



## Chesham Swimming Club Newsletter

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



**ISSUE NO 83**

**WINTER 2009**

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### **DIARY DATES**

#### **Squad Fees**

Squad fees are due on **1<sup>st</sup> October**. 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.

#### **Club Champs**

The closing date for entries to Club Championships is 18<sup>th</sup> October. An email will follow shortly with details on how to enter events. **No member may take part in the Club Championships if their annual subscription and/or squad fees are in arrears.** Dates are as follows:-

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

**Thursday 5<sup>th</sup> November Warm-up 6.30pm 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**

Please note there is no evening training on these dates. Training as normal on Saturday morning 7<sup>th</sup> November.

#### **Christmas Closure**

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

### **CLUB NEWS**

#### **Reminder**

Please can all swimmers and parents remember to wear blue overshoes in the changing rooms. If there are none in the boxes provided, please ask the centre staff. All swimming bags should be left in a locker or brought on poolside during land training and swimming.

### Changes to Opening Arrangements from October 2009

The Club Shop is run by volunteers and has always opened every Sunday evening for the sale of swim training equipment and Club clothing. Over the past 6 months, usage of our online shop, SRS, has grown and there has been less demand for "Sunday night" shopping. The Management Committee has therefore decided to change the current opening arrangements for a trial period.

**From Sunday 4 October, the Club Shop will be available in the Leisure Centre Foyer on the FIRST TWO SUNDAYS OF EACH MONTH only** (5.20 to 7.30 pm). (NB: No Shop on 8 November - Club Championships).

However, 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](mailto: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.

[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](http://www.cheshamswimmingclub.org.uk) and following the link in the top right hand corner.

### Recipe Competition

The following 2 recipes won the competition in the last issue of Wavelength. Congratulations to The Benches for their pasta salad recipe and The Sadlers for their rice salad recipe.

#### Tuna & Veggie Pasta Salad

Ingredients: 400g fusilli pasta  
2 tblsp Dress Italian Red Pepper & Walnut Pesto (waitrose)  
1 tin tuna steak in spring water  
1 small pack cherry tomatoes on the vine  
1 small head of broccoli cut into florets & blanched  
2 tblsp black olives  
1 red pepper seeded & chopped  
2 tblsp chopped spring onions  
Extra virgin olive oil  
White balsamic vinegar  
Sea salt & ground black pepper



Cook pasta, drain, stir through pesto, olive oil & vinegar and leave to cool. Add the remaining ingredients and season to taste.

#### Fruity Rice Salad

Ingredients: 150g long grain rice  
1 teaspoon finely grated lemon zest  
2 tablespoons lemon juice  
1 tablespoon olive oil  
1 red apple – cored and chopped  
100g seedless grapes – red  
100g seedless grapes - green  
1 medium banana – sliced  
25g walnuts – optional  
2 sticks of celery sliced – optional



Cook rice in plenty of boiling, lightly salted water until tender, about 12 minutes. Meanwhile, mix together the lemon zest and juice and olive oil in a large serving bowl. Add the celery and all the fruit and mix gently together. Drain the rice, rinse with cold water and drain thoroughly. Add to the fruit and stir to mix. Sprinkle with walnuts

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



## Some Nutritional Tips

These tips were shared by Chris Hall of Sports Nutrition Plus at the recent South East Region ASA Conference.

### 7 Nutritional Tips For Improved Training

- 1** **Eat Healthy** Everybody, athletes included, should eat a diet that follows the basic principles for a healthy balanced and varied diet.
- Top-Tip** *Base your food choices around the Eatwell Plate and try to make more healthy and nutritious food choices!*



- 2** **More Energy** Athletes need to eat more carbohydrate to provide the extra energy they need to fuel their training programmes.
- Top-Tip** *Eat more food from the Breads, Cereals, Grains, and Potatoes Food Group together with more Fruit and Vegetables.*



- 3** **Drink Often** A small drop in body water (dehydration) can reduce sports performance so it is important to stay hydrated at all times.
- Top-Tip** *Always carry a water bottle with you at all times and regularly monitor how much you are drinking to maintain your hydration.*



- 4** **Prepare To Train** It is important to start each training session with your *fuel tanks* topped-up, which means making sure you have enough energy!
- Top-Tip** *Consider eating a snack about an hour before training that is low in fat BUT carbohydrate-rich. (e.g. banana or toast)*



- 5** **Top-up During** Long strenuous training sessions can deplete your energy (carbohydrate) levels and cause you to sweat (lose water).
- Top-Tip** *Always make sure you have a drinks bottle and snacks with you and try to drink regularly and eat during the training session.*



- 6** **Recover Quickly** It is important for athletes to replace both the fluid lost through sweat (water) and the energy used by the muscles (carbohydrate) after every training session, as this helps them recover quickly ready for the next training session.
- Top-Tip** *Make sure you always carry snacks in your sports bags to ensure you have your recovery food/snacks and drinks to hand.*



- 7** **Choose Wisely** Nutritional and dietary supplements are designed to *supplement* the diet and are not an excuse for poor dietary choices.
- Top-Tip** *By eating a well planned, healthy, varied and balanced diet you should be able to get all the nutrients you need from your food.*



## **SQUAD FEES are due NOW**

Squad fees due for the period  
**1<sup>st</sup> October to 31<sup>st</sup> December 2009** are as follows:

| Squad                   | Payment due<br>£          | Discounted total amount for quick<br>payment before 12 <sup>th</sup> October |
|-------------------------|---------------------------|--|
| 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> October 2009 may not take advantage of the quick payment discount.**

**Any fees not paid by 31<sup>st</sup> October 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