

WAVELENGTH

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

www.cheshamswimmingclub.org.uk



ISSUE NO 80

WINTER 2008

Sonia Ballingall - Editor

CLUB CHAMPIONSHIP REPORT

Liz Waddy – Chief Coach

More entries than ever before – it's great to have so many keen competitors. Congratulations to everyone who took part, to everyone who won a medal or trophy and to Amelia Barton, Jasmin Ballingall & Marcus Johansson who set new championship best performance times.

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.

MEMBERSHIP

We would like to remind you that the Swimming Club hires the pool from Nexus Community at a reduced rate, on the understanding that all CSC members join the 'Friends' scheme. Your membership booklet advises you on this matter, including abiding by the Leisure Centre rules. Nexus Community has a policy that ALL children under the age of 10 MUST have a parent on the premises. The Swimming Club coaches are responsible for supervising the children only during training. Once children have left poolside and are in the changing rooms, parental responsibility is resumed.

PARENT VOLUNTEERS

Sonja Ballingall - Volunteer co-ordinator

To all the parents who helped during Cub Championships – **THANK YOU**

Did you enjoy helping? Was there a job that interested you? Would you like to find out more about helping on poolside?
If interested please speak to Sonja Ballingall or call 01494 580581.

CLUB SHOP

Mary Rose - Shop co-ordinator

The Club Shop opens every Sunday from 5.20 to 7.30 pm. Please visit us for all your swim training needs
Hats, Goggles (training and competition, including prescription), Training Aids: fins, kickboards, pullbuoys, drink bottles
Holdalls and Backpacks, specially designed for swimmers, Club Clothing: Polo shirts and Hoodies (to order) +
Club Hats and Club Towels with swimmer's name (to order).

Our thanks go to the continuing support from our sponsors



DATES FOR YOUR DIARY

SQUAD FEES – Schedule for your diary

Fees are due quarterly on 1st of **January**, April, July & October. Usual discount of £5.00 applicable provided fees are paid by the 10th of the month in which they fall due. Please note that fees have increased with effect from 1st January due to a rise in pool costs of almost 5%. We have chosen not to pass on the whole cost to our Club members at this time, particularly as we have already flagged that there will be an increase in the annual subs on 1st April 2009 from £36 to £42. This is because our fees to the asa will rise by up to 22%. We have to pay our asa fees on or before 31st March 2009. If you will not be renewing your membership on 1st April 2009 please inform our membership secretary, Tricia Rea [membership@cheshamswimmingclub.org.uk], as in this case we will not need to renew your asa membership and we can save on the associated fee. Your committee will be keeping under careful review all of our expenditure and keeping rises to Club members to a minimum.

CHRISTMAS CLOSURE

Chesham Swimming Club will be closed over the Christmas holiday period. The last session will be: **Friday 19th December 2008** and the first session after the Christmas break will be **Sunday 4th January 2009**.

EASTER CLOSURE

Chesham Swimming Club will be closed over the Easter holiday period. The last session will be: **Thursday 9th April 2009** and the first session after the Easter break will be **Tuesday 14th April 6.30pm**.

ANNUAL FUN GALA 10th MAY 2009

Please make a note in your diary for the event. An ideal opportunity for our younger and new members to race at their home Club.

SQUAD FEES are due NOW

Squad fees due for the period
1st January to 31st March 2009 are as follows:

| Squad | Total payment due for January to March 2009 £ | Discounted total amount for quick payment + £ |
|----------------------|--------------------------------------------------------|-----------------------------------------------------|
| 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 |
| Masters 1 night | 71 | 66 |
| Masters 2 nights | 90 | 85 |

+ If payment is made on or before 10th January 2009

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

- ❖ 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 2009 may not take advantage of the quick payment discount.

**Any fees not paid by 31st January 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