



Chesham Swimming Club Newsletter

www.cheshamswimmingclub.org.uk



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CHRISTMAS 2009

Editor – Nicola Heslop

DIARY DATES

Squad Fees

Squad fees are due on **1st January 2010**. Fees are due quarterly on 1st of **January**, April, July & October. A discount of £5.00 is applicable if fees are paid by the 10th of the month in which they fall due.

Christmas Closure

The Club will be closed over the Christmas & New Year holiday period. The last session before Christmas will be **Sunday 20th December 2009** and the first session after New Year will be **Sunday 3rd January 2010**.

Easter Closure

The Club will be closed over the Easter Holiday. The last session will be **Thursday 1st April** and the first session after Easter will be **Tuesday 6th April at 6.30pm**.

Fun Gala

This gala is open to ALL swimmers and will take place on **Sunday 9th May 2010**. Entry details will follow in the next edition of Wavelength.

CLUB NEWS

Club Championships

Liz Waddy – Chief Coach

Well done to everyone who competed in Club Championships this year.

Swimmers will always be pleased with some of their swims and less pleased with others. So how should you measure your performance?

A time close to your existing **personal best** [pb] is fine – it shows that you are maintaining your performance. A time much slower than your existing pb suggests that something isn't quite right with your swimming. It may be that you have suddenly grown. Sudden growth spurts make your body tired and it can take months to build up your strength again. It may be that you have changed the way you are swimming a stroke and that the change isn't working. Talk to your coach, listen to the advice you are given and work hard to correct the problem before you attempt to race that stroke again.

A **pb** means that you have swum faster than ever before. Well done, now keep a note of your time so that you will know when you next pb in that event.

A **disqualification** [dq] may mean a silly mistake that you can put right the next time you race, maybe a one handed touch in a breaststroke or fly race. Everyone makes mistakes, the trick is to learn from the mistake and not make it again.

A **dq** can also mean that there is something wrong with the way you swim a stroke. You may have been told during training that you are doing something slightly wrong but very often swimmers don't really believe that anything is wrong until the dq happens. Talk to your coach, listen to the advice you are given and work hard to correct the problem before you attempt to race that stroke again.

CSC Management Committee Vacancies

The Committee is looking for a Volunteer Co-ordinator and Treasurer. If you are interested in finding out more about either of these roles please contact any member of the Management Committee.

Club Shop

Mary Rose - Shop co-ordinator

The Club Shop is held on the first two Sundays of each month from 5.20 to 7.30pm in the Dance Studio.

If anyone needs something urgently (e.g. hat, goggles) on the other Sundays, please speak to Wendy Sadler or Nicola Heslop on the night and they will be happy to help. It will only be possible to accept payment by cheque on these occasions. It will also be possible to e-mail Wendy in advance (wendysadler@btinternet.com) to let her know you would like to make a purchase.

Order forms for Club clothing (Hoodies or T-Shirts) are available to download from the Club Website, or from the Shop. Orders to the Shop or to Wendy please, but payment (preferably by cheque) is required in advance.

Don't forget that you can also order swimming costumes, jammers etc from the [Online Shop](#) – SRS. The club gets 10% on all sales and postage is **free**. You can either log on via the hyperlink or by logging onto the club website www.cheshamswimmingclub.org.uk and following the link in the top right hand corner.

SQUAD FEES are due NOW

Squad fees due for the period
1st January to 31st March 2010 are as follows:

Squad	Payment due £	Discounted total amount for quick payment before 10 th January
Red A and B	76	71
Orange & Yellow	94	89
Green	105	100
Green plus	110	105
Blue	115	110
Purple	141	136
Purple Plus	170	165
Lime	176	171
Lime plus	209	204
Amber	131	126
Burgundy & Burgundy*	78	73
Aqua	73	68
Student – pay as you go	<i>Pay as you go rate</i>	<i>Pay as you go rate</i>
Masters 1 night	71	66
Masters 2 nights	90	85

WAYS TO PAY

❖ Favoured option - direct credit

**To: Barclays Bank, sort-code 20-02-06, Chesham Swimming Club, account number 90251305.
If paying direct, PLEASE ensure you quote the full name of the oldest child as a reference – it is very difficult and time consuming to track down unreferenced payments.**

Alternatively

- ❖ By 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 10th January 2010 may not take advantage of the quick payment discount.

**Any fees not paid by 31st January 2010
will be charged an extra £5 on top of the full rate squad fees**