

## Chesham Swimming Club

Chesham Leisure Centre, White Hill, Chesham, Bucks. HP5 1BB

[www.cheshamswimmingclub.org.uk](http://www.cheshamswimmingclub.org.uk)



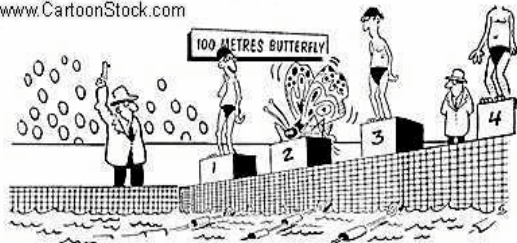
ISSUE NO 71

AUTUMN 2006

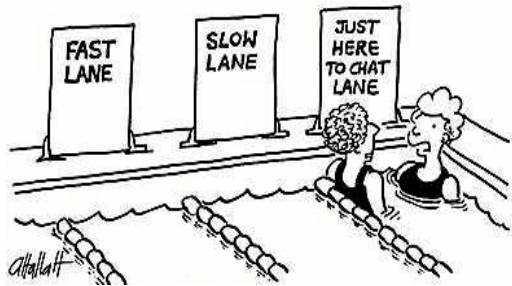
### Welcome back

We hope you all had a good summer break and are ready to get back to training hard in preparation for Club Championships in November

© Original Artist  
Reproduction rights obtainable from  
[www.CartoonStock.com](http://www.CartoonStock.com)



© Original Artist  
Reproduction rights obtainable from  
[www.CartoonStock.com](http://www.CartoonStock.com)



# Closing date for Club Championships 22<sup>nd</sup> October

Look on CSC website for programme, details how to enter & entry form

**SQUAD FEES are due NOW - see page 2**

**VISIT THE CLUB WEBSITE...**

LOG ON TO:

[www.cheshamswimmingclub.org.uk](http://www.cheshamswimmingclub.org.uk)

SPONSORED BY *SjiDesign*

[www.sjidesign.co.uk](http://www.sjidesign.co.uk)

MEMBERS' AREA DEVELOPED BY *Serina Consulting*

[www.serina.co.uk](http://www.serina.co.uk)

## **IMPORTANT NOTICE**

To ensure smooth delivery of email from Chesham Swimming Club regarding the quarterly 'Wavelength', any other club business and information, please ensure that the following email addresses are entered in your email address book/list:

[wavelength@cheshamswimmingclub.org.uk](mailto:wavelength@cheshamswimmingclub.org.uk), [website@cheshamswimmingclub.org.uk](mailto:website@cheshamswimmingclub.org.uk)  
[chiefcoach@cheshamswimmingclub.org.uk](mailto:chiefcoach@cheshamswimmingclub.org.uk), [volunteers@cheshamswimmingclub.org.uk](mailto:volunteers@cheshamswimmingclub.org.uk)

**The above is particularly important if you use 'Hotmail', 'Yahoo' or 'AOL' as your Internet ISP and/or email service provider.**

Also, if you use Norton Internet Security 'Antispam', or similar program, please ensure that the above email addresses are entered in your software '**allowed**' list and removed from any '**blocked**' listings. Thank you

Additionally - for those currently experiencing difficulty receiving emails please note once Liz has selected you to enter a gala you will be able to see the event in the 'secure members' area' on 'my events' page, please log on and check your personal events page regularly.

### **SQUAD FEES – OCTOBER TO DECEMBER 2006**

Squad fees due for the period 1<sup>st</sup> October to 31<sup>st</sup> December 2006 are as follows:

Squad	Full Rate Squad fees for October 2006 £	Discounted total amount for quick payment + £
Red A and B	72	67
Orange and Yellow	89	84
Green	100	95
Green Plus	105	100
Blue	110	105
Purple	134	129
Purple Plus	175	170
Lime	167	162
Lime plus	212	207
Rust	124	119
Brown and Brown*	74	69
Aqua	69	64
Masters 1 night	67	62
Masters 2 nights	86	81

+ If payment is made on or before 10<sup>th</sup> October 2006

**PLEASE TAKE NOTE OF WAYS TO PAY**

**❖ Favoured option - direct credit**

To: Barclays Bank, sort-code 20-02-06.  
Chesham Swimming Club, account number 90251305,  
Please quote oldest child's first & surname as a reference

Alternatively – cheque made payable to Chesham Swimming Club

By post, direct to the Treasurer Liz Rose –  
20 Stubbs Wood, Chesham Bois, Amersham, Bucks, HP6 6EY

❖ At the Club Shop on Sunday evenings

Any fees not paid by 10<sup>th</sup> October 2006 may not take advantage of the quick payment discount.

Any fees not paid by 31<sup>st</sup> October 2006 will be charged an extra £5 on top of the full rate squad fees.



## CLUB NEWS

### ASA Membership Cards

You will be receiving [or have received] your ASA membership cards. Please check them very carefully. If there are any errors please return them to us as soon as possible so that they can be sent back to the ASA & exchanged for new ones.

**N.B.** These cards will not be replaced annually, so take great care not to lose them. If lost, there will be a charge for replacements .

### 'SECURE MEMBERS' AREA', CHESHAM SWIMMING CLUB WEBSITE

There are quite a few members who have not logged on to this area. When the children have competed in galas and club events the results are published here for them to see. They should keep their own personal record of personal best swim times. This is much easier than looking at the notice-board!

**You will have received an email with your unique username and password, one for the swimmer and one for the ASA registered parent, please take time to check the site.**

*If you have lost your email with your unique username and password please email [volunteers@cheshamswimmingclub.org.uk](mailto:volunteers@cheshamswimmingclub.org.uk), I will gladly forward you these details. – Sonja*

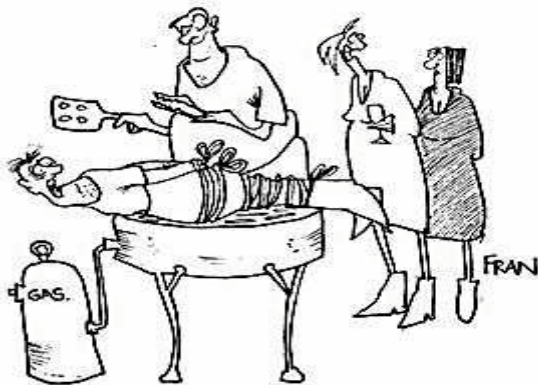
Make sure you check out the latest developments – details about Personal Challenge for Red, Orange, Yellow & Green squads, including the times required to achieve Speed Swimming Badges.

Dates are now published for planned forthcoming competition galas where you can try to qualify for County, Regional and National Championships. Qualifying times also available for you to check online.

BAGCAT calculator on the PBs page for you to keep a record of your achievements during Club Championships

FUN SWIM & BBQ Once again we were lucky with the weather for this annual fun, fundraising, event.

© Original Artist  
Reproduction rights obtainable from  
[www.CartoonStock.com](http://www.CartoonStock.com)



GEORGE CAN OVERREACT WHEN PEOPLE  
CRITICISE HIS BARBECUES

© Original Artist  
Reproduction rights obtainable from  
[www.CartoonStock.com](http://www.CartoonStock.com)



"I don't have the heart.  
You tell him the barbeque season is over."

Liz's Lines  
Autumn 2006



I think he's doing ok, the coach says  
he has the attention span of a goldfish

That's not me. I always know what I'm supposed to be doing!

*Really? Have you remembered what your coach asked you to do? Have you watched and listened? Are you thinking about how you are swimming or are you just 'surviving'?*

Good swimming isn't about thrashing up and down the pool as fast as you can. It's about using your brain to teach your muscles the correct ways to make your arms and legs move. Muscles have 'memories'. If they learn correctly they will make your arms and legs move correctly. You will achieve **maximum effect for minimum effort**. So you will be able to swim further and faster before tiring.

So – bring your brain as well as your limbs to the pool. Look and listen. Do drills (part stroke practices) accurately so that your muscles learn correctly and when your coach points out things that you are doing wrong work at putting them right – not for 10seconds but on an ongoing basis.