



September 2009
Number 10

New Swim Season

Welcome back everyone. I hope you all had a good break and are now ready to start your training in earnest for this season. We have the Club Champs to look forward to on the 4-7th December as well as Essex and National League fixtures. So please check all the dates and keep them free on your calendar!

Christmas Shopping

Please remember if you are buying anything online to access it through our swimming club website "web shop" as we earn commission.

Amazon, Marks & Spencer and Game to mention a few.

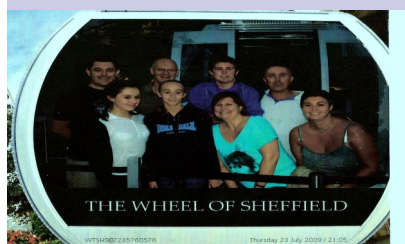
Website

Check out our new "in the press" section on our website.

Email

We are now using email to communicate with you. Please ensure we have your current email address.

Some of our National squad giving their parents a much needed break from the pool!



New Treasurer

Our thanks go to Terry Candler for volunteering as the new Treasurer. I am sure you would all like to extend our gratitude and thanks to Kathryn Lee, who has been the club's treasurer for a good many years and did a fantastic job.

We are always looking for volunteers to ease the pressure on existing volunteers, so if you feel you can contribute, please let us know.

National Rescue Award

The following teachers and helpers from our club successfully passed their national rescue award for swim teachers and coaches. This is renewable every two years. We thank them for their continued commitment:

Nick Hunt, Stephen Powl, Kathryn Lee, Jo Jarvis, Derek Gore, James Slater, Charlotte Moss, Sue Woods, Dawn Bracken, Ruth Kealey-Clarke, Helen Cuthill, Wendy Watson, Janet Ince, Sheena Powell, Isabel Bradley, Sarah Scotchmer, Sue Stewart, Robin Springett, Karen Turner, Sean Eveleigh, Dean Walker, Robert Olley

National Championships

Well done to our team that attended the British Gas National Age Group and Youth Championships at Sheffield. Between them they reached a number of finals which is a fantastic achievement. Full details on the website.



ASA England Talent Development Program 2009/10

Well done to Dan Sorrell and Eliza Duffy who have been selected for the East Region.

Membership Secretary

We are looking for a new Membership Secretary, if you are able to help please contact one of the committee to discuss.

New Mini Water Polo

We are offering a new and exciting addition to the club. On Tuesday evening, starting September 15th from 7:15—7:45 at Riverside. This is a ten week course for 8-12 year olds who are interested in water polo. See the website for further details.

Ipswich summer Meet

Well done to all of you who participated in this great event. There were some fantastic PBs and you were all a credit to the club. Evie Fisher and Danica Brazier narrowly missed the top girl spots. Full details of the day can be found on the website.

Well done to Evie Fisher, who will be representing Essex at National Inter Counties competition at Sheffield in October.