counties water polo league and will play in their first tournament on October 14th.

[Rachel Bull](#), who now plays for London Penguins Water Polo Club, as well as for Clissold, has been selected to play in the National League division 2, where she will be one of the youngest competitors in the league. She has also been selected to take part in trials for the GB Women 's Team in January. She was one of just two girls who got through the first round of trials to reach this next stage, so this is a fantastic achievement.

Congratulations to [Dan](#), [Ben](#) and [Rachel](#), and thank you to James, who spends several hours a week coaching the Clissold players.

Any club swimmers aged 9+ in E1 or above are welcome to join in the club 's water polo sessions at Ironmonger Row Pool on alternate Sunday mornings at 10.00 am.

## Timetable changes

From **Monday 8th October**, there will be some changes to the early morning timetable for swimmers in S3 and S4 and in Masters/ Masters Lite. Please note that the venue of the Tuesday session for S3/ S4 and Masters/ Masters Lite has moved to Kings Hall. This session will run from 7.00 - 8.15 am.

The Thursday morning session for S3/ S4 and Masters/ Masters Lite will continue to be at the Lido but will now be scheduled from 7.30 - 8.30 am, as will the Monday morning session for Masters/ Masters Lite.

There is also a **new** session for Masters/ Masters Lite at Kings Hall on Wednesday mornings from 7.00 - 8.15 am.

A revised timetable is attached to this newsletter.

## Hackney Youth Sports Awards

On Wednesday 3rd October, all the athletes who competed for Hackney in the London Youth Games and Mini Games last summer were honoured in a special ceremony held by Hackney Council, during which all the competitors were presented with a medal.

**Jonathan, Kieran B, Ciaran P, Dan, Gabriel, Joe, Daniel M-M, Lucas (Camden Swiss), Safaa, Hannah, Bibsi, Natalie (Anaconda), Abigail, Loulou, Ella, Matilda, Demera, Charlotte B-C, Inez, Leyla, James, Ewan, Sean and Andrew (Anaconda)** all swam for Hackney in the Youth and Mini Games.

**Safaa, Amina and Tao** formed the Hackney diving team.

Congratulations to all our swimmers and divers, especially to **Demera**, who came 7th out of the 33 London boroughs in 50m freestyle, to **Gabriel** who came 7th in 50m backstroke and to **Lucas** who came 8th in 50m breaststroke. And especial congratulations to our Head Coach, **Greg McNeill, who** received the award for Team Manager of the Year.

## The Big Sync

A new world record for the largest number of people participating in a synchronised swimming routine was set on Saturday 22<sup>nd</sup> September at the London Fields Lido by 110 London swimmers, including 20 members of Clissold Swimming Club.

In bright sunshine, following a display by British champions, Jenna Randall and Olivia Allison, 109 women and girls (aged between 7 and 71) and one boy, Clissold's Adam Demeter (aged 9), completed a fantastic routine to the delight of their audience! To Queen's 'Don't stop me now', their dynamic moves included tub turns and an impressive back stroke salute.

*'Synchronised swimming makes you feel really happy. My favourite bit was when we did the tub and then put our legs out into a diamond.'* (Andrea Demeter, aged 7)

*'You can dance in the water. At the end you had to turn over your hand and make a big splash. I really enjoyed it so it didn't matter that I was the only boy.'* (Adam Demeter, aged 9)

Clissold's members, newcomers to the sport, have trained for the last ten weeks with ASA coach, Janna Callan. Having relished the experience, they hope to continue to build their skills. As a result of this enthusiastic response, the Club intends to introduce synchronised swimming as a regular part of their growing programme of aquatic sports.

*'We now look forward to working with our partners, Hackney Council and GLL, to develop this sport in Hackney.'*

(Kate Cornwall-Jones, Chair, Clissold Swimming Club)

