



www.chelmsfordswimmingclub.org.uk



NEWSLETTER

Happy New Year to you all. I hope you had a great Christmas and now are all geared up for the year ahead. Keep your contributions coming in.

Committee news:

It is with great pleasure that we announce, after four months of interviewing, we have selected a new head coach for the club. Alan Mitchell currently head coach of Harlow Penguins will be taking up the position on the 17th March to cover Robins holiday, this is two weeks ahead of his planned date the 1st of April. He is very excited at the prospect of joining us and looks forward to carry on the great work that Robin and the coaches have achieved over the years and moving the club forward. Alan intends to have a meeting with all the swimmers and parents once he has settled into his new position. Please bear with us during this transition and be supportive of the club and coaches. Robin wishes to stay on as assistant coach and work with Alan for the foreseeable future, which we are really grateful for.

Please can we remind parents of the Parent Code of Conduct on the notice board and website and ask that parents do not interrupt or speak to the coaches during the training session.

The school have requested that we move our Tuesday evening session from 4.30pm as they require the pool. We have managed to negotiate a 2 hour session to run from 6.00 - 8.00pm.

We will inform you when the change will take effect. Morning session will finish at 7.15 and not 7.30, all swimmers are encouraged to not leave the pool before 7am.

Swimmers safety:

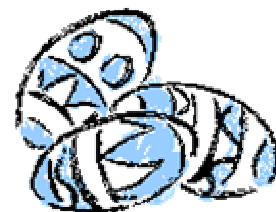
There have been a few incidences recently where swimmers are getting out early from the session. If a swimmer decides to get out or is asked to leave before the end of the session, they must telephone their parents to collect them ASAP & will have to come and sit on poolside. We can not be responsible for any swimmers outside of the pool. The reception area is not a hang out for swimmers. Please do not drop children off until 15 minutes before their session is due to start. There are too many children in the reception area unsupervised and uninsured. If younger siblings are waiting for brothers/sisters to swim, please sit on poolside with parents as soon as they are changed. The Coaches are only responsible for the swimmers in the pool.

Land training:

Work is currently under way to set up a land training session on Friday evening from 6 - 7pm for the squad. We have a qualified land training coach, Simon Mennell who has coached for the club in the past, willing to take the session and New Hall are in the process of confirming the booking of the sports hall. If any parent is keen to help with the running of this session please make themselves known to a committee member. The cost will be £2 a week to be paid half termly. All squad swimmers are welcome and good behaviour will be expected. More details to follow soon.

Easter training times:

Please keep a look out on the notice board for the Easter training times.



CHELMSFORD HOSTING GALA

Any contributions for raffle prizes would be greatly appreciated. Proceeds will go towards club funds. Please see Mrs Hall (Lucy's mum), for gala at Rochford on March 1st.

Make sure you check out the website: www.freewebs.com/chelmsfordswimmingclub/



The senior squad would like to welcome

Liam Ford
Emma Keenes
Jack Pickering
Arran Rae
Emily Woods
Deanna Haddow

and to the return of Perry King and Hannah Woods

The Intro squad would like to welcome

Danica Brazier
Lucy Gardner
Zowie King
Evie Moir-Smith
Harry Morgan
Natasha Tann

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

Intro Squad

Well done to all those swimmers who have participated in our most improved swimmer on the first Sunday every month. For those of you that haven't taken part, try and come along to see how much you have improved. You never know you could be the next swimmer to win the Alexandra Burt Memorial Trophy for a month !

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

For 2008 we are going to get the club champs licensed by ASA so all your times achieved will be eligible for the Essex championships. Essex are changing their criteria and all entry times must have been achieved at a licensed meet. We will need Judge Level 1 officials please see the notice board for more information.

Top Swimming Tips !

BAGCAT (British Age Group Category)

You have probably heard people talk about BAGCATs ie ESSEX BAGCATs.

The BAGCATs stand for the British Age Group Categories, which introduce a points system to measure and compare swimmers' performance. The latest thinking is that swimmers at an early stage of their development should compete to win an overall category award rather than specialising in a particular event. The BAGCATs therefore define four different categories, sprint, form, distance and medley. The BAG Points are calculated from a set of age-related tables for each of the above categories as follows:

- Sprints - all 50's
- Form - 200's in back, breast, fly
- Medley - 100, 200, 400 IM
- Free/Distance - 200, 400, 800m free
- 100's - best 100 (older ages only)

BAGCAT points are awarded for each event you finished in (and not disqualified). The faster you go, the more points you achieve. A formula using your age is then used to calculate your points. Therefore, if you have a faster time in a heat, you will be awarded these points and not the points you achieved in the final (as these will be less). Your highest points in each category are taken to provide your final BAGCAT points for the event.



SPOTLIGHT ON:



Name: Lucy Beard

Age: 16

School: Moulsham

Live in: Chelmsford

Favourite Football Team: I don't really support a football team but if I was to pick one it would be, Man U.

Favourite Food: Maltesers. I love them.

Favourite Stroke: Front crawl, it's the only one I can really do that well.

Most embarrassing Moment: I can't think of any right now, there have probably been so many. One that comes to mind though was last week, walking into assembly in front of the whole of my year and I fell over a chair. I was late as well, just made it a whole lot worse.

Favourite film or TV programme: I love Friends. I think it's really funny and you can never watch it too many times, even the same one over and over again still makes me laugh. My favourite film at the moment would have to be anchorman.

Favourite song or band: There's too many to mention, but if I had to pick just one, it would have to be the classic. Robbie Williams- Angels.

Why do you like swimming? I like swimming because I love all of the people there and like spending time with them all. It also allows me to release all the stress from school and work so I can take out all my anger on the water.

What else do you do? When I'm not at school or swimming I like to go out with friends from school and swimming. I like to go shopping and I also play netball.

What I want to be when I grow up!!! NICE! No really, it changes every other week, depending on my different mood, but at the moment, I'd quite like to be a physiotherapist. It's just hard work!



Hi, my name is Liam ford. I live in Danbury and I am 11 years old. I have been swimming since I was 3. I started at Chelmsford Swimming Club when I was 9. I have an Essex time for 50M frontcrawl which is 33.76.

When I was 6 I started winning galas for my old swimming club, Romford. I also play the guitar and I am on the waiting list for boxing. I used to play football for my local missionary centre.

RESULTS for Speedo League and Essex swimming League

Check your times from the events at the website.

Speedo League Division 1 (East Region)

Final position after round 3.

	CLUB	R3 Gala Points	R3 League Points	Bonus Points	R2League Points	Final League Points	Final League Pos'n
0 1	BH&HH 'A'	212	12	24	11	47	1
0 2	Sevenoaks	209	10	24	12	46	2
0 3	Chelmsford	199	8	24	12	44	3
0 4	East Grinstead	163	6	24	10	40	4
0 5	Hastings Seagulls	136	4	24	9	37	5
0 6	Woking	129	2	24	9	35	6
0 7	Croydon Amphibians 'A'	228	12	12	9	33	7
0 8	Orpington Ojays	181	10	12	7.5	29.5	8
0 9	Erith & District 'A'	166	8	12	6.5	26.5	9
1 0	Southend on Sea	166	6	12	5.5	23.5	10

1 1	1066 Swimmers	164	4	12	6.5	22.5	11
1 2	Atlantis	144	2	12	7.5	21.5	12
1 3	Epsom	236	12		3	15	13
1 4	Dover Lifeguards	217	9		3.5	12.5	14
1 5	Bromley	216	7		2	9	15
1 6	Whitedarts	171	5		4	9	16
1 7	Ashford Town	148	2		2	4	17

Essex League Division 1

Please be aware that the final gala in the Essex league is on April 5th which is in the middle of the Spring holidays. A team sheet will be going up very soon, please let Wendy or Robin know if you are not able to make that date.

Round 1 Position

1st Romford (227 points)

4th Rochford (121 points)

2nd **Chelmsford (132 points)**

5th Runnymede (118 points)

3rd Phoenix (123 points)

Round 2 Final Position

1st Romford (195 points)

4th Phoenix (111 points)

2nd Runnymede (170 points)

5th Rochford (98 points)

3rd **Chelmsford (152 points)**

Position after Round 2

1st - Romford 'A' - 10pts

2nd - Chelmsford - 7pts

3rd - Runnymede - 5pts

4th - Phoenix - 5pts

5th - Rochford - 3pts

The next round of this four gala competition is on 1st March at Rochford pool.

Junior Speedo League

It was mentioned in the last newsletter about us joining the Junior Speedo League. The League's intention was to extend the amount of teams taking part for 2008 as they had several on their waiting list but unfortunately due to two teams dropping out and some on the waiting list not wishing to participate, they were unable to do this and we have therefore not been able to get in for this year.

We have however put our name down for some galas to be held at Braintree this year (in the new pool!), which consist of Young Age and B Team Galas, as well as some Open meets. Details will be posted on the notice board nearer the time of each event.

2007 ESSEX COUNTY CHAMPIONSHIPS AND SPECIAL RELAYS WEEKEND

Well done to all the swimmers who participated over the weekend of the 24th and 25th November and Congratulations to the following medal winners :

1st	Girls 9/10 yrs 200m Freestyle Relay	Eliza Duffy, Nicole McKechnie, Courtney Sanders & Emily Woods
2nd	Mens Open 200m Backstroke	Tom Gilbert
3rd	Girls 9/10 yrs 200m Medley Relay	Eliza Duffy, Nicole McKechnie, Courtney Sanders & Emily Woods
3rd	Boys 9/10yrs 200m Medley Relay	Ben Neale , Toby Pemberton, Jack Pickering & Brandan Ridd
3rd	Mens Open 200m Breaststroke	Dean Woodcock
3rd	Mens Open 200m Freestyle	Dean Woodcock
5th	Boys 9/10yrs 200m Freestyle Relay	Ben Neale, Toby Pemberton, Jack Pickering & Ian Woodcock
6th	Boys 11/12 yrs 200m Freestyle Relay	Liam Ford, Matthew Knowles, George Pitt & James Winter

Good luck to all swimmers taking part in the Essex Championships during February and March.

SOUTH WOODHAM FUN GALA

This was a fun gala hosted by Woodham SC with the assistance of Chelmsford Swimming Club and held on Saturday 1st December at South Woodham pool.

Chelmsford had 60 swimmers take part from Riverside (Development Squad and some from Junior Teaching) and the Intro and Junior Squads at New Hall. It was a very enjoyable evening and was great to see so many young swimmers taking part. We hope those of you that had

taken part in a gala for the first time enjoyed yourselves, especially the fun relays at the end !

Thank you to everyone who helped on the evening and to Mike Woods for all his hard work. The evening resulted in a £100 profit for our Club.

CLUB CHAMPIONSHIPS 2007

The Presentation evening for the Club Championships 2007 was held on Saturday 19th January at Chelmer Valley High School.

Well done to everyone who participated in the Championships, including those from Riverside and our Masters sections !

The overall trophy winners were :

GIRLS

	U9	U11	U13	U16
Freestyle	Danica Brazier	Eliza Duffy	Alana Jones	Harriet Pitt
Breaststroke	Danica Brazier	Eliza Duffy	Darcie Imbert	Rachael Knowles
Backstroke	Danica Brazier	Eliza Duffy	Alana Jones	Charlotte Peters
Butterfly	Danica Brazier	Eliza Duffy	Darcie Imbert	Lucy Hall
IM	-	Eliza Duffy	Darcie Imbert	Charlotte Peters/Lucy Hall
Overall Points	Danica Brazier	Eliza Duffy	Darcie Imbert	Lucy Hall

BOYS

	U9	U11	U13	U16
Freestyle	Jack Ford	Ben Neale	James Winter	Dean Woodcock
Breaststroke	Cameron Haddow	Brandan Ridd	Gus Veasey	Dean Woodcock
Backstroke	Jack Ford	Ben Neale	James Winter	Dean Woodcock
Butterfly	Jack Ford	Ben Neale	Matthew Knowles	Dean Woodcock
IM	-	Jack Pickering	Matthew Knowles	Dean Woodcock
Overall Points	Cameron Haddow	Jack Pickering	Matthew Knowles	Dean Woodcock

OPEN

	LADIES	MENS
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100m Freestyle	Harriet Pitt	Dan Hunt
100m Breaststroke	Rachael Knowles	Dean Woodcock
100m Backstroke	Charlotte Peters	Tom Gilbert
100m Butterfly	Alex Fisher	Chris Chenery
200m Freestyle	Alex Fisher	Chris Chenery
200m Breaststroke	Georgina Baxter	Dean Woodcock
200m Backstroke	Harriet Pitt	Tom Gilbert
200m Butterfly	Georgina Baxter	Dean Woodcock
200m IM	Alex Fisher	Ben Sleet
400m IM	Alex Fisher	Ben Sleet
400m Freestyle	Harriet Pitt	Chris Chenery
800m Freestyle	Harriet Pitt	Chris Chenery
1500m Freestyle	Lucy Hall	Dean Woodcock
Overall Points	Alex Fisher	Dean Woodcock

The most improved swimmer trophy went to Ben Neale

The most improved swimmer trophy went to Amy Byford

The Squad swimmer trophy went to Jack Ashton

The Club Member - Major Contributor trophy went to Wendy Briggs



ESSEX CHAMPIONSHIPS 26/27 JANUARY 2008

Detailed below are the finalists from Block A of the Essex Championships. B, C and D still to come!

FINALISTS

50m FREESTYLE

POS. SWIMMER TIME AGE CATEGORY

6th	Dan Hunt	27.59	16 years and over
3rd	Dean Woodcock	26.62	15 years
2nd	Jonathan Lines	27.08	14 years
3rd	Dan Sorrell	28.35	13 years
3rd	James Winter	31.19	11 years
1st	Amy Byford	29.15	13 years
2nd	Eliza Duffy	32.46	10 years
6th	Courtney Sanders	34.21	10 years
2nd	Emily Woods	36.03	9 years

50m BREASTSTROKE

5th	Dean Woodcock	33.99	15 years
4th	Gus Veasey	42.36	11 years
1st	Evie Fisher	38.49	13 years
5th	Courtney Sanders	46.38	10 years
5th	Emily Woods	49.16	9 years

50m BUTTERFLY

5th	Jonathan Lines	30.90	14 years
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50m BACKSTROKE

4th	Dean Woodcock	30.85	15 years
2nd	Ben Ashton	31.96	13 years
4th	Dan Sorrell	33.38	13 years
6th	Charlotte Peters	34.24	14 years
1st	Eliza Duffy	35.81	10 years

RELAYS

2nd	Mens Open 4 x 100m Freestyle Relay
4th	Mens Open 4 x 200m Freestyle Relay
6th	Boys 16 years and under 4 x 50m Medley
6th	Boys 16 years and under 4 x 50m Freestyle
3rd	Girls 16 years and under 4 x 50m Freestyle Relay Amy Byford, Charlotte Peters, Harriet

Pitt & Lucy Hall
5th Womens Open 4 x 200m Freestyle Relay

Triathlon

The final sum raised was £3200. A defibrillator is being ordered and training will be provided to all the Lifeguards & Coaches on how to use it. Hopefully we should have a date soon.

Additionally, the supporters club have enabled us to purchase 6 good quality stop watches for club champs, time trials and galas, a high tech computer software to record personal best time and a special sound system for the Synchro section.

Life Saving



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

Chelmsford Swimming Club is planning to run the Lifesaving 1,2, & 3 course in May, and then a Bronze Medallion course in September 2008.

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. If you are aged 9yrs and fancy the above, there is a pre-lifesaving course to the Bronze Medallion, they are Lifesaving 1,2,3 Awards which you could take to teach you the basics and then you can train for the Bronze Medallion once you have turned 13years old.

If you are interested then please contact me, Sarah Scotchmer on 07960 796516 to discuss this further.



Synchro

Synchro News

2007 was a very good year for the Synchro section. In the Essex Competition, we gained 3 gold and 3 silver medals. We also held our club competition in December, Laura Frostick won the championship and Lucy Bird was runner up.

We have been lucky enough to have a new sound system very kindly donated by the supporters club, its great to have equipment that work properly!!! We are very grateful and would like to thank them very much.

We have lost some of the older girls due to pressure of school work, but we are pleased to have been joined by five new girls on a Tuesday evening.

We are now looking forward to 2008, we already have a competition in February (Middlesex) and we have just been invited to enter the novice section of Clacton synchro in March.

We have now got to grips with the new ASA synchro awards and the girls are working hard to gain their next target.

Yvonne Smith

P.S Anyway interested in having a try at synchro is welcome to come along on a Tuesday evening at 6:15 in the diving pit.

Junior Teaching and Development

Development Squad:

The Development Squad have their first Essex Mini League gala on Saturday 8th March hosted by Hornchurch Swimming Club at the Harrow Lodge Swimming Pool. The team (swimmers to be notified) will meet at the pool at 6.30pm for a warm up (6.45pm) Gala starts at 7.15pm. The pool is the same length as Riverside, so all the relays and most races are over one length. The Open age group and 13 and under will be racing over two lengths.

Our other galas this year are 14th June at Hornchurch, 12th July at Rochford, 11th October which is our home gala and the postponed gala at Colchester date to be announced.

Junior Teaching:

The teaching classes will be holding their next Distance Badge Evening on Tuesday 18th March enabling children to attempt distances of 25 metres through to 2,00 metres (swum in reasonable style using a mixture of strokes) Entry forms available from the desk. The previous week (Tuesday 11th March) will be for testing distances up to 20 metres in the Learner pool.

The children in the Teaching Classes are working towards the ASA National Swim Awards Levels One through to Twelve that are tested on a continuous assessment basis throughout the quarter. Successful children are moved up a group ready to begin the next quarter. As numbers continue to increase we are looking to recruit some more teachers, if anyone knows or is a swimming teacher and would like to join the team please speak to Jo Doubleday. We have recently had to say goodbye to Mike Woods who has had to resign from the poolside due to ill health. We wish him a speedy recovery and thank him for his help with the Classes and Development Squad.

UKCC level 1 aquatics teaching course

At: Runneymede swimming club
Course dates: Saturday 26th to Wednesday 30th July
Course costs: £370, we are looking into getting grants towards course costs.
Requirements: Must be 16 years old.
See notice board for booking forms, book early to secure a place.

Water polo

FIXTURE LIST - JANUARY TO MARCH 2008

All games start 9.00 unless otherwise stated.

JANUARY	Fri	4th	E	Away	v	IPSWICH	Ipswich	8.30pm
	Tue	8th	W	Home	v	HARLOW	Riverside	
	Tue	15th	W	Away	v	ENFIELD EASTERN	Highgate Sch.	
	Tue	22nd	W	Home	v	OTTER	Riverside	
	Thr	24th	E	Away	v	CLACTON	Clacton L.C.	9.30pm
	Tue	29th	W	Home	v	MACCABI EASTERN	Riverside	
FEBRUARY	Mon	4th	Cup	Away	v	OTTER	Romford Rd.	
	Tue	5th	E	Home	v	IPSWICH	Riverside	
	Mon	11th	E	Away	v	HARLOW	Hatfield	
	Sun	17th	E	Away	v	BASILDON	Gloucester Park	6.00pm
	Tue	19th	W	Home	v	BEXLEY	Riverside	
	Sun	24th	W	Away	v	MACCABI	Gurnell	8.30pm
	Tue	26th	E	Home	v	COLCHESTER	Riverside	
MARCH	Tue	4th	E	Home	v	HARLOW	Riverside	
	Tue	11th	E	Away	v	COLCHESTER	Colchester L.W.	
	Tue	18th	E	Home	v	CLACTON	Riverside	
	Tue	25th	E	Home	v	BASILDON	Riverside	

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