

# WAVELENGTH

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

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



**ISSUE NO 79**

**AUTUMN 2008**

*Sonja Ballingall - Editor*

## **CLUB CHAMPIONSHIPS 2008**

New this year – Internet booking – download your entry details and form from the website and return via email to Sonja. Make internet payment for entry fees. Alternatively complete the attached copy and return by hand or post as instructed.

## **MEMBERSHIP DETAILS**

Should a child become unwell or an incident arise during a training session we may need to contact parents. It is important that our records are up to date with emergency contact numbers. Have you moved house and forgotten to notify us of your new address? Please log on to the club website and check your details are correct. Notify the Membership Secretary, Tricia Rea, of any changes.

## **PARENT VOLUNTEERS NEEDED**

If you are new to the Club and would like to find out more about helping please speak to Sonja Ballingall or call 01494 580581

## **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

## **CLUB CHAMPIONSHIPS 2008**

Details on how and what to enter, plus form below. Also available online, see November events.

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

Please note that during Club Championships there is normal training at all other times and days.

## **CHRISTMAS CLOSURE**

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 2009**

## **EASTER CLOSURE**

Chesham Swimming Club will be closed over the Easter holiday period. The last session will be:

**Thursday 9<sup>th</sup> April 2009** and the first session after the Easter break will be **Tuesday 14<sup>th</sup> April 6.30pm.**

## **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)

# **SQUAD FEES are due NOW**

Squad fees due for the period  
1<sup>st</sup> October to 31<sup>st</sup> December 2008 are as follows:

Squad	Total payment due for October to December 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> October 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> October 2008 may not take advantage of the quick payment discount.**

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



## **LIZ'S LINES**

*Liz Waddy* – Chief Coach

## **Club Championships**

Your chance to race! The programme allows you to qualify for County Championships next February & March. For age group swimmers 200m events (8 lengths) are particularly important as, to be able to swim them well, you have to have learnt good stroke technique. 50m events are fast & fun. 100m events are considered harder for under 12s as they are extended sprints – but there are trophies for many of the winners.

All events will be judged according to the rules set by the Amateur Swimming Association. If you are unsure whether or not you can swim an event correctly, ask your coach. If you do enter events that I know you cannot swim correctly, I will explain to you why you should not attempt that event this year and we will refund your entry fee. So, choose a mixture of events, race fast and show us what you can do.

## **Coming soon..... Guide to Age Group Competition Swimming**

This useful information booklet will soon be available for all swimmers in Red, Yellow, Orange and Green squads. If any of our older, more experienced swimmers would like a copy please email Tricia Rea or download your own copy from our website.

## CHESHAM SWIMMING CLUB CHAMPIONSHIPS - AUTUMN 2008

### PROGRAMME

All events to be swum at Chesham Leisure Centre.

<b>SESSION 1</b>	<b>Tuesday 4<sup>th</sup> November</b>	<b>6.30pm warm-up; 6.55pm start</b> (Estimated finish 8.00pm)
Event 1	A Boys & Girls	25m Backstroke (Heats)
Event 2	C – G Boys & Girls	400m Freestyle
Event 3	A Boys & Girls	25m Butterfly (Heats)
<b>SESSION 2</b>	<b>Thursday 6<sup>th</sup> November</b>	<b>6.45pm warm-up; 7.15pm start</b> (Estimated finish 8.15pm)
Event 4	C – G Girls & Boys	400m Individual Medley [4 x 100m]
<b>SESSION 3</b>	<b>Sunday 9<sup>th</sup> November</b>	<b>5.00pm warm-up; 5.30pm start</b> (Estimated finish 8.30pm)
Event 5	B – G Boys & Girls	100m Backstroke
Event 6	A – G Boys & Girls	50m Breaststroke
Event 7	A – G Boys & Girls	200m Freestyle
Event 8	A - G Boys & Girls	50m Butterfly
<b>SESSION 4</b>	<b>Tuesday 11<sup>th</sup> November</b>	<b>6.30pm warm-up; 6.55pm start</b> (Estimated finish 8.30pm)
Event 9	A – G Boys & Girls	50m Freestyle
Event 10	B – G Boys & Girls	200m Breaststroke
<b>SESSION 5</b>	<b>Friday 14<sup>th</sup> November</b>	<b>6.30pm warm-up; 6.55pm start</b> (Estimated finish 8.00pm)
Event 11	A Boys & Girls	25m Freestyle (Heats)
Event 12	B – G Boys & Girls	200m Individual Medley [4 x 50m]
Event 13	A Boys & Girls	25m Breaststroke (Heats) to be swum during Medley so that swimmers can leave by 7.30pm
<b>SESSION 6</b>	<b>Saturday 15<sup>th</sup> November</b>	<b>5.00pm warm-up; 5.30pm start</b> (Estimated finish 8.30pm)
Event 14	A – G Boys & Girls	100m Individual Medley [4 x 25m]
Event 15	A – G Boys & Girls	50m Backstroke
Event 16	B – G Boys & Girls	100m Breaststroke
Event 17	B - G Boys & Girls	200m Butterfly
<b>SESSION 7</b>	<b>Sunday 16<sup>th</sup> November</b>	<b>5.00pm warm-up; 5.30pm start</b> (Estimated finish 8.30pm)
Event 18	B – G Boys & Girls	100m Butterfly
Event 19	B - G Boys & Girls	200m Backstroke
<b>FINALS</b>	A Boys & Girls	All strokes will be swum around Events 18 & 19
Event 20	B – G Boys & Girls	100m Freestyle
Event 21	A - G Boys & Girls	Family Relay [Junior & Senior}

Please note the Autumn Championships reflect the programme for the County Age Group Championships which start in Feb 2009 (entry times have to be achieved by January 2009).

### PLEASE READ BEFORE COMPLETING YOUR ENTRY FORM.

#### EVENTS

This will be the eighth year Autumn Championships are based on the BAGCAT [British Age Group Categories] format for age groups A – F. We include some additional events for each age group. To know which events make up BAGCAT for your age group, please read the next page.

All **25m** events will have **heats** and **finals** provided more than 4 swimmers have entered the event. If 4 or fewer swimmers enter there will **only** be **finals** - swum on **Sunday 16<sup>th</sup> November**.

All other events will be **HDW** (i.e. Heat Declared Winner - results determined from times in the heats). The boys and girls events will be swum simultaneously with heats speed seeded across mixed age groups. The fastest 4 girls and boys in each age group will be awarded medals. **There are medals for all events, trophies for some events & trophies for the best overall performance in each age group.**

#### AGE GROUPS

Year of birth	Age group	Year of birth	Age group	Year of birth	Age group	Year of birth	Age group
2000 & later	A	1998	C	1996	E	1994 or earlier	G
1999	B	1997	D	1995	F		

#### ELIGIBILITY

Competitors for Autumn Club Championships must have been members of the Club prior to **1<sup>st</sup> September 2008**.

Swimmers joining the Club after this date are encouraged to take part in the events on a time-trial basis.

No member may take part in the Club Championships if their annual subscription and/or squad fees are in arrears.

Any swimmer who is 'first claim' to another club may only take part in Chesham Swimming Club Championships on a 'time trial' basis.

#### ENTRY FEES

An entry fee of **£1.00 per event applies [one entry fee per family for the family relay]**. **An additional £2.00 admin fee per swimmer** should be added to help cover administrative costs. Please look at the programme carefully and decide sensibly how many events you can do on any night.

#### CLOSING DATE

**Sunday 19<sup>th</sup> October 2008 at the latest. Late entries will NOT be accepted. Nil returns are required.**

#### ENTRIES

All entries for the Autumn Championships should be made on the official form **(one form for each family please)**.

### Please note which Age Groups can enter each event.

For internet booking please download an 'internet booking form' from the website, [<http://www.cheshamswimmingclub.org.uk/results/CC2008Internetform.xls>] the link is on 'EVENTS' page under the Club Championships dates. Send completed form as an attachment in an email to Sonja Ballingall –

[volunteers@cheshamswimmingclub.org.uk](mailto:volunteers@cheshamswimmingclub.org.uk) and make internet payment to: **Barclays Bank, sort-code 20-02-06 Account name- Chesham Swimming Club Account number 90251305. Please quote 'CC surname, oldest child's first name' as a reference**

*Please note this is for internet banking only and **NOT** over the counter payments*

Alternatively please return this form completed along with the correct entry fees [£2.00 admin fee plus £1.00 per event] to: Sonja Ballingall, either via the club shop or by post to 69 Lye Green Road, Chesham, Bucks, HP5 3NB.

### cheques made payable to Chesham Swimming Club

### WHAT TO ENTER

**Everyone should try to enter a mixture of strokes and distances, even if they are not included in the BAGCAT points.** Swimmers in Age Groups B - F should aim to enter at least one, and preferably two or more, events from each category. Swimmers who cannot do the 200/400m Individual Medley should try to do at least one event from each of the other categories. Please enter a sensible number of events each evening. Don't be put off by 100m and longer swims; you all do them regularly in training and if you haven't raced them before, now is the time to try. To encourage you to try the 400m Freestyle it is the only event in Session 1.

### **THE TABLE BELOW SHOW THE CATEGORIES WHICH SCORE POINTS IN EACH AGE GROUP.**

**Age Group A** has two awards = **Best overall** performance which is determined from the **25m events only**  
scoring points - 1<sup>st</sup> = 4, 2<sup>nd</sup> = 3, 3<sup>rd</sup> = 2, 4<sup>th</sup> = 1.

**Age Group A – F = Best BAGCAT performance:** *Best event* from each category – see table below

**Age Group G** Best overall performance will be decided on Total British Points scored from *Best event* in each category – see table

<b>AGE GROUP A</b>	25m any stroke	50m any stroke			200m Freestyle	100m Individual Medley
<b>AGE GROUP B</b>		50m any stroke		200m form stroke	200m Freestyle	100m Individual Medley
<b>AGE GROUP C</b>		50m any stroke		200m form stroke	200m or 400m Freestyle	200m or 400m Individual Medley
<b>AGE GROUP D</b>		50m any stroke	100m any stroke [girls only]	200m form stroke	200m or 400m Freestyle	200m or 400m Individual Medley
<b>AGE GROUPS E, F, G</b>		50m any stroke	100m any stroke	200m form stroke	200m or 400m Freestyle	200m or 400m Individual Medley

British Age Group points will be published throughout the Championships on the Notice Board and on the Club website.

### FAMILY RELAY

This is divided into a Junior and a Senior event.

In the **Junior** event - the swimmers must both be in Age Groups A - D.

In the **Senior** event - one or both swimmers must be in Age Group E - G.

Each team to consist of two children (both children being members of the Club) and one of their parents. The team may swim in any order. There will be no diving at the shallow end of the pool. Please only mark the blank box on the **older child's entry line** regardless of whether Junior or Senior Family relay. One entry fee for the team. *Liz September 2008*

### PARENTAL INVOLVEMENT AND HELP

To run the Championships we need around 30 adult officials and helpers each evening. Parents are asked to **help** for at least **one session**. If everyone helps the workload is shared more fairly.

Please show the sessions you are available to help by marking the boxes on the bottom of the Entry Form.

### CONFIRMATION Please note there will be no paper copy of entries given out this year

**SWIMMERS [and parents]** Please look at the website after Monday 20<sup>th</sup> October to confirm your entry and further details about Club Championships, including how to 'sign in'.

Please note that it is the members' responsibility to check their entries are correct and notify Liz or Sonja of any errors by **SUNDAY 26<sup>TH</sup> OCTOBER**. Corrections will NOT be made on any day of the championships.

**PARENTS** Please look at the website after Monday 20<sup>th</sup> October to check which poolside duties you have been allocated.

**CHESHAM SWIMMING CLUB AUTUMN CHAMPIONSHIPS 2008 – FAMILY ENTRY FORM**  
**CLOSING DATE SUNDAY 19<sup>th</sup> OCTOBER 2008**

**Please read the Entry Notes before filling in your form** – to save paper I have made the entry form suitable to use for more than one swimmer

All entries **MUST** be on the official entry form [photocopies acceptable]

I suggest you keep a copy for your own records and any queries

Please complete the personal details - one line per swimmer. Insert an 'X' in the box for each event they wish to enter.

Swimmer 1 – Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age group: \_\_\_\_\_ Number of events entered: \_\_\_\_\_

Swimmer 2 – Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age group: \_\_\_\_\_ Number of events entered: \_\_\_\_\_

Swimmer 3 – Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age group: \_\_\_\_\_ Number of events entered: \_\_\_\_\_

Swimmer 4 – Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age group: \_\_\_\_\_ Number of events entered: \_\_\_\_\_

**Please refer to Entry Notes before marking the boxes. Not all Age Groups can enter all the events**

STROKE	FREESTYLE					BACKSTROKE				BREASTSTROKE				BUTTERFLY				INDIVIDUAL MEDLEY			FAM ILY RELAY	No. EVENTS	
	EVENT	11	9	20	7	2	1	15	5	19	13	6	16	10	3	8	18	17	14	12			4
DISTANCE	25m	50m	100	200	400	25m	50m	100	200	25m	50m	100	200	25m	50m	100	200	100	200	400	J / S		
ELIGIBLE AGE GROUP	A	A-G	B-G	A-G	C-G	A	A-G	B-G	B-G	A	A-G	B-G	B-G	A	A-G	B-G	B-G	A-G	B-G	C-G			
SWIMMER	1																						
	2																						
	3																						
	4																						

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**Please quote 'CC surname, oldest child's first name' as a reference** *Please note this is for internet banking only and NOT over the counter payments*

Alternatively please return completed forms with the correct entry fees [£2.00 admin fee plus £1.00 per event] to: Sonja Ballingall, either via the club shop or by post to 69 Lye Green Road, Chesham, Bucks, HP5 3NB. **cheques made payable to Chesham Swimming Club**

**We cannot run these Championships without parental help and would appreciate parents offering to help.**

**Please insert a 'Y' in at least one box when you are prepared to help. Parent helper's name: \_\_\_\_\_**

SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7