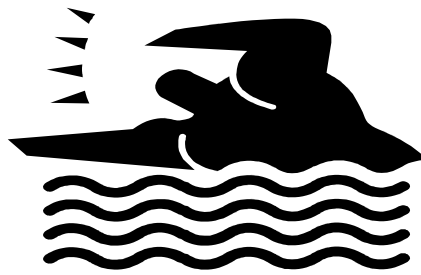




www.chelmsfordswimmingclub.org.uk
SPRING NEWSLETTER

Welcome to the spring edition of the Chelmsford Swimming Club (CSC) Newsletter. CSC is made up of many sections, as you can see by this newsletter, it's a first to get a contribution from so many, thanks to everyone who has supplied a report for the newsletter. Remember we are always on the look out for new members for all sections so please tell you friends and family about CSC.

Squad



Essex league:

Well done to everyone who took part in the Essex league galas, Chelmsford came a very close second to Romford narrowing the gap at every event. Runneymede were pulling out all the stops to beat us but we managed to keep them in third place. There were plenty of first places, personal bests and team spirit.

Essex Championships:

What a year! So many competitors gaining so many results, sorry too many to mention by name, you should feel proud of yourself achieving an Essex time and representing CSC at these championships.

Special thanks must go to the Coaches and club helpers who have given up so many weekends to be at the galas and support the swimmers. Without them you would not be there.

Gold performance to kick start the championships with the age group relays, 11/12 years boys and girls teams dominated the day buy winning all four of the relays earning maximum points competing against 19 strong clubs across the county.

11/12 years girls team:- Georgia Wighton, Evie Fisher, Charlotte Peters & Lucy Hall.

11/12 years boys team:- Jonathan Lines, Ben Ashton, Sam Gower & Daniel Sorrell

The following day saw the 9/10 years boys & girl's teams:

9/10 years girls team: Darcie Imbert, Nicole McKechnie, Eliza Duffy & Eleanor Massey.

9/10 years boys team: James Winter, Gus Veasey, Jack Hayes & Ben Neale.

Battle it out against the same clubs, they also swam like champions to finally win the overall Trophy for best club.

A first for Chelmsford, which is a fantastic achievement.



A report from your coaches to summarise the whole of the championships!

The last block of the Essex Championships took place last weekend. We had an absolutely brilliant weekend to round it all off. I have tried to summarise the past three months just to show you how well everyone has competed. Both Robin and I are chuffed to bits with you all - only now the really hard work begins - ready to prepare you all for the Eastern Counties and the Nationals which are fast approaching!



GOLD MEDALS 14

SILVER MEDALS 19

BRONZE MEDALS 25

4TH – 6TH PLACES 60

NATIONAL TIMES:

DANIEL HUNT (18)	50m Freestyle	24.97
	100m Freestyle	53.60
DEAN WOODCOCK (15)	400m Ind. Medley	4:46 86
DANIEL SORRELL (12)	100m Freestyle	1:02 55
	200m Freestyle	2:13 47
	400m Freestyle	4:34 67

EASTERN COUNTIES TIMES:

Chelmsford Swimming Club have achieved **114** Eastern County times over these championships. These range in ages from 10 to 18 and above. Congratulations to every swimmer who has managed to gain a district time.

EVENT BEST TIME:

BEN NEALE	9 Years	50m Back	38.52
ELIZA DUFFY	9 Years	50m Back	36.62
	9 Years	100m Ind. Medley	1:26 36
BEN ASHTON	12 Years	50m Back	33.14
DEAN WOODCOCK	14 Years	100m Ind. Medley	1:03 74

CLUB RECORDS:

The following club records have been gained by these swimmers:

TOM GILBERT	OPEN	200m Backstroke	2:10 99
DEAN WOODCOCK	U16	50m Breaststroke	33.46
	U16	100m Ind. Medley	1:03 74
JONATHAN LINES	U13	50m Freestyle	28.63
	U13	50m Butterfly	31.91
	U13	100m Freestyle	1:01 12
DANIEL SORRELL	U13	200m Freestyle	2:13 47
	U13	400m Freestyle	4:34 67
	U13	800m Freestyle	9:28 04
	U13	1500m Freestyle	17:51 91
LUCY HALL	U13	400m Freestyle	4:51 09
JAMES WINTER	U11	50m Freestyle	32.77
	U11	200m Freestyle	2:26 29
	U11	400m Freestyle	5:16 88
	U11	200m Backstroke	2:54 79

As you can see we are very successful. Hopefully you are all pleased with your swims and times. As usual there are far too many swimmers to name individually, but there are a few names that I think merit a quick word!

Dean Woodcock swam every single one of his events. He ended up with 6 gold medals, 3 silver and 6 bronze medals. Every swim was a personal best and where applicable an eastern county time. Dean was rewarded with a National Time in his 400m IM. He also had an Event Best Time and two club records. Needless to say that this tremendous swimming placed Dean first in the 14 Years Bagcat points. Congratulations Dean.

Daniel Sorrell -had a truly outstanding Championships. Dan trains so hard every session and trains regularly every week and it all paid off at these Championships. Three National Times

under his belt and the 1500m Freestyle soon to come (you can only achieve this time in a 50m pool) - what a start to the year! Keep it going Dan! Oh and he was placed second in the 12 Years Bagcat points!

James Winter - a new face at the Essex Championships this year! Fantastic swimming throughout, which earned James four club records, numerous Eastern County times, and again second place in the Boys 10 Years Bagcat points.

Gus Veasey - swam his heart out. He achieved personal best times in all his swims along with Eastern County times, and was placed in 10th position in the Boys 10 Years Bagcat points. Brilliant and he never stops smiling! Well Done Gus.

Eliza Duffy and Ben Neale - two of our youngest swimmers who both had some excellent results and both came away with an Event Best Time! Names to watch in the future.....

WELL DONE TO ABSOLUTELY EVERYONE!

BRAINTREE YOUNG AGE GALA

On Saturday 6th January we attended our first Young Age Gala for a number of years. Coaches Wendy Briggs and Bob Snow took 34 swimmers from the development, intro and junior squad, of which 27 had never participated in a team gala for the club.

We were swimming against Braintree's A team, Canvey Island and Braintree Seals. We got 14 1st places from James Bull, Eliza Duffy, Jack Ford, Emma Keenes, Matthew Knowles, Brandan Ridd, Ellie Stamp, Ian Woodcock and Emily Woods, the Boys 10/U Medley relay team of Connor Ridd, Brandan Ridd, Ian Woodcock and Joe Pitt, the Girls 9 yrs Freestyle relay team of Eleanor McCaffrey, Gemma Cotton, Ellie Stamp and Emily Woods and the Girls 10/U Freestyle team of Rebecca Smith, Eliza Duffy, Courtney Sanders and Emily Woods. There were many PB's obtained and there was a great atmosphere and team spirit. Chelmsford came 2nd with 128 points overall.

Well done to all the swimmers and our thanks to Bob Snow, Wendy, Steve and Amy Briggs, Sue Woodcock and Mike and Sharon Woods, and also to the parents for their support and enthusiasm.



Watch out for more galas for all age groups, Wendy and Karen will be posting up events so keep a watchful eye on the notice board.



Welcome to the new swimmers who have joined the intro squad, we look forward to seeing you achieve your best and compete for the club in the near future :

Max Duffy
Jack Ford
Jack McIntyre
Courtney Sanders



From the development squad

Rebecca Smith
Chloe Smithyes
Lee Taylor



New to the club

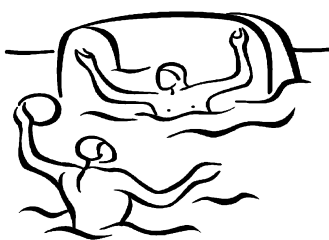


To:

Lee Taylor and Victoria Adams

For being promoted to the senior squad, remember with this promotion will soon come morning training so get your sleep in and don't forget to set the alarm!

Water Polo



FIXTURE LIST April - OCTOBER 2007

All games start 9.00pm unless stated

APRIL	Tue	24th	L	Away	v ENFIELD	Highgate Sch.	
MAY	Tue	1st	L	Home	v MACCABI	Riverside	
	Thr	10th	E Cup	Away	v CAMBRIDGE	Parkside, Cambridge	
	Tue	15th	R Cup	Home	v OTTER	Riverside	
	Thr	17th	SX	Away	v HORNCHURCH	Harrow Lodge Park	
	Tue	22nd	SX	Away	v HARLOW	Harlow Town Pool	
	Tue	29th	E	Home	v COLCHESTER	Riverside	
	Thr	31st	SX	Away	v CLACTON	Clacton L.C.	9.30pm
JUNE	Tue	5th	L	Home	v ENFIELD	Riverside	
	Mon	11th	SX	Away	v EASTERN OTTER	Romford Rd.	
	Tue	12th	L	Home	v AVONDALE II	Riverside	
	Wed	20th	L	Away	v BLUE MARLIN	Walton on Thames	
	Tue	26th	E	Home	v CAMBRIDGE	Riverside	
JULY	Tue	3rd	SX	Home	v HARLOW	Riverside	
	Sun	8th	L	Away	v MACCABI	Gurnell	8.30pm
	Wed	18th	L	Away	v OUT TO SWIM	Porchester Rd.	
AUGUST	Tue	7th	E	Home	v BASILDON	Riverside	
	Tue	14th	SX	Away	v COLCHESTER	Colchester L.W.	
	Tue	21st	SX	Home	v CLACTON	Riverside	
SEPTEMBER	Mon	3rd	L	Away	v AVONDALE II	Putney	
	Mon	10th	L	Away	v EASTERN OTTER	Romford Rd.	
	Thr	20th	E	Away	v CAMBRIDGE	Parkside, Cambridge	
	Tue	25th	SX	Home	v HORNCHURCH	Riverside	
	Fri	28th	E	Away	v IPSWICH	Crown pools, Ipswich	
OCTOBER	Tue	2nd	SX	Home	v EASTERN OTTER	Riverside	
	Thr	4th	E	Away	v CLACTON	Clacton L.C.	
	Tue	9th	E	Away	v COLCHESTER	Colchester L.W.	
	Tue	16th	L	Home	v OUT TO SWIM	Riverside	
	Sun	21st	E	Away	v BASILDON	Gloucester Park,	6.00pm
	Tue	23rd	SX	Home	v COLCHESTER	Riverside	
	Tue	30th	L	Home	v BLUE MARLIN	Riverside	

**WINTER WATER POLO LEAGUE
2006/07
DIVISION 2 RESULTS**

	BEXLEY	CHELMSFORD	EASTERN OTTER	ENFIELD	HARLOW	SOUTHEND
BEXLEY		9-4	4-5	14-5	14-3	*
CHELMSFORD	9-11		9-15	23-7	9-13	*
EASTERN OTTER	4-3	8-6		8-4	7-5	16-4*
ENFIELD	2-11	5-6	8-7		5-6	*
HARLOW	4-5	3-13	5-11	11-14		12-4*
SOUTHEND	*	*	*	3-13*	*	

*Southend withdrew from Competition - all matches Void.

FINAL LEAGUE TABLE

Pos.		P	W	D	L	C	F	A	Pts.
1st	EASTERN OTTER	8	7	0	1	0	65	46	22
2nd	BEXLEY	8	6	0	2	0	71	36	20
3rd	CHELMSFORD	8	3	0	5	0	79	71	14
=4th	ENFIELD	8	2	0	6	0	50	86	12
=4th	HARLOW	8	2	0	6	0	49	78	12

Congratulations to all the players who took part in the winter water polo league there were some really exciting matches and great goal scoring. Let's keep it up for future games!

Synchro



We have had a very successful period since the ASA changed the award system. Lucy Bird and Jessica Lowery have passed level 1, and Leanne Carter and Jessica Davey have passed level 2. These awards are more difficult than the old ones, with higher standards expected.

There is a second strand of awards, these are "recreational skills". Jessica Davey, Jessica Lowery and Emily Bird have all passed Grade 2. The new girls have all passed their preliminary skills and are now working toward the new awards.

5 girls entered the Middlesex competition recently, Lucy Bird gained 4th place in the grade 2 section and Lizzy Hardy was 5th in the upgraded section.

Masters



Congratulations to Ivan Myall who last weekend set a British Long Course Masters Record (age Group 60 to 64) at 200M Backstroke. Well done Ivan !

Fancy trying to match Ivan's achievements, forthcoming Masters events include:

		Closing date
4/04/07	Essex Masters Thetford	10/03/07
20/04/07 to 22/04/07	Guernsey Masters	19/03/07
19/05/07	Norfolk Masters Thurrock	10/03/07
03/06/07	Eastbourne Masters Thurrock	07/06/07
15/06/07 to 17/08/07	Great Britain Masters Manchester	16/05/07
21/07/07 to 22/07/07	Barnet Copthall Long Course	29/06/07
28/08/07 to 02/09/07	European Masters Kranj Slovenia	25/06/07
09/09/07	Barnet Copthall Short Course	17/08/07
22/09/07	South East Region Short Course	
26/10/07 to 28/10/07	ASA National Masters Sheffield	

To compete in any the above events requires you to be ASA registered as a competitor, I can provide further details.

I also have details of Open Water Swimming Competitions over the Summer, again let me know if you would like further details.

Ever think training sessions are long and boring ? I met Kevin Murphy at the weekend, he has swum the channel over thirty times. I asked what was his longest swim, time wise. He replied he tried a three way Channel swim, he was two and a half times across when they finally convinced him to give up, after 52 hours!

Nick Hunt

CSC Masters Secretary

Life Saving



The Chelmsford Lifesaving Club has embarked on one of its largest intake of Bronze Medallion pupils this term coming from a range of backgrounds. The class consists of a few club swimmer, members of a canoe club and people who want to learn something new. The pupils will also be working towards their Life Support Award, enables them to provide a basic level of first aid under the new resuscitation protocols, along side learning about the dangers associated with water.

Malcolm King, Sue Steward and Sarah Scotchmer will continue to teach, with the help of some past pupils who have come back after passing their Award of Merit last term. This has certainly livened up Monday evening!

If anyone reading this would like to know more about this award, or are interested in completing the Bronze Medallion for their Duke of Edinburgh or Trident Award scheme then please look at the web site at www.chelmsfordswimmingclub.org.uk or contact me, **Sarah Scotchmer**, on **01702 215818**.

Finally I would just like to congratulate not only all the pupils last term who past their Award of Merit, but also to Malcolm and Sue who past their Life Support 3, the advanced life support award.

Chelmsford Swimming Club Web Site Development

The web site is currently in the process of being redesigned, this is to let you know about the planned changes and to ask you if you have any other ideas of what should be on there.

The look and feel of the site is being improved, making it look cleaner and easier to navigate. There is a home page giving general information with regard to the background and history of the club and its values and beliefs.

There is an area for each section of the club - age group swimming, water polo, synchro, life saving, masters, swimming lessons, development squad. Within each section there will be information regarding the coaching, training times, fees and links for prospective members to e-mail the club for further information.

A news page will give details of results from competitions and details of forth-coming events, with links to maps and details of venues. This will also allow the publication of any announcements that need to be made regarding unforeseen events, such as pool closures.

There is a plan to have a 'members only' area of the web-site where individuals can update their contact details, receive and send messages to and from the coaches, check their results. This area could also be expanded to allow orders of kit to be made and to track orders and payment of membership fees. There could be forums for discussions about various aspects of the club.

There will be an area with links to swimming organisations such as the Essex ASA, Speedo league, Eastern Counties, British swimming and documents containing qualifying times for Essex, Eastern Counties, National competitions etc.

The web-site is also the ideal place to try and raise interest in club activities such as a proposed visit to Backnang, Germany and the awards evening. We have also considered whether we should have links to web sites selling swimming equipment such as Swimshop and MailSports.

We want to allow different types of people different levels of access to the site. This will take away the burden of updating the information away from just one person. For example, coaches will be able to add news announcements, send messages to swimmers, post results documents and details of forthcoming competitions etc. Members will be able to update their contact details.

So, that's the ideas we have had. Is there anything you feel we have missed or should be expanded or anything that you feel shouldn't be included? There are a few questions included in this newsletter that we would appreciate you taking the time to answer. Please

feel free to add any comments at the end. When completed, please return to your coach or any of the committee members. Thanks in advance.

1. Are you happy for photographs of swimmers competing, at social events etc to be included on the web site?
 2. Should advertising for swimming related shops be included?
 3. Would the swimmers like to be able to enter extra information about themselves, such as details of other interests (if you have time for any outside of swimming) , pets etc. to be visible to other members of the club?
 4. Anything you would like to add?
-

Triathlon



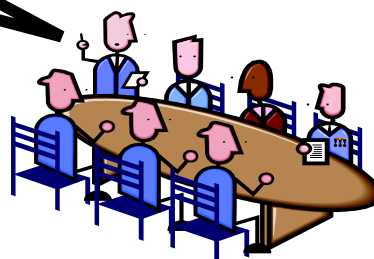
Some of you may remember the triathlon's we have held in the past, these have been extremely popular events, a chance to keep fit whilst raising money for good causes. Previously we have supported Little Havens children hospice and the teenager cancer charity. This year we will be raising money in memory of Alexander Burt to purchase a defibrillator for New Hall swimming pool, a piece of emergency equipment can help save lives. We would like to make this into more of a team social event by having a BBQ and if you have enough energy left a game of rounders! Everyone can take part from every section including youngsters to grandparents (that includes Robin and Bob!). Provisional date September 2nd watch the notice board for more information, we will need willing volunteers to help run the day, please make yourselves known to Karen Jannece, Paulene Sorrell or Juliet Ashton.

Training weekend

More team building whilst training. You may recall Robin mentioning the possibility of a training weekend at Crystal Palace. Contacts have been made with Crystal Palace however the sports complex will be undergoing a massive 5 million pound refurbishment at some point this year, so it's far too risky to book up a training weekend.

Other venues are being looked into see the notice board for further information, this will be subsidised by the supporters club.

Chelmsford Swimming Club
Committee news



Your new committee members are as follows; it is important that you know who the child protection officers are. If there is a situation which you feel you are not able to discuss with your coaches or team captains, then please approach the child protection officers Andrew Sorrell on 01245 443598 and Lorraine Hargraves on 01621 859734 in confidence. They are there for all sections of the club.

Chairman	Dave Gilbert
Hon.Treasurer	Kathryn Lee
Hon.Secretary	Juliet Ashton
Competition Secretary	Karen Turner
Ass.Competition Secretary	Wendy Briggs
Swim Teaching Secretary	Jo Doubleday
Membership Secretary	Sharon Woods
Masters Secretary	Nick Hunt
Life Saving Secretary	Sarah Scotchmer
Water-polo Secretary	Mick Bowerfield
Disabilities swim Secretary	Bob Snow
Club Trophy Secretary	Peter Johnstone
Backnang Secretary	Bob Snow
Child Protection Officer	Lorraine Hargraves
Lady Member	Paulene Sorrell
Child Protection Officer	Andrew Sorrell
Gentleman Member	Peter Johnstone

Membership secretary

Sharon Woods, with the assistance of her husband Mike, is doing a fantastic job as the new membership secretary getting the statements and fee collection up to date. All queries regarding fee payments must go through them either at poolside or home address of 6 Abbotsmead, Heybridge, Essex, CM9 4PT.

Swim 21

Swim 21 is the ASA's club development programme. It provides a framework for clubs to assess their current activities and to plan for the club's development in the future. The process includes an audit questionnaire, guidance on writing an Improvement Plan and accreditation, which is awarded when a club demonstrates that it meets certain operating standards by providing evidence against elements set out by the ASA. We have registered the club to go through this process, this will involve swimming, Synchronised Swimming and Water Polo.

Supporters club

Where does all your hard earned money go? Not an event goes by without us getting you to buy raffle tickets.

Money raised:

Club championships made £640 on refreshments, door entry money and raffle tickets, thanks to the great selling talent of Liz Whighton! And homemade refreshments by Jackie Lines.

Presentation evening made £465 on raffle and bar.

Paulene Sorrell our new equipment officer has been working hard to sell a surplus of equipment stock, which has bought the supporters funds up to quite a healthy balance.

What are we going to spend the money on?

As already mentioned we will be subsidising a training team building weekend.

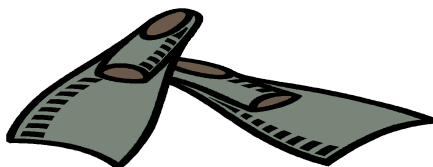
We will also be purchasing a state of the art digital sharkeye camera, it can record under and over water stroke technique. The camera is linked to a monitor where you will be able to see what Robin and Karen are saying about your strokes. This will be a great advantage as no one can see what their stroke technique is actually like.

Parents have had an opportunity to sign consent for their children to be filmed on the membership forms, which complies with the child protection policy. No recordings will be saved unless you wish to download them onto a CD rom for your own viewing.

Team away day

We will be subsidising a day out to Chesington World of Adventures or Thorpe Park. A coach will leave New Hall main car park at 9am date to be confirmed (see notice board). You'll need to bring a packed lunch. Parent volunteers will be needed, if you are willing to come along please make yourselves known to Paulene or Juliet. More details will be on the notice board nearer the time.

Equipment



We have a new range of CSC merchandise, please see the notice board for order forms, complete and send to Paulene Sorrell. For the Riverside sections please contact Paulene on 01245 443598.

There are still a few Centenary polo shirts left these are now being sold off at half price for the bargain price of £5, again please contact Paulene or Juliet if you are one of the few without a Centenary T shirt!

Potential New Pool Development in Chelmsford

It has come to the notice of some people that Chelmsford Borough Council is considering redevelopment of Riverside (about time many would say).

If we are to get the facility that our town and our children deserve we must influence the process.

I have spoken to Robin and some of the committee members and they agree that the club needs to get its voice heard so that a good competition standard pool is built rather than a pure leisure facility as recently built at South Woodham Ferrers. It is most unlikely that they will build a 50m pool (apparently Basildon and others in north east London are in the advanced planning stage!), but a competition standard 25m should be attainable.

Firstly we must get as many of our voices heard as possible!

The way to do this is to log onto the Chelmsford Borough Council's website

www.chelmsford.gov.uk

Then click on the find your councillor button, and put in your road name. Up will come their e-mail address. I am now in regular correspondence with my local councillor. Please e-mail yours to ask to get the club involved in the consultation/planning/decision making process.

The council officers will only take notice if a significant number of councillors are pressurising them, and as it is coming up to election time in May, we must act quickly.

Additionally we will be leveraging other routes (Eliza & Max Duffy's mum Kerry knows Stephen Castle-Essex CC cabinet member responsible for sport).

For any further information come and find me to discuss, or e mail me on michael.veasey@btconnect.com

Michael Veasey (Gus' dad)

