



June 2009 Number 9

Life Saving

The following candidates passed their Life Saving Bronze Medallion Awards recently:

Ashton Reed
Rosie-Ellen Green
Abigail Williamson
James Pearce
Alicia Page
Emily Wilding
Aaron Watson

Congratulations to them all. We hope they will go on to take the next award, the Award of Merit.

The Life Saving section is very busy now for a few weeks, with 16 teachers and club helpers taking their National Rescue Award for Swimming Teachers and Coaches. The exam will take place on July 6th.

In the Autumn term, the section will be running a new Bronze Medallion Course. Prospective candidates should be 13+ and be able to swim 100 metres in under 3 minutes. Early application is advisable.

New Membership Secretary

Wendy Stamp has kindly volunteered to take on the responsibilities of the role of membership secretary.

The Club would like to extend their thanks to Sharon Woods for all her work in this role.

Speed on campus

We have been asked to ensure our club members observe the speed limit, **at all times**, on the New Hall campus. The speed limit is 15 mph. There will shortly be cameras on site. Please do not let it be us at fault

Eastern Region Medal Bonanza

Well done to all the swimmers who took part in the recent Eastern Region Championships. We had a great haul of medals. They went to:
Danica Brazier, Eliza Duffy, Alana Jones, Courtney Sanders, Dan Sorrell, Gus Veasey, Dean Woodcock



Jack Petchey

This was awarded in March to James Slater, water polo section for all his voluntary work with the Junior team. In April, the award went to Edward Keeler for his support and encouragement to younger members of the team at recent National Junior league galas. The fund has enabled us to buy two new resuscitation dummies for the life saving section which we desperately needed.

Thanks

We would like to say thank you to all those who helped cover Alan's recent absence: Robin Springett, Karen Turner, Bob Snow, Dawn Bracken, Sue Winter, Soz, Alex Fisher, Alex Lines, Jack Ashton.

Mid Essex Schools Gala

The schools gala at Riverside was a great success. Thank you to all our volunteers, you did a great job. Special thanks Jo and Kerry for their input.

National Championships

Congratulations to Alana Jones, who achieved a national time for her 200M Back Stroke. This brings our total number of Junior members going to the Nationals in July to six.



Junior National League

Don't forget the 28th June is the last gala for the National Junior National league. We really want to turn out a good team to enable CSC to win and move up a division. Please check notice board for details.