

SQUAD FEES – JANUARY – MARCH 2008

Squad fees due for the period
1st January to 31st March 2008 are as follows:

Squad	Full Rate Squad fees due for January 2008 £	Discounted total amount for quick payment + £
Red A and B	74	69
Orange & Yellow	91	86
Green	102	97
Green plus	107	102
Blue	112	107
Purple	137	132
Purple Plus	179	174
Lime	171	166
Lime plus	217	212
Amber	127	122
Burgundy & Burgundy*	76	71
Aqua	71	66
Masters 1 night	69	64
Masters 2 nights	88	83

+ If payment is made on or before 10th January 2008
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 2008 may not take advantage of the quick payment discount.

Any fees not paid by 31st January 2008

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

WAVELENGTH

Chesham Swimming Club

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

www.cheshamswimmingclub.org.uk

Swim21
Accredited



CLUB
MARK

ISSUE NO 76

WINTER 2007

Sonja Ballingall - Editor

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.

CHRISTMAS CLOSURE – please note change of date

Chesham Swimming Club will be closed over the Christmas holiday period. The last session will be **Thursday 20th December 2007** and the first session after the Christmas break will be **Thursday 3rd January 2008**

FAMILY BOWLING

Come and join us for a trip to Jarman Park bowling followed by an optional meal at Aroma [Chinese restaurant]. **5pm Saturday 12th January 2008**. Further details on website or call Sonja 01494 785922

EASTER CLOSURE

Chesham Swimming Club will be closed over Easter weekend. The last session will be **Thursday 20th March 2008** and the first session after the Easter break will be **Tuesday 25th March 6.30pm**

'GOLDEN COMPASS' FUN GALA Don't forget to entry our popular sprints and relay gala. **5pm – 8.30pm Sunday 11th May 2008**. Further details and entry forms will be available online in March. Please check out the website

FUN SWIM & BBQ Make a note in your **2008 diary** for this popular event **6-9pm Friday 11th July 2008**

CLUB NEWS

Chat from the Chair

Jane Curtis – Chairman

Changes to squad names – Following several requests we have decided to rename two of our squads. Rust will now be known as Amber and Brown/Brown* will be Burgundy/Burgundy*

ASA OFFICIALS

Club timekeepers

Sonja Ballingall - Volunteer co-ordinator

Would any of our older swimmers or parents like to qualify as an ASA official? I am looking for volunteers to qualify as a 'Club timekeeper'. Anyone 14 years old or over can apply.

Judges 1

In order for the children to compete at a gala we need qualified officials to help. Without these officials the children cannot compete. The ASA have recently revised the officials training and I shall be organising a course, which will be open to all local clubs, in the New Year. There will be a group workshop where your course leader explains what is expected from the candidates. You will then gain practical experience at galas and attend a further two workshops. The final review is meeting a nominated referee or another course tutor on a one to one. Once you have completed your workbook a final assessment will be arranged for you to gain the Judge 1 certificate.

Judges 2

If you are already qualified as a timekeeper and would like to further your swimming officials career how about taking the Judges 2 course – the course will be run along similar lines to the Judges 1 course

If you are interested please call, email or speak with me. We shall be running Personal Challenge in the New Year and this is an ideal opportunity to gain some practical experience.

Club Sponsors

We are pleased to acknowledge continued support from our club sponsors:

Brook Leisure
Sports and Leisure Clothing

Serina Consulting
Affordable Website Design
www.Serina.co.uk

SpiDesign
Award-winning Web Design Studios

Liz's Lines

Winter 2007

Club Championships

Liz Waddy – Chief Coach



Some excellent swims – congratulations to those who broke records. There were some very good attempts at difficult events especially from our inexperienced swimmers.

It was unfortunate that a number of swimmers were disqualified for incorrect stroke and turns. Let's hope you can learn from this and continue to work on improving your technique when you are training. Please listen to your coach explaining how to swim strokes & turn correctly and race well. Constantly practice what they are asking you to do at every session.

FOCUSED TRAINING = IMPROVED RACING = SUCCESS

Club Shop



Christmas Presents?
Come & visit the shop
Why not order:
- Swimming bag fillers
- Named Club Towel
- Named hoodie

Mary Rose - Swim 21 co-ordinator

Open every Sunday, 5.20 to 7.30 p.m. - covering all training sessions
We sell:

- Swimwear (training and competition)
- Hats, goggles (training and competition, including prescription)
- Training aids: fins, kickboards, pullbuoys, drink bottles (2nd hand fins occasionally available)
- Holdalls and backpacks, specially designed for swimmers
- Club towels with swimmer's name (to order)
- Club Kit: polo shirts and hoodies

[Samples of various sizes are available at the Club Shop for you to try on for size]

For further details and an order form for 'hoodies' Click on the following address www.cheshamswimmingclub.org.uk/results/Hoodieorderform.pdf

If we haven't got what you want, we can usually order it for you – please ask us for advice