

**SQUAD FEES are due NOW**  
 Squad fees due for the period  
 1<sup>st</sup> July to 30<sup>th</sup> September 2008 are as follows:

Squad	Total payment due for July to September 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 10<sup>th</sup> July 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 10<sup>th</sup> July 2008 may not take advantage of the quick payment discount.

**Any fees not paid by 30<sup>th</sup> July 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

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



## Chesham Swimming Club

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

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



### ISSUE NO 78

### SUMMER 2008

*Sonja Ballingall* - Editor

We would like to welcome our 2008/2009 Management Committee

Jane Curtis – Chairman

Nigel Brand – Vice Chairman

Liz Rose – Treasurer

Tricia Rea – Secretary & Membership Secretary

Caroline Walker – Fixtures Secretary

Mary Rose – Swim 21 Co-ordinator

Sonja Ballingall – Volunteer Co-ordinator

David Allen – Committee Member

Liz Waddy – Chief Coach

Newly elected members

Philip Bousfield – Committee Member

Wendy Sadler – Committee Member

The minutes of Chesham Swimming Club 2008 AGM including Chairman's report and final accounts are now available to view online.

**Visit the Club website... Log on to: [www.cheshamswimmingclub.org.uk](http://www.cheshamswimmingclub.org.uk)**

Membership details - Please log on to the club website and check your contact details are correct. Notify the Membership Secretary, Tricia Rea, of any changes.

### Club Shop

*Mary Rose* - Shop co-ordinator

The Club Shop opens every Sunday from 5.20 to 7.30 pm, to give advice and to sell:

- Black competition swimwear
- 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
- Club Towels with swimmer's name (to order)

The Club receives commission from on-line purchases made through our Club Website - links to Swimshop and Mailsports are currently being set up. Orders can also be placed through the Club Shop on Sunday evenings.

## DATES FOR YOUR DIARY

### SQUAD FEES – Schedule for your diary

Fees are due quarterly on 1<sup>st</sup> of January, April, **July** & October. Usual discount of £5.00 applicable provided fees are paid by the 10<sup>th</sup> of the month in which they fall due

**FUN SWIM & BBQ** 6pm - 9pm Friday 4<sup>th</sup> July 2008 PLEASE NOTE CHANGE OF DATE.

Chesham Open Air Pool on the Moor. Tickets available NOW. Form attached

**CHILTERN HARRIERS TRIATHLON** Sunday 6<sup>th</sup> July 2008 Closing date 29<sup>th</sup> June.

Chesham Swimming Club is pleased to support this popular event. Volunteers are needed to help supervise the swimming element and timekeeping. If you would like to help please contact Sonja Ballingall or Liz Waddy.

For an entry form look on Chiltern Harriers' website [www.chiltern-harriers.org.uk](http://www.chiltern-harriers.org.uk)

### SUMMER CLOSURE

Chesham Swimming Club will be closed over the summer holiday period. The last session will be **Thursday 31<sup>st</sup> July** and the first session after the summer break will be **Thursday 28<sup>th</sup> August**

### CLUB CHAMPIONSHIPS 2008

Programme available online, see November events.

SESSION 1	Tuesday 4 <sup>th</sup> November	6.30pm - 8.00pm
SESSION 2	Thursday 6 <sup>th</sup> November	6.45pm - 8.15pm
SESSION 3	Sunday 9 <sup>th</sup> November	5.00pm - 8.30pm
SESSION 4	Tuesday 11 <sup>th</sup> November	6.30pm - 8.30pm
SESSION 5	Friday 14 <sup>th</sup> November	6.30pm - 8.00pm
SESSION 6	Saturday 15 <sup>th</sup> November	5.00pm - 8.30pm
SESSION 7	Sunday 16 <sup>th</sup> November	5.00pm - 8.30pm

### CHRISTMAS CLOSURE to be confirmed

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



*Not sure what's going on in your club?  
Take time to look at the notice boards.  
Find them by the sports hall and gym.  
Check the website regularly -  
look in the 'secure members' area'*

## LIZ'S LINES

Liz Waddy – Chief Coach

### HOW TO 'SWIM OFF A TIME'

#### **Time Clocks!**

As children progress through the Club they are expected to be able to use the pace clocks at each end of the pool.

In Red swimmers are told to take 10 seconds rest, or 15 seconds rest between each swim in a series. Whilst some watch the clock to time their rest, many simply count up to 10 or 15 because they don't understand the markings on the clock face.

In Orange & Yellow swimmers are asked to swim 'off a time'. While some find this easy, those who do not understand the sweep clock find it impossible. A few minutes quiet instruction at home is often all that's needed to suddenly understand the clock.

Please parents – Help!!!

When working with specific time intervals the coach will say something like 'swim 4 x 50m on 1min 15secs starting on blue top'. The swimmer should begin the first 50m swim when the blue hand on the sweep clock points to the top of the clock. When that 50m is finished he or she should wait till the blue hand points to 15 seconds after blue top - quarter past - and then start the 2<sup>nd</sup> 50m. The 3<sup>rd</sup> 50m should begin when the blue hand points to half past the hour and so on. Thus each subsequent swim starts 1 min 15 seconds after the one before it.

Other common repeat times in these squads are:

For 25m swims - 45seconds and 50seconds

For 50m swims - 1min 10sec, 1min 20sec, 1min 25sec or 1min 30sec

For 100m swims - 2 min 15sec, 2min 20sec and 2min 30sec.

It would really help your child, if you could spend a little time ensuring that he or she understands how to use the clock. Thank you.

We would like to remind ALL swimmers that the changing rooms are open for the general public to use as well as our Club members. Please be considerate and use the lockers to store swim bags, clothes etc or bring your bags on poolside. After your session do not spread your training equipment over the benches, use a locker. This will leave more room for you, your friends & the public. Also remember to behave in a considerate manner. Noisy, screaming children will not present a good impression of our Club

### GOLDEN COMPASS GALA

Roger Trejunnna – Assistant to the Chief Coach

This took place on 11<sup>th</sup> May. Although this was a fun gala, all the races were keenly contested with the result in the balance right to the end.

Fun galas also have some important benefits. They are an all too rare opportunity for, in particular, our youngest and newest members to meet and compete with those in the other squads. They are also an opportunity for some swimmers to compete for the first time and gain some confidence for racing in the future. Vocal support for the team members during their races is also important – this aspect was given lusty practice during the fun gala.....after the start of each race, of course!

**CESHAM SWIMMING CLUB**  
**ANNUAL FUN SWIM & BBQ**

At the Open Air Pool on the Moor, Chesham  
6-9pm Friday 4<sup>th</sup> July 2008

Individual tickets [Swimmers, parents and friends] £5.00, under 4 years old - no charge

Any queries please contact Sonja Ballingall 01494 785922

To purchase your tickets, return completed slip below with cheque payable to Chesham Swimming Club. Please leave in a sealed envelope at the Club Shop on Sunday evenings, or post to Sonja, Sunnycourt, 69, Lye Green Road, Chesham, Bucks, HP5 3NB. Alternatively ask Phil Bousfield, Wendy Sadler or Sonja Ballingall when you see them at the pool

Please note this is a family event and the club coaches will not be responsible for looking after your children, would parents please ensure that their children are supervised throughout the evening, thank you

..cut here.....cut here.....cut here....

Name	Number of tickets required	Vegetarians / special dietary requirements – please state needs