



www.chelmsfordswimmingclub.org.uk

NEWSLETTER February 2009

Welcome to the latest newsletter for Chelmsford Swimming Club.

Swimming Squad



NEWS FROM ALAN

Over recent weeks we have taken some children to use the endless pool at Rochford in Essex. This is a training tank with controllable pace. Under and over water cameras capture the stroke technique on film which is burned onto a CD to allow each swimmer to see and analyse their stroke. This has proved very popular so far and over the coming months I will be selecting other swimmers to attend.

Some changes have been made to the lanes. I am sure this is for the better as it allows for swimmers to be in lanes where their commitment and ability is of a similar standard.

Well done to all swimmers at Essex championships Block A. There were some good competitive sprints with some excellent results. Well done to all medallists particularly gold, as they are our county champs in their respective age groups - keep up the good work everyone and good luck for rest of the Essex Championships!

Alan Mitchell (Head Coach)

Jack Petchey Award

Over the next few weeks we will be talking to all sections of the club about the Jack Petchey award scheme. Explaining how we will create a wish list for the club and how you can nominate. Awards will be presented monthly to members of the club aged between 11 and 25 who have contributed to the club, school or local community in a significant way. Equally, Achievement Award Winners can be recognised for personal developments and positive personality traits.

NOW FOR THE SERIOUS BIT

Please can we ask that you do not send anonymous voice mails, msn or text messages. You may think it is a joke but it can be very upsetting for the recipient of such things. Your co-operation in this matter would be appreciated.

Face book

We have now got a face book group entry "Chelmsford swimming club", check it out.

Swim fit

The swimfit session takes place from 8.00pm to 9.00pm on a Monday night at Riverside. They are a friendly group of swimmers of mixed abilities who swim for fun and fitness. We are looking for more adult swimmers to join this session. The evening is coached by Dean Walker of the Swimming Club who provides us with much needed motivation! Keith Walker also runs a Swimfit class at the same time which runs alongside. This is aimed at older teenagers, some ex-squad and also adult triathletes looking to improve their swimming stamina and speed. Come along and give it a try! This session is open to Junior (14+ years) and adult swimmers. The fees are £4 per session for adults and £3.20 for Juniors.

If anyone is prepared to put a poster up at their work place let me know and I can forward one to you. Kerry - email address Duffys@madasafish.com

Chelmsford Swimming Club Annual Disco

The Annual Disco will this year be held on Saturday 14th March 2009 at Chelmer Valley High School, Chelmsford. It is a great family evening with a Disco & Bar. Presentation of the trophies is from 7 – 8 and is followed by a disco. This event is open to all members of the club. So do come along and support the club. Tickets are £3 each, this includes a buffet. Please bring your own drinks.

Please contact Paulene Sorrell at New Hall or
Norma at Riverside on Tuesday evenings.

CONGRATULATIONS!!

To all who took part in Block A of the ESSEX Championships. There were some fantastic swims and I know many of you achieved Personal Best times. The club had a great weekend.

Listed below are those that achieved the top 6 finishing positions.

<u>GOLD</u>	<u>SILVER</u>	<u>BRONZE</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>
Eliza Duffy (11) Back	Eliza Duffy (11) Fly	Girls 200 Medley Relay	Ross Davy Breast	Ladies 200 Free	Eleanor McCaffrey (11) Free
Eliza Duffy (11) Free	Courtney Sanders (11) Free	Ben Neale (11) Fly	Girls 4x50 relay	Dean Woodcock (16) Back	Dean Woodcock (16) Fly
Evie Fisher (14) Breast	Courtney Sanders (11) Breast	Courtney Sanders (11) Fly	Eleanor Massey (13) Free	Dan Sorrell (14) Back	Mens 4x200 Relay
Amy Byford (14) Free	Courtney Sanders (11) Back		Emily Woods (10) Free	Danica Brazier (9) Breast	Jon Lines (15) Free
	Dean Woodcock (16) Free		Boys 4x50 Free relay	4x50 Medley Boys	
	Ben Ashton (14) Back			Emily Woods (10) Back	
	Dean Woodcock (16) Breast			Jack Ford (9) Free	
	Dan Sorrell (14) Breast				
	Dan Sorrell (14) Free			Mens 4x100 free	

Good Luck Everyone for Block C

The Intro/Junior squads would like to welcome

**Greg Oxlade
Samuel Worsfold
Emma Harley
Charlotte Haley
Edward Keeler
Henry Broomfield**

and from Riverside :

**Eleana Candler
Jasmin Tolver
Hannah Watson
Mackenzie Maberley
Harry Dodd**

Intro Squad

Don't forget your chance to win the most improved swimmer which takes place on the 1st Sunday of every month.

Welcome to the new swimmers who have joined the club, we look forward to seeing you and hearing about your achievements.

Life Saving

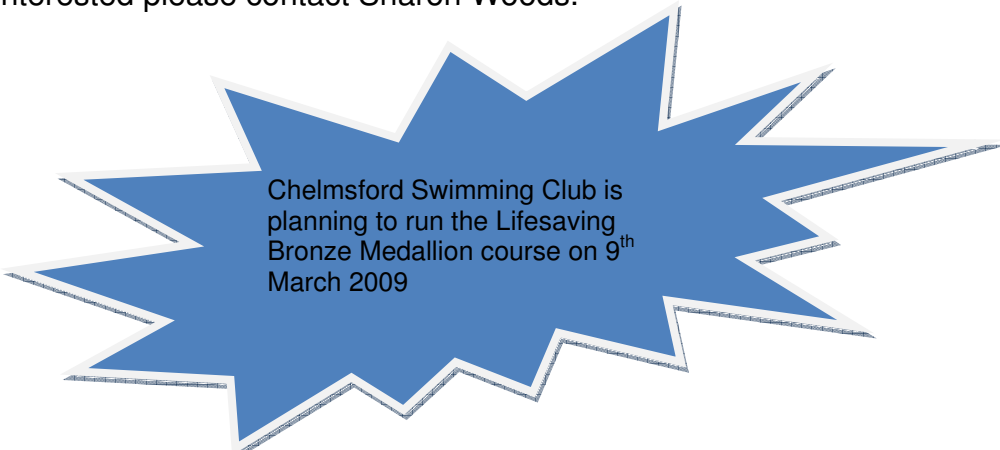
Fancy being able to rescue a drowning person, wondered what you would do if your friend collapsed?

We will be running a Royal Life Saving Society, Bronze Medallion Course, starting on Monday, 9th March 2009 and every Monday, except bank holidays, until 18th May 2009.

The course will be at Riverside Pool from 8.00 to 9.30 pm each night.

This course is a good stepping stone for the Pool Lifeguard Course.

If you are interested please contact Sharon Woods.



Chelmsford Swimming Club is planning to run the Lifesaving Bronze Medallion course on 9th March 2009

By undertaking the Bronze medallion (pre age 14yrs at time of exam) you will not only qualify with a knowledge in water based Lifesaving but also undertake a basic first aid course.

Water polo

MARCH

Tuesday 3rd.	Home v Maccabi @ RIVERSIDE	Winter League
Wednesday 11th.	Away v Blue Marlin @ Walton on Thames	Winter League
Tuesday 17th.	Home v Harlow @ RIVERSIDE	Eastern League
Sunday 22nd.	Away v Basildon @ Gloucester Park	Eastern League
Friday 27th.	Away v Harlow @ Hatfield	Eastern League
Tuesday 31st.	Home v Ipswich @ RIVERSIDE	Eastern League

The Waterpolo section are looking for confident swimmers from the age of 12 to come and join us on a Tuesday night at Riverside from 8pm-9pm. If you are an ex swimmer who no longer has the desire to swim train but want to keep fit and active then we are the sport for you. Please contact Michael Bowerfield through the club website for more details.

Synchronised Swimming

Our club competition was held in December at the Girls High school pool. Eleven of our members entered and the results are as follows:

Novice figures

1st Claire White
2nd Georgina Salmons
3rd Megan Brett

Championship figures

1st Laura Frostick
2nd Lucy Bird
3rd Emily Bird

Novice routines

1st Claire White
2nd Georgina Salmons
3rd Mollie Brett

Advanced routines

1st Laura Frostick
2nd Lucy Bird
3rd Emily Bird

The girls are now working hard for their gradings, there will be a test evening in February at Clacton.

The newer girls have been tested for their preliminary awards with all girls passing an award. Yvonne.

If anyone is interested in trying synchro, please come along on a Tuesday at 6.05pm!

THANK YOU TO ALL OF YOU WHO CONTRIBUTED TO THIS ADDITION

If you have any other contributions for the newsletter, please don't hesitate to contact Kerry - email address Duffys@madasafish.com

Handy Fixture List 2009

Please keep dates free in your diaries for the following events.

MONTH	DATE	EVENT	VENUE	WARM UP	START
2009					
FEBRUARY	14/15 th	Block B Essex Championships	Waltham Forest		
MARCH	7/8 th	Block C Essex Championships	Braintree		
	14 th	Club Presentation	CHELMER VALLEY		
	21 st Note the change of date from 28th	Essex Swim Round 4	Loughton	tba	
	28/29	Block D Essex Championships	Blackshots		
APRIL	4 th /5 th	Bracknell and Wokingham Long course open Meet	Aldershot garrison sports centre		
	18 th /19 th	CRAWLEY LEVEL 1			
MAY	2/3 and 4th		East Region Youth Championships		
	16th		800/1500 London Region Long course qualifier at Crystal Palace.		
	23rd		Colchester Open		
JUNE	6/7 th		East Region Bagcats		
	13/14 th		East Region Bagcats		
JULY	22 - 26th		National Age Groups		
	28 th - 2 nd August		National Youth		
October	10 th		National league Round 1 (speedo)		
November	14 th		National league Round 2 (speedo)		
December	12 th		National league Round 3 (speedo)		