

# WAVELENGTH

## Chesham Swimming Club

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

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



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**VISIT THE CLUB WEBSITE...**

LOG ON TO:

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

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### IMPORTANT NOTICE

To ensure smooth delivery of email from Chesham Swimming Club regarding the quarterly 'Wavelength', any other club business and information, please ensure that the following email addresses are entered in your email address book/list:

[wavelength@cheshamswimmingclub.org.uk](mailto:wavelength@cheshamswimmingclub.org.uk)

[website@cheshamswimmingclub.org.uk](mailto:website@cheshamswimmingclub.org.uk)

[chiefcoach@cheshamswimmingclub.org.uk](mailto:chiefcoach@cheshamswimmingclub.org.uk)

[volunteers@cheshamswimmingclub.org.uk](mailto:volunteers@cheshamswimmingclub.org.uk)

**The above is particularly important if you use 'Hotmail', 'Yahoo' or 'AOL' as your Internet ISP and/or email service provider.**

Also, if you use Norton Internet Security 'Antispam', or similar program, please ensure that the above email addresses are entered in your software '**allowed**' list and removed from any '**blocked**' listings.

Thank you

Chesham Swimming Club is currently seeking to expand its links with new sponsors of our Club. We are particularly keen to develop associations with local business and services. If you are able to offer sponsorship, or think that your employer may be interested in working with us, please initially contact Nigel Brand, tel: 07970 627841 or email: [committee@cheshamswimmingclub.org.uk](mailto:committee@cheshamswimmingclub.org.uk).

**SQUAD FEES are due NOW - see page 5**

## We would like to welcome our newly elected Management Committee

Jane Curtis – Chairman  
Nigel Brand – Vice Chairman  
Liz Rose – Treasurer  
Diane Cleland – Membership Secretary  
Tricia Rea – Secretary  
Caroline Walker – Fixtures Secretary  
Mary Rose – Swim 21 Co-ordinator  
Sonja Ballingall – Volunteers Co-ordinator  
Mike Scott – Committee Member  
Roger Hill – Committee Member  
David Allen – Committee Member  
Liz Waddy – Chief Coach

**Gordon Morrison is our newly elected Club President**

The minutes of Chesham Swimming Club 2006 AGM including Chairman's report are now available on line.

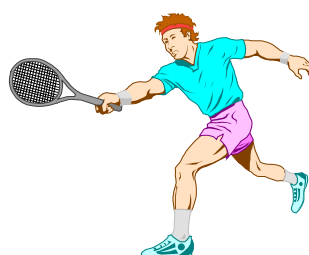
### NEWS ABOUT OUR HIGHLY VALUED CLUB SPONSORS

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



**SJI Design, Chesham based award-winning web design studios** kindly host our Club website and email facilities and can offer web based solutions for the individual; sole trader/self employed; small business through to blue chip organisations. For an informal discussion about your requirements, please call Les Winchester at SJI Design, Tel: 01494 758155 or visit [www.sjidesign.com](http://www.sjidesign.com) for more information.

**FastBreak Sports**, based in the High Street in Chesham, are nominated suppliers to a number of local schools for sports/PE kit and sports equipment. For your 'England' and other 'World Cup' goodies, t-shirts, footballs, flags or, with 'Wimbledon' imminent, FastBreak is the place for all things tennis – rackets, clothing, shoes, balls etc!! Please visit our sponsor for your sporting goods requirements or just browse when you are next in Chesham town centre – and don't forget to say that you are from Chesham Swimming Club



**Serina Consulting**, responsible for developing the Club Database and 'Secure members' area'. *A well designed website can be an incredible asset, a simple site can be done for as little as £400, and comes with free domain registration and hosting for the first year. We also service and repair computers, remove viruses, spyware and other nasties. Go to [www.Serina.co.uk](http://www.Serina.co.uk) to find out more.*



## DATES FOR YOUR DIARY

### SQUAD FEES – Schedule for your diary

**Fees are due 1<sup>st</sup> of January, April, July & October**, annually. 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 6-9pm Friday 21<sup>st</sup> July 2006

Don't miss this annual popular fun event. Application for tickets available to download from our website – [www.cheshamswimmingclub.org.uk](http://www.cheshamswimmingclub.org.uk). Look on the events page and click on the link.

### SUMMER CLOSURE

Chesham Swimming Club will be closed over the Summer holiday period. The last session will be **Sunday 30<sup>th</sup> July 2006** and the first session after the Summer break will be **Wednesday 30<sup>th</sup> August 2006**



### CLUB CHAMPIONSHIPS 2006 Dates for your diary in November

Programme available online, see November events. Further details next Wavelength

Tuesday 7 <sup>th</sup> November	6.30pm
Wednesday 8 <sup>th</sup> November	8.00pm
Sunday 12 <sup>th</sup> November	5.00pm
Tuesday 14 <sup>th</sup> November	6.30pm
Friday 17 <sup>th</sup> November	6.30pm
Saturday 18 <sup>th</sup> November	5.00pm
Sunday 19 <sup>th</sup> November	5.00pm

### CHRISTMAS CLOSURE

Chesham Swimming Club will be closed over the Christmas holiday period. The last session will be **Thursday 22<sup>nd</sup> December 2006** and the first session after the Christmas break will be **Wednesday 3<sup>rd</sup> January 2007**



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'

## **Club Shop – Sundays 5.20 – 7.30**

At Chesham Leisure Centre Visit us for all your swimming needs

# CLUB NEWS

## 'SECURE MEMBERS' AREA', CHESHAM SWIMMING CLUB WEBSITE

May 2<sup>nd</sup> was the official 'launch day' of this new area. David Allen, one of the Club's volunteers has developed this exciting new area on the Club's website. All swimmers, officials, parent helpers and 'voting parents' should have received an email with their unique username and password. We would appreciate everyone checking their own personal details and emailing us with any errors or change of details.

**It is important the club records are kept up to date, should an emergency arise we may need to contact the parents/carers.**

Swimmers are able to enter their own 'personal best' [PB] times, check which events are coming up, including any they are entered to compete. There is also the ongoing 'Coaches Tip' competition.

All members logging on to the 'secure area' are able to view photographs taken during Club Championship 2004 & 2005 plus the recent Narnia gala.

Please check for details on how to purchase copies. They are available as high resolution jpg images at a very competitive price with 100% of all income generated going into CSC club funds.

This Members Area and database forms part of our ongoing Swim 21 work.

*The Management Committee would like to thank David [Serina Consulting] for his hard work and long hours on behalf of all the Club members.*

*If you did not receive or have lost your email with your unique username and password please email [volunteers@cheshamswimmingclub.org.uk](mailto:volunteers@cheshamswimmingclub.org.uk), I will gladly forward you these details. – Sonja*

## SWIM 21 UPDATE

*Mary Rose* - Swim 21 Co-Ordinator

Swim 21 is the Amateur Swimming Association's accreditation scheme which demonstrates that a club is providing its members with effective swimming coaching within a safe, well managed club environment.

We are proud that the Club's Swim 21 Accreditation as a Competitive Development club has been revalidated for a third year, until May 2007.

The Club's main achievements for the year April 2005-2006 were listed as:

1. Partnership Links
  - 1.1 Involvement of coaching staff with Bucks Sports Partnership Camps/Swim 21 Performance Club
  - 1.2 Development of Schools links
  - 1.3 Successful relationship with Wycombe Leisure (home pool management)
2. Continuing development of Club Website and email communication with Club members.
3. Additional sponsor for Club Website recruited.
4. Successful examination results for Club officials
5. Enthusiastic response to "Fun" Galas held for club members during the year
6. Successful development and use of software for Club Championships.

The Club's three priority work areas for the year April 2006-2007 are:

1. Information Communication Technology
  - 1.1 Development of ICT for membership data to link to performance records, and to ensure secure back-up for all information held by the Club
  - 1.2 Upgrade of Club accounting system (to SAGE)
2. Maintain level of officials available within the Club
3. Development of various initiatives for links with schools and other local swimming clubs (Chalfont & Amersham)

Swim 21 Accreditation was first launched in February 2002. The ASA has recently reviewed the progress of the scheme to ensure that it is keeping pace with the needs of the sport and in particular the needs of the athletes. A number of changes to the process have been identified, which the Club Management Committee will be working towards during the next 12 months. Full details of our current Swim 21 Action Plans can be viewed on our Club Website.

## NARNIA GALA

*Roger Tregunno* – Assistant to the Chief Coach

Following the successful Harry Potter Gala, the spring fun Narnia Gala was another opportunity for club swimmers to compete against one another. And what a competition! The lead changed hands between the four teams almost every race and there was only one point between the first 3 teams at the end. All teams received noisy and enthusiastic support from their members – good practice for supporting one another at future open and league galas! Not only was the event a lot of fun, there were lots of really good swims, many of which have been translated into better ones since. Thanks to all those who made the event such a success on the night, but in particular to Sonja and Liz for all their hard work beforehand.

## BUCKS TRIATHLON

Well done to those members who entered this event - some excellent results.  
Check them out on the Chiltern Harriers' website [www.chiltern-harriers.org.uk](http://www.chiltern-harriers.org.uk)

## SQUAD FEES – JULY TO SEPTEMBER 2006

Squad fees due for the period 1<sup>st</sup> July to 30<sup>th</sup> September 2006 are as follows:

<b>Squad</b>	<b>Full Rate Squad fees for July 2006 £</b>	<b>Discounted total amount for quick payment + £</b>
<b>Red A and B</b>	<b>72</b>	<b>67</b>
<b>Orange and Yellow</b>	<b>89</b>	<b>84</b>
<b>Green</b>	<b>100</b>	<b>95</b>
<b>Blue</b>	<b>110</b>	<b>105</b>
<b>Purple</b>	<b>134</b>	<b>129</b>
<b>Purple Plus</b>	<b>167</b>	<b>162</b>
<b>Lime</b>	<b>167</b>	<b>162</b>
<b>Lime plus</b>	<b>212</b>	<b>207</b>
<b>Rust</b>	<b>124</b>	<b>119</b>
<b>Brown and Brown*</b>	<b>74</b>	<b>69</b>
<b>Aqua</b>	<b>72</b>	<b>67</b>
<b>Masters 1 night</b>	<b>67</b>	<b>62</b>
<b>Masters 2 nights</b>	<b>86</b>	<b>81</b>

**+ If payment is made on or before 10<sup>th</sup> July 2006**

**PLEASE TAKE NOTE OF 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 – 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 2006 may not take advantage of the quick payment discount.

**Any fees not paid by 31<sup>st</sup> July 2006  
will be charged an extra £5 on top of the full rate squad fees.**

## Liz's Lines

### Safety Announcements



#### Do you listen to them or do you carry on chatting? What are they all about?

At galas they tell you where you can safely leave your belongings and what to do if the fire alarms go off. Also how to register a camera should you, or your parents want to take photographs or videos - how many of you have phones with cameras in them? Either put them away or register them. If all cameras are registered then strangers cannot come to swimming pools to take photos which may then be published in unsuitable places.

Most importantly the announcements tell you how deep the water is at each end of the pool and how high the blocks are. The announcer always says that you can only dive if you have been tested to the standard of the **ASA Preliminary Competitive Start** award. So what is it and why should you be tested to its standard?

#### The ASA Preliminary Competitive Start Award



Diving into shallow water is inherently dangerous. The award was introduced to ensure that all swimmers diving into shallow water could **consistently** perform a shallow racing dive. To achieve the standard of the award swimmers have to perform a series of dives from the pool edge at the deep end, from the block at the deep end and from the side at the shallow end. All the dives have to show a shallow glide path. In addition swimmers have to perform a backstroke start as that can also result in a swimmer going too deep and injuring him / herself.

I am currently testing (or retesting for older swimmers) everyone in the club. Those who pass all elements will be able to dive at either end of the pool at galas. Those who cannot hold a shallow glide will only be able to dive at the deep end.

There are badges and certificates for this award. As a club we have never asked you to buy them. Why? A certificate only says that you were safe to perform these dives on the day you were tested. Only **you** can guarantee that you are safe by **always** remembering that you have to dive shallow. As a club we keep records of who has passed and who hasn't. If you need proof of competence (for school maybe) I am happy to write on your behalf (but I may retest you first).

Only **YOU** can ensure that **YOU** are safe by **ALWAYS** diving **SHALLOW**.