



# Chesham Swimming Club Newsletter

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



**ISSUE NO 82**

**SUMMER 2009**

Editor – Nicola Heslop

## **DIARY DATES**

### **Squad Fees**

Squad fees are due on **1<sup>st</sup> July**. Fees are due quarterly on 1<sup>st</sup> of January, April, **July** & October. A discount of £5.00 is applicable if fees are paid by the 12<sup>th</sup> of the month in which they fall due.

### **Summer Closure**

The Club will be closed over the Summer holiday period. The last session will be **Sunday 26<sup>th</sup> July 2009** and the first session after the Summer break will be **Wednesday 26<sup>th</sup> August 2009**.

### **Fun Swim & BBQ**

This fun annual event takes place this year on **Friday 3<sup>rd</sup> July 2009 from 6-9pm** at the Open Air Pool on the Moor, Chesham. This is a great opportunity for swimmers to have fun with their friends at the swimming club and for parents & coaches to get together for a bit of a social. Entry is £5 per person (free for under 4s) which includes a great BBQ cooked by "Phil B and The Fat Dads". You will need to bring along your own drinks, soft and alcoholic, and cups but **please no glass on poolside**. Children can swim from 6-8pm. We need to know numbers by Sunday 28<sup>th</sup> June so please fill out your request slips asap and return with a cheque to either Wendy Sadler at training or in the club shop on Sunday evenings or alternatively post to Phil (address on the form).

### **Personal Challenge Presentations**

For those of you who have taken part in Personal Challenge this year, presentations will be made to the top 4 male and female swimmers on **Sunday 5<sup>th</sup> July at 5.40pm**.

### **Club Champs**

Dates for Club Championships this year are as follows. There is no training on these dates.

**Tuesday 3<sup>rd</sup> November Warm-up 6.30pm Estimated finish 8pm**

**Thursday 5<sup>th</sup> November Warm-up 6.45pm Estimated finish 8.15pm**

**Saturday 7<sup>th</sup> November Warm-up 5pm Estimated finish 8.30pm**

**Sunday 8<sup>th</sup> November Warm-up 5pm Estimated finish 8.30pm**

**Tuesday 10<sup>th</sup> November Warm-up 6.30pm Estimated finish 8.30pm**

**Friday 13<sup>th</sup> November Warm-up 6.30pm Estimated finish 8pm**

**Sunday 15<sup>th</sup> November Warm-up 5pm Estimated finish 8.30pm**

## CLUB NEWS

### AGM

The Minutes of the CSC 2009 AGM and final accounts are now available to view online on the club website [www.cheshamswimmingclub.org.uk](http://www.cheshamswimmingclub.org.uk). We would like to welcome our 2009/2010 Management Committee:-

Jane Curtis - Chairman

Nigel Brand - Vice Chairman

Liz Rose - Treasurer

Tricia Rea - Membership Secretary & Secretary

Caroline Walker - Fixtures Secretary

Mary Rose - Swim 21 Co-ordinator

David Allen, Sonja Ballingall, Phil Bousfield, Wendy Sadler - Committee Members

Liz Waddy - Chief Coach

Vacant – Volunteers Co-ordinator. We still have a vacancy for this role. If you are interested in taking on this role, please contact any Committee member.

### Adrian Moorhouse Inspirational Talk



On 5<sup>th</sup> May Adrian Moorhouse talked to swimmers, parents and coaches about his career as a swimmer, sharing tips on how to shave hundredths of seconds off your times by practising those turns and how to keep motivated even when you seem to have hit a plateau. The evening raised £340 for Adrian's chosen charity Sparks.

### Competition



Pasta and rice are both great fuels for swimmers. Did you know that pasta is best eaten the night before competition and rice on the day of competition? Whether you prefer to eat rice or pasta on poolside at competition, we would like to receive your favourite recipes for rice and pasta salads. The winning two entries will receive a bag of Percy Pigs and your recipes will be published in the next edition of Wavelength. Please submit your recipe for "The Ultimate Poolside Pasta or Rice Salad" via email to [njheslop@hotmail.com](mailto:njheslop@hotmail.com) before 12<sup>th</sup> September 2009.

### Club Shop

Mary Rose - Shop co-ordinator

The Club Shop opens every Sunday from 5.20 to 7.30 pm. We are happy to give advice to new club members on all your swim training equipment needs. We stock a limited range of hats, goggles (training and competition, including prescription), training aids: fins, kickboards, pullbuoys, drink bottles, holdalls and backpacks, specially designed for swimmers, club clothing: t-shirts, hoodies, named club hats and towels (to order).

Please also visit our [Online Shop](#) – SRS. The club gets 10% on all sales and postage is **free**. Our online shop is available not only to members but to all friends and family. You can either log on via the link above or by logging onto the club website [www.cheshamswimmingclub.org.uk](http://www.cheshamswimmingclub.org.uk) and following the link in the top right hand corner.

*Our thanks go to the continuing support from our sponsors*



## **SQUAD FEES are due NOW**

Squad fees due for the period  
1<sup>st</sup> July to 30<sup>th</sup> September 2009 are as follows:

Squad	Payment due £	Discounted total amount for quick payment before 12 <sup>th</sup> July
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	184	179
Lime	176	171
Lime plus	223	218
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 12<sup>th</sup> July 2009 may not take advantage of the quick payment discount.**

**Any fees not paid by 30<sup>th</sup> July 2009  
will be charged an extra £5 on top of the full rate squad fees**

Please note that fees are non-refundable on leaving the club

Liz Rose – Treasurer