

WAVELENGTH

Chesham Swimming Club

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

www.cheshamswimmingclub.org.uk



ISSUE NO 74

SUMMER 2007

SQUAD FEES are due NOW - see page 4

We would like to welcome our newly elected 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 – Volunteers Co-ordinator
Roger Hill – Committee Member
David Allen – Committee Member
Libby Jones – Committee Member
Liz Waddy – Chief Coach

The minutes of Chesham Swimming Club 2007 AGM including Chairman's report are now available to view online.



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'

DATES FOR YOUR DIARY

SQUAD FEES – Schedule for your diary

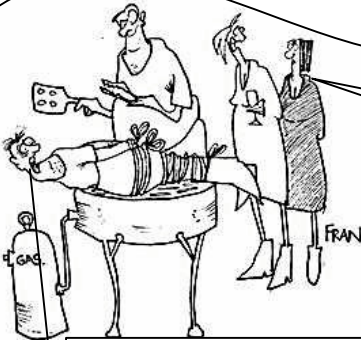
Fees are due quarterly on 1st of January, April, July & October. Usual discount of £5.00 applicable provided fees are paid by the 10th of the month in which they fall due.

CHILTERN HARRIERS JUNIOR TRIATHLON Sunday 1st July.

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

The closing date has now been extended until 29th June. For an entry form look on Chiltern Harriers' website www.chiltern-harriers.org.uk

CSC FUN SWIM & BBQ
At Chesham Open Air pool on the Moor
Friday 6th July 6-9pm



Roger Hill can overreact when people criticise his cooking



**BUTLIN'S HOLIDAY CAMP
CLACTON-ON-SEA**
IT'S QUICKER BY RAIL

Friday 6th July 6-9pm Tickets available from the Club shop Sunday evenings at Chesham Leisure Centre or Roger Hill by email rogerhillx@yahoo.co.uk, or telephone 07981 716984 or 01494 862717

SUMMER CLOSURE

Chesham Swimming Club will be closed over the summer holiday period.

The last session will be **Sunday 29th July 2007** and the first session after the summer break will be **Wednesday 29th August 2007**.

CLUB CHAMPIONSHIPS 2007 Dates for your diary in November

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

Tuesday 6th November	Warm-up 6.30pm
Thursday 8th November	Warm-up 6.45pm
Sunday 11 th November	Warm-up 5.00pm
Tuesday 13th November	Warm-up 6.30pm
Friday 16th November	Warm-up 6.30pm
Saturday 17 th November	Warm-up 5.00pm
Sunday 18 th November	Warm-up 5.00pm

CHRISTMAS CLOSURE to be confirmed

Chesham Swimming Club will be closed over the Christmas holiday period. The last session will be **Friday 21st December 2007** and the first session after the Christmas break will be **Thursday 3rd January 2008**

CLUB NEWS

Chat from the Chair

Thank you to everyone who came to our AGM last month. It was very pleasing to see so many of our Membership supporting this annual meeting. As stated at the AGM, we should like to express our thanks and best wishes to Diane Cleland who has retired as CSC Membership Secretary after many years' sterling service. We are very pleased to confirm that Tricia Rea will be taking on the role of Membership Secretary with immediate effect. We are also pleased to welcome Libby Jones as a new Committee Member.

I am pleased to tell you that the Club has recently been successfully revalidated for Swim 21, for Swimming at Skill Development level, for the year 2007/08. To achieve the ASA Swim 21 Award the Club has to provide documentary evidence that it has reached and maintains the required standards in all aspects of its operation - swimmer development, teacher/coach development and club management. This is our fourth year of accreditation, and demonstrates that the Club continues to provide effective swimming coaching within a safe, well-managed club environment.

Our service provider, Wycombe Leisure Ltd., hires the pool to Chesham Swimming Club at a reduced rate on the understanding that all CSC members are '**Friends of Chiltern Leisure**'. We would like to remind all parents to check when their renewal for membership is due. The membership application form is available through the Leisure Centre main reception or can be downloaded using the internet link below.

<http://www.wll.co.uk/uploads/documents/Friends%20application%20form%20202.pdf>

Jane Curtis - Chairman

Club Shop at Chesham Leisure Centre

Open every Sunday, 5.20 to 7.30 pm - covering all training sessions - selling

- 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 Kit (to order): named Club swimming hats, towels, polo shirts and hoodies
- [Sample garments 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 at the Club Shop for advice.

Named Club Hats: Please note: next order will be placed at the end of June

Cost: £6.00 for 1 hat, £5.00 for each additional hat (with same name)

To order: Email: website@cheshamswimmingclub.org.uk by 24th June, stating

- Name to be printed on Hat/s
- Number of Hats required + total amount to be paid
- Full name of swimmer/s for whom order is being made

Mary Rose - Club Shop

Do you bring a drink to every training session? What's in it & do you actually drink it?

All swimmers, even those in Red, should have a drink with them during training sessions – especially now that the weather is getting hotter. You all work hard in training but because you are in water you are often not aware that you are sweating and so you finish your session feeling thirsty. By the time you are thirsty, you are dehydrated, your muscles are working less efficiently and you are likely to get cramp.

All swimmers need a **'thin' drink** to sip throughout the session. Water, dilute squash or dilute fruit juice but NOT sugary or fizzy drinks. You should be drinking at least 500ml an hour and more during hard sessions simply to keep your body's fluid balance correct.

In addition swimmers training for an hour or longer need a **carbohydrate replacement drink** to top up fuel reserves in their muscles. The carbohydrate in this drink should be at the same concentration as the carbohydrate in a swimmer's body as it can then be absorbed quickly and used immediately to fuel muscles. In addition to the carbohydrate a tiny amount of salt is needed to replace the salts lost when you sweat. It can be a proprietary 'iso-tonic' drink or you can make your own by mixing 500ml of natural fruit juice with 500ml of water and a pinch of salt.

Remember – the harder you train, the more fluid you will lose and the more you will need to drink to keep your body working efficiently.

Liz Waddy – Chief Coach

Fruity fun gala 2007

This took place on 13th May, the name of each team having a fruity theme. 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!!

Roger Tregunno – Assistant to the Chief Coach

Personal Bests

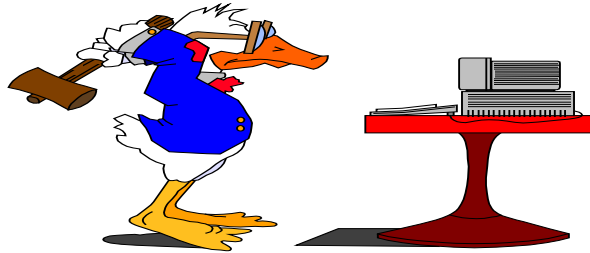
- ❖ Do you know yours?
- ❖ Where can I record them?
- ❖ Has Personal Challenge improved your times?
- ❖ Do you want to have a record of your latest achievement at your last gala?
 - ❖ **The CSC Members' Area is where you need to go!**
 - ❖ Just click on the **'My PBs'** tab
 - ❖ Choose which strokes to enter first!
- ❖ When you have entered them you can also add a note to remind you where the PB was swum and any notes e.g. "I won a gold"!
- ❖ You can also see how many PBs have been entered for the top ten entries.

Can you help?

We are still looking for someone who has computer skills to help maintain our club website and share the task of keeping it up to date with the latest news, gala reports etc.

Visit the Club website...

Log on to: www.cheshamswimmingclub.org.uk



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, website@cheshamswimmingclub.org.uk
chiefcoach@cheshamswimmingclub.org.uk, volunteers@cheshamswimmingclub.org.uk

The above is particularly important if you use 'Hotmail', 'Yahoo' or 'AOL' as your Internet Service Provider (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

'SECURE MEMBERS' AREA', CHESHAM SWIMMING CLUB WEBSITE

Please take time to log on and check your details are correct. It is important that your contact details are correct, in particular emergency telephone numbers. Swimmers should also be keeping a record of their current PB's for reference. Details of forthcoming 'Events' are always available on the website.

If you have lost or forgotten your unique username and/or password please email website@cheshamswimmingclub.org.uk

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 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. Please visit our sponsor for all your sporting goods requirements including extensive Cricket equipment and accessories. The ICC Cricket World Cup is just beginning in the West Indies – see <http://cricketworldcup.indya.com> for full World Cup details and match previews, stats and updates. You can contact Fastbreak by email: fastbreak@btinternet.com

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 less than you think and comes with free domain registration and hosting for the first year. We also install, service and repair wireless networks and computers, remove viruses, spyware and other nasties. Please go to: www.serina.co.uk to find out more.

Brook Leisure, located in Prestwood, is the latest and a very welcome sponsor to support Chesham Swimming Club. As suppliers of a wide range of school, sports & leisure clothing and accessories they also offer a full, bespoke, screen printing and embroidering service. Nominated supplier for a number of local schools and clubs' clothing and accessories, Brook Leisure has supplied Chesham Swimming Club with polo shirts, tracksuits, towels etc. for a number of years.

Nigel Brand – Vice Chairman

SQUAD FEES – JULY - SEPTEMBER 2007

Squad fees due for the period 1st July to 30th September 2007 are as follows:

Squad	Full Rate Squad fees due for July 2007 £	Discounted total amount for quick payment + £
Red A and B	72	67
Orange and Yellow	89	84
Green	100	95
Green plus	105	100
Blue	110	105
Purple	134	129
Purple Plus	175	170
Lime	167	162
Lime plus	212	207
Rust	124	119
Brown and Brown*	74	69
Aqua	69	64
Masters 1 night	67	62
Masters 2 nights	86	81

+ If payment is made on or before 10th July 2007
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 10th July 2007 may not take advantage of the quick payment discount.

**Any fees not paid by 30th July 2007
will be charged an extra £5 on top of the full rate squad fees.**

Liz Rose - Treasurer