



www.chelmsfordswimmingclub.org.uk

NEWSLETTER November 2008

Everyone at Chelmsford Swimming Club would like to remember Denis Brown who sadly passed away on the 2nd of September, he was the oldest serving member of the club at 83. He had devoted over 40 years to teaching swimming. Over those 40 years he had been involved with almost every section of the club. We will be organising a trophy dedicated to Denis for the Riverside sections of the club.

Swimming Squad



NEWS FROM ALAN

Senior Squad

It's been a great start to the season with the majority of swimmers trying really hard to make regular training and commit to the full squad training programme. Hopefully all squad swimmers are completing their logbooks and monitoring their own training programme. Please remember the logbooks are for your benefit to help you keep a record of your training and achievements.

National Speedo League

I am extremely pleased with the results of the National Speedo League and would like to thank all the swimmers that have taken part in the first two galas. We have won both galas and now enter the third and final round as the top team in the division. If we can win the last gala we will be promoted to the Premiere division which will be very exciting but also very challenging. We are a small club in comparison to some of the others we are competing against but we have still managed to beat them all. We have a very strong team this year and these competitions reflect the hard work everyone is putting into their training. The final round is on Saturday 13th December in Maidstone, Kent. Please can all swimmers selected try their hardest to make it and keep up the good work in training to ensure we give it our best shot.

Club Championships

I am really looking forward to the club championships as it is my first one with Chelmsford. I am looking forward to seeing all the swimmers compete and hopefully achieve some good results. Please remember you are a team and although you will be competing against your friends and team mates it should be a friendly and fun competition. Please be supportive of

all the swimmers taking part and be encouraging not critical. I would like to see some good team spirit as well as some good races. Remember you can only do your best but can not control how well someone else might swim. Parents please try to be positive whatever the result. I am sure every swimmer will try their hardest but not every one can win.

Volunteer coaching staff

I would like to remind parents how important our volunteer coaches are to the running of the club. All the volunteers are essential for the club to function and without them I would not be able to achieve my goals for the club. It is imperative we have good skilled coaches working with the intro and Junior squad swimmers to ensure correct technique and skills are being taught at this vital stage of their training. Also I am only able to coach 30 swimmers on my own so rely on the volunteer coaches and lane helpers to enable me to have over 50 swimmers in the senior squad. May I also take this opportunity to reiterate that I make all the decisions on poolside and have overall control of the swimmers and their training. Any definition of the lanes; change to lane order or to which lanes swimmers are allocated is at my sole discretion. Please remember the volunteer coaches act only on my instruction. If a swimmer has a problem they should refer to me or the volunteer will direct them to me.

I would like to ask parents and swimmers to show respect and appreciation to all the volunteers that help me during training sessions as without them we would not only have to reduce the numbers in the pool but would lose the quality of training the swimmers receive. Please remember the code of conduct for parents and swimmers and try to get along with each other. If there is disharmony amongst parents it doesn't set a good example to the children. Every swimmer is special and important to the club and will be treated equally and fairly. We are all one team and want the best for each and every swimmer in the club.

Essex County Championships 2009

The entries for the first two blocks of the county championships have to be in by 12th December 2008. This gives us a very small window from the end of club champs to get the entries in. Please can I ask every one to keep a check of their times and ensure you get the entry form plus your payment to Helen Jones within the deadline or you will not be entered. The qualifying times will be printed in the club champs programme so you can keep a record of which events you may have qualified for and the schedule of events is on the notice board (24th ,25th January and 14th ,15th February) Please check which events are in those first two blocks. Remember it is age at 29th March 2009. Helen Jones will be sending out the entry forms shortly for you to complete and return to her by Friday 12th December. I would like all swimmers who qualify for the county championships to enter all the events they qualify for. If you are unable to enter you need to come and see me to explain your reasons.

Finally I would like to say how much I am enjoying being head coach of Chelmsford Swimming Club and would like to thank all the parents, swimmers and volunteers for their cooperation and hard work so far this year. We all work together as a team to make Chelmsford Swimming Club the best it can be. Let's keep up the good work and see what we can all achieve in 2009. Set your goals high and try to achieve them.

Alan Mitchell (Head Coach)

MONDAY RIVERSIDE SESSION

For those of you who didn't know, the club has a swimfit session on Monday evening at Riverside from 8-9pm. This session is open to Junior (14+ years) and adult swimmers. It is run by two volunteers with years of swimming experience. The fees are £4 per session for adults and £3.20 for Juniors. In order to break even this section needs more swimmers, so if you want to keep fit or even build stamina for triathlete then come along on a Monday evening. Just come along and ask for Keith or Dean. They look forward to seeing you there.

CLUB PRESENTATION EVENING

The club's presentation evening 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. Trophies are presented to all winners from Club champs as well as special awards for club records achieved this year. Please put the date in your diaries & come along to share a most enjoyable evening both for the swimmers & their parents. More details to follow later.



CLUB CHAMPIONSHIPS 2008

This year's club championships will be licensed by the ASA, which will give all swimmers competing an opportunity to gain their County qualifying times. Please remember there will be no training on nights where the events are taking place. 18th/25th November. 5/6/7/8/10 and 17th December.

ESSEX NATIONAL COUNTY CHAMPIONSHIPS

Alana Jones and Amy Byford were selected to represent Essex at the National County Championships held at Ponds Forge, Sheffield over the weekend of the 18th and 19th October 2008. Competing in Division Two following a demotion last year, Essex clinched a promotion back to Division One for next year taking third place with 442 points. They had been early leaders in the Division, but lost ground to Scotland West in the later events.

Waltham Forest Pool & Track 18/19th October

Well done to all those that took part in the Waltham Forest open. There were some great times achieved and PBs. A mixture of Gold, Silver and Bronze medals were awarded to:

Cameron Haddow, Alex Lines, Jonathan Lines, Eleanor Massey, Jack McIntyre, Jack Pickering, Ellie Stamp, Hannah Woods and some had more than 1!



Petchy Award



Chelmsford Swimming Club is now a proud operator of the Jack Petchey Foundation Gold Achievement Awards Scheme.

Jack, an East End entrepreneur set up a charitable foundation which operates by helping Sports Clubs across London and Essex financially in which young people aged between 11 and 25 participate. It aims to recognise achievement, especially through adversity.

Each month the club will select a winner of the Award for the month, which is aimed at recognising something special in terms of hard work or commitment within the club. It is not necessarily aimed at top performance. Each month the club will ask for nominations from within the club for worthy recipients of the Award. It is up to you as the young people of the club to nominate who you feel should receive the award. Each swimmer can only win the award once, so it is therefore an honour which is earned by peer recognition.

In addition there is a cash sum of £300.00 per month which has to be spent within the club on non standard expenditure such as new equipment, or something out of the ordinary that the club needs. Suggestions for what to spend the money on are expected to come from the young people themselves, so swimmers get your thinking caps on.

The Award is open to all sections of the club where there are swimmers aged under 26 including synchro, water polo, development, etc as well as the competitive swimming squad.

We are currently seeking nominations for our first awards (October & November 2008) so swimmers get nominating.

Important Notice Regarding Qualifying for all Essex Championships

Earlier this year the Essex ASA announced that all qualifying times for both the Essex Swimming Championships (formerly the Essex Senior/Junior Championships), held in November, and the Essex Age Group Championships held between January and March, would have to be obtained at licensed meets levels 1 - 4. However, this week they have made a change to this decision as follows:

1. **With effect from 2009**, for the Essex Swimming Championships – our premier event – entry times will need to be obtained at **Level 1 and 2 Licensed Meets**. To assist Clubs in planning for this, the County will publish qualifying times by no later than the end of March in the year of the competition, but will endeavour to publish earlier.
2. For the Age Group Championships, the requirement to qualify from a licensed meet will be discontinued **immediately**. However, we anticipate that this may cause an oversubscription in the number of entries. Therefore, in the event that it is necessary to restrict entries in some events, priority will be given to swimmers with times obtained at licensed meets in that event and entry times will be amended/removed accordingly. In such regard, **splits will NOT be accepted but conversions WILL be**.

This means that for the age group championships at the beginning of 2009 we will be able to use times achieved in time trials, Essex League, Mini-League, National League galas and any other non-licensed meets attended during the previous year.

The senior squad would like to welcome

Alex Blanco
Katarina Blanco

and the return of
Dan Hunt, Darcie Imbert, Tom Keenes and Gemma Wass

The Intro & Junior squads would like to welcome

and from Riverside :

Owen Thomas
Millie Gillespie
Alexandra Rae
Charlotte Palmer
Olivia Adams
Pippa Graves

Sian Bevan
Georgia Olley
Joshua Card-Gowers
Thomas Hellon
Millie Ratcliff
Holly Thompson
Liam Nicholson
Isabella Collins

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.



Please can you remember to pick up your water bottles when you have finished training, the lifeguards do not want to pick up your rubbish!

National and Essex League

Chelmsford also take part in National and Essex league.

To date as part of the National league 1st division (South East) we have visited Bexley and Hastings and won both galas. This is the point standing.

DIVISION 1 EAST

	R1	R2	TOTAL	LEAGUE	LEAGUE	TOTAL	LEAGUE
CLUB	GALA	GALA	GALA	POINTS	POINTS	LEAGUE	POSITION
	POINTS	POINTS	POINTS	R1	R2	POINTS	
Black Lion 'A'	224	245	469	6	6	12	1=
Chelmsford	172	215	387	6	6	12	1=
Croydon Amphibians 'A'	207.5	245	452.5	5	6	11	3=
Hastings Seagulls	206	186	392	6	5	11	3=
Woking	169	205	374	5	5	10	5
Orpington Ojays 'A'	177.5	212	389.5	4	5	9	6
East Grinstead	186	170	356	4	4	8	7=
Atlantis	141	172	313	4	4	8	7=
Southend on Sea	201	151	352	5	1	6	9=
Redhill & Reigate	159	159	318	3	3	6	9=
Epsom District	143	184	327	1	4	5	11=
Dover Lifeguards	147	163	310	2	3	5	11=
Elmbridge Phoenix	148	156	304	3	2	5	11=
Erith & District 'A'	138	145	283	3	2	5	11=
Bromley	125	140	265	2	2	4	15
1066 Swimmers	149	138.5	287.5	2	1	3	16=
Braintree & Bocking	DNS	144.5	144.5	0	3	3	16=
Ashford Town	137	106	243	1	1	2	18

In the Essex league, one gala has taken place. We are currently lying second behind Romford "A", followed by Waltham Forest, Runnymede, Phoenix and Halsted.

Young Age & Essex Mini League Galas

Well done to all the swimmers who participated in the Young Age Gala at Braintree on the 20th September, where we came 4th out of 6 teams. We had two teams out that evening, one also at the Essex Swimming League.

Congratulations go to all those swimmers who swam in the Essex Mini League on Saturday 11th October. This was our home gala at South Woodham Ferrers. There were 21 1st places, some excellent times, and we managed to come 2nd - only 7 points behind Romford! Final results were Romford 161, Chelmsford 154, Witham Dolphins 140, Clacton on Sea 135 and Canvey Island 87.

A big thank you to all the parents and committee members who assisted in one way or another, behind the scenes, officiating, or on the night. Without your help it would be extremely difficult to run an event like this.

The final Essex Mini League gala of the season was also a great success where we came 1st! Only three teams turned up for this gala which was held at Colchester. It was a close gala and after race number 36 all three teams had 130 points! Final results were Chelmsford 178, Braintree 176 and Colchester 170 points. Congratulations to everyone who participated.

Like the Essex and National Swimming Leagues, if you are selected for the Essex Mini League you will be expected to swim unless you have a prior commitment or are unwell on the day.

Can swimmers in the Intro and Junior Squads please try, where possible, to attend Sunday morning training sessions. All of our time trials take place on a Sunday and it is very difficult to place swimmers in individual races when we do not have any times. If you enter any Open meets, it will also be difficult for you to be seeded if there are no times to enter. You will also be able to see how you are improving.

Last but not least a reminder of poolside etiquette. Please remember when attending galas and open meets that you are representing Chelmsford Swimming Club. Please do not use the showers or changing rooms as a games area and you must always ask the team whip/manager if you need to leave poolside. There were reports of some bad behaviour from a minority of Chelmsford swimmers at the home gala at South Woodham on the 11th October which is not acceptable.

Robin Springett (Development Coach)

Congratulations to Emily Woods who swam 5,000 metres in April this year without stopping for Little Havens Childrens Hospice. Emily raised over £750 for her sponsored swim and dedicated the swim to the girl who inspired her, Becky Easton. Becky and Emily became friends but Becky sadly passed away suddenly in July this year age 10. Emily is continuing to raise money for the hospice in Becky's memory and thank you to everyone who has purchased a Children in Need Pudsey keyring from Emily for Little Havens.



Emily has also been awarded the "Gifted and Talented" trophy at the Maldon Sports Awards 2008 for ... swimming ! and was presented with the award by Danny Crates, the 2004 gold medal paralympian in October.



Masters

Chelmsford Masters at Manchester - Results

Ivan Myall	Age 60-64	50m Back	1st
Ivan Myall	Age 60-64	100M Back	1st
Ivan Myall	Age 60-64	200M Back	1st
Ivan Myall	Age 60-64	100M Free	4th
Ivan Myall	Age 60-64	200M Free	2nd
Nick Hunt	Age 50-54	50M Breast	3rd
Nick Hunt	Age 50-54	100M Breast	3rd
Nick Hunt	Age 50-54	200M Breast	4th
Nick Hunt	Age 50-54	200M Ind Medley	3rd
Derek Gore	65-69	50M Free	5th
Derek Gore	65-69	100M Free	8th
Derek Gore	65-69	200M Free	5th

Craig Campion, Nick Hunt and Derek Gore are representing Essex this weekend at the Inter County Masters Championship.

Good luck boys let us know how you get on!

Synchro

The girls took part in the Essex competition on Nov 1, for several girls it there was their first time. Megan Brett had to perform her figure (called a marlin) first. I thought she might get nervous but she did very well with all five judges giving her over 5, she finished the competition in 7th place. Daisy Philp came 5th and Claire White came 10th in the ungraded section.

Jess Adams came 4th in Grade 1 so just missed out on a medal.

Emily bird was 2nd in the Grade 2 section and gained higher marks than several more experienced girls in Grade 3.

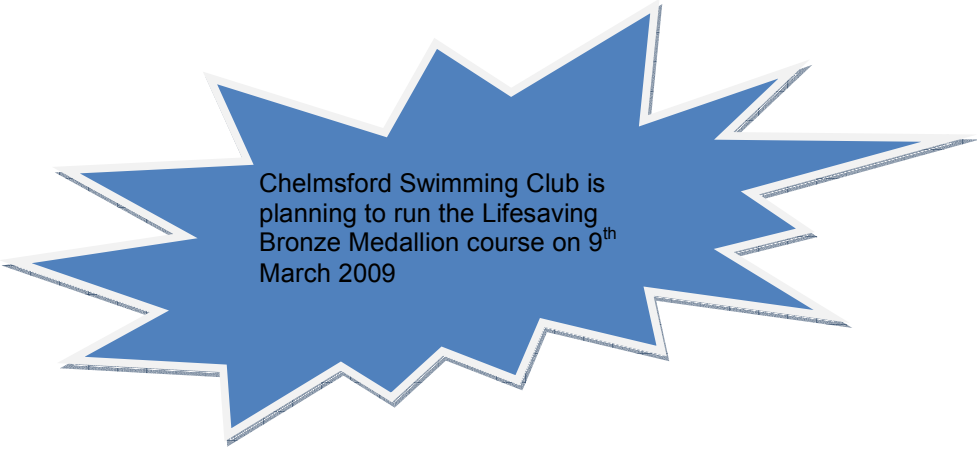
Lucy Bird (Grade 3) had to compete in the championship competition as she won the intermediate cup last year. She competed along side grade 4 and 5 girls but still managed a brilliant position of 6th overall.

In the routine section, the team achieved a bronze medal being 0.1 of a mark behind Clacton and 0.3 of a mark behind Brentwood, which was a fantastic result as many of our girls are novices.

Yvonne Smith

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 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.
If you are interested then please contact Sue Stewart on 01245 233280 to discuss this further.

Water polo

**Water Polo Secretary: Michael Bowerfield,
16 Stanley Place, Ongar, Essex CM5 9SU
Tel Home: 01277 365444 Work: 020 8539 5205
Mobile: 07951 023255
Email: michael.bowerfield@ntlworld.com**

The water polo team has seen a change of fortune as of late.
This year has been a successful one for the water polo team, where they have won the Eastern league handicap knockout shield and gained promotion in the London League after winning Division 3.

Although water polo isn't that big a sport in Essex, Chelmsford are now gaining a reputation of being one of the strongest teams at the local league level and players from other teams are asking to join.

The junior players at the club are getting stronger, but as there are now not the players there were as some have gone off to university, no competitive games are being played.
If you are between the ages of 8 and 16, boy or girl, and wish to stay a member of the swimming club but no longer wish to train to the level needed then why not try water polo.

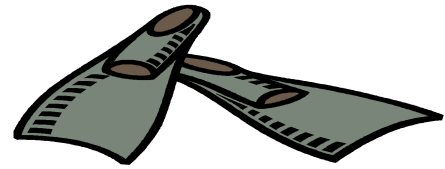
Water polo is a team game that needs a strong swimming back ground.

If you have played water polo on holiday or just fancy trying something different as a way of keeping fit then please get in touch with **Michael Bowerfield**.

Junior water polo training is at Riverside Leisure Centre every Tuesday from 8pm to 9pm and you can then see the senior team play after between 9pm and 10pm.

Everyone is welcome to come along and have a free try out.

Equipment



Supporters Club News.

We have finally purchased the defibrillator and handed it over to the New Hall Lifeguards. We have also purchased 6 lap counters for the distance swims at Club Championships. We have also ordered some new flags for New Hall as the current ones are looking a bit tatty. We raised over £250 from the Raffles at the mini league & Essex League galas that we hosted & would like to thank all the parents that donated prizes and helped sell tickets. If anyone has any fund raising ideas or would like to help with the Supporters Club please see Paulene Sorrell.

**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.**

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

Dear Club Member

Notice is hereby given that the ANNUAL GENERAL MEETING of the Chelmsford Swimming Club will be held on Thursday 20th November 2008 at New Hall Prep school hall, New Hall, White Hart lane, Springfield at 8pm.

Nominations for Officers, Committee and delegates must be in the hands of the Hon Secretary, using the attached form, by Saturday 7th November 2008. Only members over 14 years of age are entitled to vote.

Committee positions:

Executive Officers	Chairman	
	Hon. Secretary	
	Hon. Treasurer	
Sectional Officers	Competition Secretary	
	Asst. Competition Secretary	
	Swim Teaching Secretary	
	Water Polo Secretary	
	Disability Swimming Secretary	
	Masters Secretary	
	Life Saving Secretary	
	Synchro Swimming Secretary	
Service Officers	Press Secretary	
	Membership Secretary	
	Club Trophy Secretary	
Welfare Officers	Lady Child protection officer	
	Gentleman Child protection officer	
Committee Members	Lady member	
	Gentleman member	
	Supporters club representative	

CHELMSFORD SWIMMING CLUB NOMINATION FORM 2008

NOMINATION FOR (position)

NAME ADDRESS SIGNATURE

PROPOSERS NAME ADDRESS SIGNATURE

SECONDER'S NAME ADDRESS SIGNATURE

Please return nomination form by the 7th November to: Juliet Ashton, 7 Simmonds Way, Danbury CM3 4PT.

Handy Fixture List 08/09

Please keep dates free in your diaries for the following competitions.
October 2008

MONTH	DATE	EVENT	VENUE	WARM UP	START
NOVEMBER	18 th	Club Champs	400IM	6.00pm	8.00pm
	25 th	Club Champs	400M Free	6.00pm	8.00pm
	29 th /30 th	Essex Senior/Junior Championships	Braintree swimming Centre (Relays 9/10 & 11/12)		
DECEMBER	5 th /6 th /7 th /8 th	Club Champs	New Hall Pool		
	13 th	NATIONAL LEAGUE Rd3	TBA		
	10 th /17 th	Club Champs	800M & 1500M Freestyle	7.00	9.00
2009					
JANUARY	10 th Note the change of date from 16 th	Essex Swim League Round 3	Runnymede	6:00	6:30
	17 th and 18 th	Ipswich 10 th Licensed open meet	Ipswich (crown pools)	8:30	9:30
	24/25 th	Block A Essex Championships	Blackshots		
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 28 th	Essex Swim Round 4	Walthamstow	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 4 th		East Region Youth Championships		
JUNE	6/7 th		East Region Bagcats		
	13/14 th		East Region Bagcats		
JULY	22 - 26 th		National Age Groups		
	28 th - 2 nd August		National Youth		