



[www.chelmsfordswimmingclub.org.uk](http://www.chelmsfordswimmingclub.org.uk)

## NEWSLETTER JULY 2008

Welcome to the latest newsletter for Chelmsford Swimming Club.

### Squad



#### SQUAD MEETING - 18<sup>TH</sup> JULY - 8.00 - 9.00pm PREP SCHOOL HALL

Alan will be holding a meeting for all swimmers & parents to explain the changes that he will be making in September. Please try to make the meeting so you can hear how the new training programme will be implemented & what will be expected from the swimmers.

#### NEW CLUB SECRETARY REQUIRED

Juliet Ashton would like to announce her resignation as secretary as of the November 2008 AGM after 5 years in the job. Juliet feels it is now time to hand it over to a new keen and willing parent. If anyone is interested they will need to look out for the nomination form which will be issued before the AGM or speak to Juliet to find out more information. Juliet will give the next secretary a full handover and will be on hand should any queries arise.

#### SUMMER TRAINING

Normal training finishes on Wednesday 23<sup>rd</sup> July. Summer training sessions will be Monday, Wednesday & Friday evenings only. (No mornings, No Sundays, No Tuesday)

**No training Bank Holiday Monday (25<sup>th</sup> August).**

The new full training sessions will recommence on Monday 1<sup>st</sup> September 2008.

#### NOTE TO ALL PARENTS & SWIMMERS

Please remember if a swimmer gets out from a training session early due to illness, injury or if they are asked to leave the session by the coach! They must come & sit on poolside & wait till the end of the session or for their parents to collect them. Swimmers who get out before the training session has ended are still the responsibility of the club & must not go & sit outside in the foyer or play ball games outside the sports hall. Please can all parents be aware of this as we will be very tough on this from September.

#### LAND TRAINING

The new Land training sessions held on Friday evenings have been a great success. Simon has worked hard to make the sessions fun as well as beneficial. Over 40 senior squad members have been attending regularly & the sessions will be continuing in September.

They will start at 5.50pm to 6.50pm which will give the swimmers time to change & be on poolside by 7.00pm. The last session this term will be Friday 18<sup>th</sup> July & the new term will restart on Friday 5<sup>th</sup> September.

There will be a termly payment of £30 (15 weeks) - last session Friday 19<sup>th</sup> December. (none on Friday 5<sup>th</sup> Dec - club champs) Please make payments to CSSC & give to Paulene Sorrell before 5<sup>th</sup> Sept.

There will no longer be an opportunity to pay weekly. Any one who wants to attend the sessions must pay for the whole term.

### CLUB CHAMPIONSHIPS 2008

We are changing the format of the club championships slightly & will be holding some of the distance events during evening sessions instead of mornings. The main weekend of the competition will be Fri 5<sup>th</sup>, Sat 6<sup>th</sup> & Sun 7<sup>th</sup> Mon 8<sup>th</sup> December 2008. Please keep this weekend free. Alan expects all senior squad swimmers (aged 12yrs+) to enter all events except the 200m Fly & 1500m freestyle (these are optional). This years club championships will be licensed by the ASA, which will give all swimmers competing an opportunity to gain their County qualifying times.

### OPEN GALAS

Alan, Wendy & Robin will be co-ordinating which opens the club will enter next year. Alan will be programming open meets into the annual training programme & will expect all senior squad swimmers to enter the meets he selects. Please do not enter your child for an open meet that is not on the squads schedule. Wendy & Robin will make sure there are enough open meets for the Junior squad swimmers throughout the year.

### NATIONAL SWIMMING LEAGUE & ESSEX LEAGUE GALAS

Please see the Fixtures list (back page) for dates of next year's competitions. Please put these dates on your calendars. Coaches will be selecting the relevant teams & will put them on the notice board ASAP. If selected, all swimmers will be expected to compete. There will no longer be a tick box situation to indicate you are available. If a swimmer is selected to represent the club they will be expected to swim. If they find they are unable to attend they must speak to Alan personally to explain their reason.

### SWIMMING FEES

Quite a few standing orders have not been amended to reflect the increase in fees from the 1st April. The fees for the Junior/Intro squads are £40.00 per month and for the senior squad are £44.50 per month. If you haven't already done so, could you please amend your standing order. Many thanks.

### PAYMENTS

Just a reminder that all payments regarding swimming fees, ASA and Membership fees, balances on statements etc should come to me please. Only competition entry payments should go to Helen Jones.

*Many Thanks Sharon Woods*  
*Eastern Region Championships*

*Well done to all those who took part in the ASA Youth and BAGCAT East Region swimming championships. I was extremely pleased with the standard of swimming and the effort you all put in. This showed in the number of excellent performances I saw.*

*Alan Mitchell*

Position In Bagcat	Name		100	Form	Medley	Free	Total	Medals
11	Courtney SANDERS	Chelmsford	528	493		472	1493	Silver, Bronze, Bronze
10	Augustus VEASEY	Chelmsford	397	441	408	314	1560	Gold, Silver, Bronze
26	Eliza DUFFY	Chelmsford	584		520	559	1663	
29	James WINTER	Chelmsford		453		501	954	
18	Alana JONES	Chelmsford	597	582		589	1768	
8	Daniel SORRELL	Chelmsford	568	517	593	659	2337	Bronze, Bronze, Bronze
36	Ben ASHTON	Chelmsford	551				551	

Place	Club	Gold	Silver	Bronze	Place	Club	Gold	Silver	Bronze
1	teamipswich	24	16	12	18	Co St. Albans		2	2
2	St Felix Sch	21	10	17	19	Modernians		2	1
3	Mid Beds	17	1	2	20	Hertsmere		2	
4	UEA Co Norwich	11	23	15	20	West Suffolk		2	
5	Thurrock	9	17	17	22	Dereham		1	2
6	Co Peterborough	8	15	17	23	Bo Southend		1	1
7	Runnymede	7	3	4	24	Mildenhall		1	
8	Berkhamstead	5	5		24	Braintree		1	
9	Hatfield	4	6	5	26	Phoenix Bas			3
10	Bishops Stortford	3		2	27	Thetford			2
11	Clacton on Sea	2			28	Basildon			1
12	Chelmsford	1	2	6	28	Brentwood			1
13	Stevenage	1	2	2	28	Cheshunt			1
14	Hemel Hempstead	1	2		28	Harpenden			1
15	Kings Lynn	1	1		28	Hitchin			1
15	Lowerstoft & OB	1	1		28	Rochford			1
15	Southend	1	1						

Well done to Dean Woodcock and Dan Sorrell for achieving their National Times and who will now go forward and represent our club at the National championships in Sheffield. (24<sup>th</sup> July - 1<sup>st</sup> August) *Good Luck Boys!*

# The senior squad would like to welcome

Jessica Carron  
Justine Carron  
Kaz Melvin

# The Intro & Junior squads would like to welcome

Gemma Cotton  
Joseph Edwards  
Conor McCaffrey  
Naki Osmond

Matthew Nibloe  
Alice Greenwood  
Bethany Harrington  
Sebastian Pappararo

Gabriel Summers  
Daniel Cotton  
Eloise Clackson

## Intro Squad

Don't forget your chance to win the most improved swimmer which takes place on the 1<sup>st</sup> 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:



## WEST SUFFOLK OPEN MEET

James Winter, Bethany Lodge and Emily Woods went to the West Suffolk Open Meet this month. James and Emily got Eastern County times on their races.

	PLACING	AGE GROUP	TIME
<u>200m FREESTYLE</u>			
Emily Woods	2 <sup>nd</sup>	9/10 yrs	2.45.78
James Winter	1 <sup>st</sup>	12 years	2.22.61
<u>200m BACKSTROKE</u>			
Bethany Lodge	4 <sup>th</sup>	12 years	2.45.30
<u>100m BACKSTROKE</u>			
Bethany Lodge	4 <sup>th</sup>	12 years	1.17.91
James Winter	5 <sup>th</sup>	12 years	1.18.86
<u>50m BACKSTROKE</u>			
Bethany Lodge	1 <sup>st</sup>	12 years	36.39

## COLCHESTER OPEN MEET 24 th MAY 2008

### 50m FREESTYLE

9/10	1 <sup>st</sup>	Courtney Sanders	32.37
	3 <sup>rd</sup>	Emily Woods	35.12
	6 <sup>th</sup>	Eleanor McCaffrey	36.23
9/10	1 <sup>st</sup>	Ben Neale	33.51

### 50m BACKSTROKE

9/10	1 <sup>st</sup>	Courtney Sanders	38.11
	2 <sup>nd</sup>	Emily Woods	40.51
9/10	1 <sup>st</sup>	Ben Neale	39.16
	5 <sup>th</sup>	Daniel Paddon	43.15

### 50m BREASTSTROKE

9/10	1 <sup>st</sup>	Courtney Sanders	44.98
	4 <sup>th</sup>	Danica Brazier	48.63
	5 <sup>th</sup>	Ellie Stamp	48.80
12	5 <sup>th</sup>	Arran Rae	45.00

### 50m BUTTERFLY

9/10	1 <sup>st</sup>	Courtney Sanders	37.05
	4 <sup>th</sup>	Eleanor McCaffrey	40.46
	6 <sup>th</sup>	Emily Woods	41.69
9/10	1 <sup>st</sup>	Ben Neale	36.44

### 100m INDIVIDUAL MEDLEY

9/10	1 <sup>st</sup>	Courtney Sanders	1.22.57
	4 <sup>th</sup>	Ellie Stamp	1.28.66
	5 <sup>th</sup>	Eleanor McCaffrey	1.28.90
9/10	2 <sup>nd</sup>	Ben Neale	1.28.20

Other swimmers with PB's were Deanna Haddow, Dani McIntyre, Harriet Norman, Rebecca Smith, Hannah Woods, Nathan Croft, Cameron Haddow, Jack McIntyre, Joe Pitt and Lee Taylor.

Congratulations to Courtney Sanders who won all five races breaking two records in the process in the 50m Freestyle and 100m IM to win the Best Girl award, and to Ben Neale who came 5<sup>th</sup> overall and broke the record in the 50m Freestyle.

## 50 Things all Swimming Coaches Would Love to See ? The Coaches Fantasy World

Wayne Goldsmith and Helen Morris

1. Fins and swim gear with kids names permanently engraved onto them.
2. Self cleaning drink bottles.
3. Water proof stop watches that really are water proof.
4. Lie detectors fitted into kids foreheads.
5. Heart rate monitors which actually take heart rates quickly and accurately.
6. An objective parent.
7. The swimming official who takes young swimmers to one side and calmly and politely talks to them about why they disqualified and how they can improve next time.
8. Goggles which do not come off when swimmers are tired and looking for a reason to stop.
9. A swimming log book which completes itself.
10. A mood detector for the coach to wear to warn swimmers in advance how he / she is feeling.
11. A Dryland program which is exciting and interesting which kids love to do and makes a real, measurable difference to their swimming performances.
12. Lane ropes which automatically put themselves in and out of the pool.
13. Chlorine which smells like fresh flowers.
14. A swimmer who says, "Excuse me coach, but I think we did only did nine two hundreds instead of the full ten in

- the set".
15. A swimmer who asks for a toilet break who actually needs to go to the toilet.
  16. A swimming parent who says, "You're working hard today coach. Is there anything I can do to help you?"
  17. A nutritional supplement which actually delivers what it claims.
  18. A coach from a neighboring club ringing and asking, "One of your swimmers has asked if they could join our program. I wanted to ask you how you felt about it and if it was ok for me to talk to the swimmer about their options but I have asked the swimmer to sit and discuss the matter with you first".
  19. A local swim club administrator asking the coach, "Excuse me coach, I wanted your opinion on how we could provide really innovative, exciting, new competition programs for swimmers".
  20. Kick boards that taste like broccoli so that kids don't chew on them.
  21. Pull bands that never get lost.
  22. Starting blocks that rise out of the end of the pool when you need them and disappear when you don't.
  23. Back stroke flags that repel things thrown over them (like goggles and towels).
  24. Swimmers who bring clean water bottles to training and actually drink all the fluid they contain rather than use the fluid for water fights or squirting at the girls.
  25. Swimmers who take less than 40 minutes to take a shower.
  26. Swimmers who walk in to training at 5:30 am and say, "Good morning coach. I am really excited to be here and can't wait to start training".
  27. Swimmers who get in the water after being asked once.
  28. Self adjusting, unbreakable goggles that never get lost.
  29. Unbreakable swim caps which are self cleaning and self drying.
  30. Swimmers who streamline off every wall, everytime and never have to be reminded to do it.
  31. A parent bringing their child to your program and actually praising their previous coach for their outstanding work.
  32. White board markers which actually work when the board gets wet.
  33. Swim bags which empty themselves and hang themselves up to dry.
  34. Self drying / self cleaning swim towels.
  35. Swimmers who turn up early and ask, "Excuse me coach, would you mind if I did a few extra laps to work on my technique".
  36. Swimmers who stay later and ask the same question.
  37. Swimmers who dress warmly after training - including wearing shoes, socks and a warm hat without being reminded.
  38. A bottomless cup of coffee which stays hot for the first hour of morning training.
  39. Swimmers who listen carefully when the workout is being explained and never ask "What are we doing?"
  40. Coaches from neighbouring programs meeting over coffee and swapping ideas to help each other develop professionally and to exchange information to help the sport improve in their local area.
  41. Deck shoes that keep the coach's feet warm and dry and never get moldy or stinky.
  42. A sun hat with an air conditioner built into it.
  43. A group of parents who come and say, "Hey coach - don't worry that we had a bad meet, we are with you 100% and we believe in your ability to do it better next time".
  44. A swim equipment manufacturer who says, "This product will only improve your swimming if you also work really hard consistently for about six months".
  45. Another coach who says at a meet, "Hey, I noticed your kids were a bit late getting here and have no lane to use for warm up. How about I move my swimmers over a little and you can share with us".
  46. A set of paddles which actually improve stroke technique and strength without changing swimming mechanics.
  47. A set of fins which actually improve kicking speed and leg strength without changing swimming mechanics.
  48. A parent who says, "I am not concerned my child did not win today. I can see the great work you are doing with their technique and skills and in the longer term that is more important than winning today".
  49. Swimmers stretching without being told to and doing all the stretches correctly.
  50. A sports scientist who understands the actual needs and issues faced by an age group swimming coach and who can communicate useable information effectively at that level in language the coach can understand.

## SPOTLIGHT ON:



Name: Courtney Sanders

Age: 10

Live: Chelmsford Lane: 2

Favourite Food: Chocolate Biscuits

Favourite Drink: Lemonade

Pet: I have a mini Lopp Rabbit called Tommy he is 3 years old (He also likes Chocolate biscuits)

Favourite Football Team: Manchester United

Favourite Film: St Trinians

Favourite Singer: Leona Lewis

Other Interests: When I am not swimming I go to Musical Theatre, In December 2006 I appeared in the Aladdin Pantomime at the Civic Theatre with my Dancing School, I recently gave up Ballet, Tap & Modern to allow me to attend more training sessions, I also enjoy running and represent my School in Cross Country and District Sports Track events, I hope to join the Chelmsford Athletics Club when I am 11 in October. I also play the Piano, and played in the Chelmsford Music Festival

Favourite Stroke: I enjoy all strokes but I believe my best stroke is Butterfly

Most Memorable Moment: Winning silver and two bronze medals at the Eastern Regional championships as this was my first year at the Easterns.

How long have you been swimming: I have been swimming since I was 3 years old, I joined the development Squad at Riverside when I was about 7 years old, I joined New Hall in December 2006

Why do I enjoy Swimming: I love the competitive side of swimming and enjoy the training sessions. I think there is a good team spirit we all cheer one and another on. Also I have made some friends which is great.

Favourite Holiday: Thailand

Ambition: My dream is to qualify to enter the Olympics Running or Swimming

**Watch out - You might be next!**

### Masters

#### Chelmsford Masters at Manchester - Results

Name	Age group	event	time	position
<b>Ivan Myall</b>	60-64 years	200m Free	2.31.02	1st
		200m Back	2.50.10	1st
		400m Free	5.25.98	1st
		800m Free	11.43.38	1st
		50m Back	36.98	2nd
		100m Back	1.19.72	2nd
		100m Free	1.07.50	2nd
<b>Derek Gore</b>	65 - 69 years	100m Free	1.19.29	7th
		50m Free	34.32	8th
		200m Free	3.01.49	5th
<b>Nick Hunt</b>	50 - 54 years	200m Breast	3.06.78	7th
		50m Breast	36.68	4th
		100m Breast	1.23.20	5th

# Life Saving



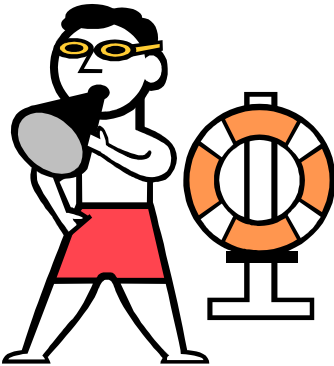
The "Essex Branch RLSS (Royal Lifesaving Society) Trophy Cup, presented by Sir John Ruggles-Brise Bart 1960" was awarded to Chelmsford Lifesaving Club for the highest number of trained lifesaving candidates in Essex in 2007.

The award was presented by the Chairman of the Essex Branch in April this year, at Witham AGM.

In total Chelmsford trained about 20 Bronze Medallion, 4 Awards of Merit and 1 Bronze and Silver Cross (Beach Lifesaving Course at Chalkwell) plus the National Rescue Test for Teachers.

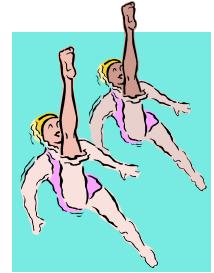


A new life saving course is starting in October 2008 - Bronze Medallion & Award of Merit. If any one is interested in doing a Life Saving course please contact Sue Stewart who has now taken over as secretary for the life saving section of the club. [derek.gore@talk21.com](mailto:derek.gore@talk21.com)

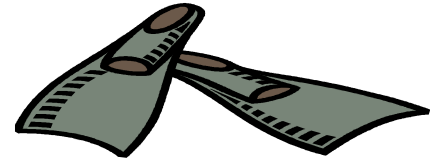


## Synchro

Yvonne would like to thank the supporters club for the Music system, they donated. They have had some great fun with it already. The Synchro club are now practicing hard for the Essex Competition in November. Good Luck



## Equipment



### Supporters Club News.

We have ordered some new CSC polo shirts. They will cost £10 each in sizes 12/13, small, medium, large, XLarge. Please see Paulene if you would like one.

We are considering getting the squad hats with their name on for next season. The cost will be £5 each. Please let Paulene Sorrell know if you think it is a good idea & if you would like to order one.

The supporters club have purchased a new software programme – Hytek Team manager & Meet manager. Helen Jones is in the process of inputting everyone's times which will then enable the coaches easy access to swimmers times/ages/ etc. It will be used for club championships & should make Helens job a lot easier. The programme can import qualifying times for competitions & will automatically select swimmers who have the relevant entry times.

*Please see the notice board for equipment order forms, complete and send to Paulene Sorrell.  
For the Riverside sections order forms can be given to Robin or Norma who will pass them onto Paulene.*

**PLEASE REMEMBER ALL THE VOLUNTEERS WHO HELP KEEP THE CLUB RUNNING & DEDICATE A LOT OF THEIR TIME TO SUPPORT THE CLUB.**

**WITHOUT THESE VOLUNTEERS THE CLUB WOULD NOT EXIST.**

**Please show appreciation & respect to all the people who are involved with the running of Chelmsford Swimming Club.**

### Special thanks goes to:

**Sharon Woods** - who does a fantastic job with all the membership & ASA registrations  
**Helen Jones** - who has also done a great job with all the entries for all the competitions this year & is keeping all the swimmers times updated on the new Hytek database.

**Juliet Ashton** - who has kept everything running so smoothly as secretary over the past 5 years. Hours of her time have been dedicated to the swimming club.

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](mailto:Duffys@madasafish.com)

# Handy Fixture List 08/09

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

MONTH	DATE	EVENT	VENUE	WARM UP	START
JULY	6 <sup>th</sup>	Braintree	Charter Way, Braintree CM77 8YG		
	12/13 <sup>th</sup> July	Ipswich open			
	24/25/26/27 <sup>th</sup>	BAGCAT NATIONALS	PONDS FORD SHEFFIELD		
JULY/AUG	29 <sup>th</sup> /3 <sup>rd</sup>	YOUTH NATIONALS	PONDS FORD SHEFFIELD		
SEPTEMBER	20 <sup>th</sup>	Essex Swim League Rd 1	Fullwell Cross	6:00	6:30
	20 <sup>th</sup>	Young Age group gala	Braintree		
OCTOBER	11 <sup>th</sup>	NATIONAL LEAGUE Rd 1	Braintree swimming Centre	6:00	6:30
NOVEMBER	8 <sup>th</sup>	NATIONAL LEAGUE Rd 2	Summerfields LC, Hastings	6:00	6:30
	15 <sup>th</sup>	<i>Essex Swim League Round 2</i>	<i>Provisional</i>		
	18 <sup>th</sup> /25 <sup>th</sup>	Club Champs	400IM & 400M Free	6.00	8.00
	29 <sup>th</sup> /30 <sup>th</sup>	Essex Senior/Junior Championships	Braintree swimming Centre (Relays 9/10 & 11/12)		
DECEMBER	5 <sup>th</sup> /6 <sup>th</sup> /7 <sup>th</sup> /8 <sup>th</sup>	Club Champs	New Hall Pool		
	13 <sup>th</sup>	NATIONAL LEAGUE Rd3	TBA		
	10 <sup>th</sup> /17 <sup>th</sup>	Club Champs	800M & 1500M Freestyle	7.00	9.00
<b>2009</b>					
JANUARY	10 <sup>th</sup>	<i>Essex Swim League Round 3</i>	<i>Provisional</i>		
MARCH	29 <sup>th</sup>	<i>Essex Swim Rd 4</i>	<i>Provisional</i>		