



SAFFRON SEALS

SAFFRON WALDEN AMATEUR SWIMMING Club

Newsletter December 2011



This will be the final newsletter of this year (hurray, do I hear you say?) and so ... may I wish you and your family a very happy Christmas and a healthy and peaceful New Year. I do hope to see you all again in January, when we can look forward to continued success in all our fixtures.

Many of the items which follow are reminders, really, and dates for your 2012 diary, so please make a note where appropriate.

Jan Bright



Chairman's 2011 ending thoughts

As we approach the end of a rather eventful and hectic 2011 "Centenary year" I would like to thank all the adults, poolside and non poolside, that have been involved in any way in making it such a fantastic success in so many ways. I hope also that our Club and our swimmers have enjoyed the events and have benefited from being in the public eye on so many occasions. As you take some time away to enjoy the forthcoming festivities the Club is planning next year's fixtures and events so please read the rest of the Newsletter which will give you some important information.

On the staff front - I am pleased to welcome Brian Peggs to the role of Team Manager and thank Janet Rogers (outgoing Team Manager) for all her work in helping to organise the teams for fixtures over the past four years. Janet will continue in the Lane Coach role. We also welcome Andrew Paine as our new Sponsorship Manager.

We still have some roles to fill before AGM in March, notably the Club Secretary. Please let me know if you would like to join our enthusiastic team – the role is very much easier than it used to be with the advent of technology and limited note taking (most of the data comes from the slide presentations used at each committee meeting).

Have a safe, relaxing Merry Christmas and a Happy New Year.

Neil Pottrill



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Centenary Gala

• *Saturday, 12th November*

This was a very special event that was thoroughly enjoyed by all – from the Mayor and Mayoress, Paul from ASA East and past Club members to parents and friends who provided very vocal support. We were grateful to the teams from Dunmow Atlantis and Buntingford for providing such good competition, and were proud of our two Seals teams. For those of you who perhaps are not aware, Saffron Seals Yellow won the trophy, which we hope will be on display in the Leisure Centre in the New Year.

Centenary Sub Committee

Training Sessions

The final training session for 2011 will be Friday, 23rd December. Start dates and times for 2012 are as follows:

Friday, 6th January LBF&LC

Starts/turns for Club Championships entrants

6.30-7.30 pm Ages 9, 10 and 11 years

7.30-8.30 pm Ages 12/13 and 14 years & Open

8.30-9.30 pm Training

Monday, 9th January

LBF&LC 6.15 am Friends' 4.15 pm

Tuesday, 10th January

LBF&LC 7.00 pm

Wednesday, 11th January

LBF&LC 6.15 am

Friends' 6.30 pm

It is hoped that the Friends' School pool will be back in action for the start of next term, but this has not yet been confirmed. All information relating to this will be sent out through GroupSpaces, so please keep checking your e-mails.

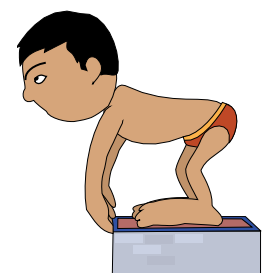
Essex Mini League 2011

You will have read in the newspapers about our success in this year's EML. An outstanding result for our Club brought about by our Squad fiercely competing for every event at every fixture, and Gareth and his team passing on the necessary skills and providing the enthusiasm. A big Well Done must go to those swimmers who represented Seals during the past year; and hopefully this will encourage more entrants into Club Championships in an attempt to achieve times that can be considered for the 2012 campaign.

Here is the final league table for 2011. Didn't we do well!

1	Colchester	962
2	Romford	858
3	Clacton	755
4	Rochford	723
5	Basildon	696
6	Saffron Walden	663
7	Canvey Island	661
8	Dunmow	655
9	Braintree	650
10	Witham	643
11	Harwich	642
12	Maldon	614
13	Hornchurch	518
14	Havering	383

Fi Snow





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Club Championships

- *Friday, 20th and
Saturday, 21st January 2012*

Have you completed your entry form yet? Don't forget that closing date for entries is on or before Monday, 19th December, but not after.

You will have seen from the web site and the local press the list of PB times achieved during this past season. Club Championships is an ideal opportunity for everyone to improve PB times for No.1 stroke, and post times for strokes not normally swum, and also be an opportunity to gain additional Speed Award badges. So get that entry form posted.

Gareth has arranged a training session on starts and turns for those swimmers who have entered Club Championships, which will be held on **Friday, 6th January 2012:**

6.30-7.30 pm

Age groups 9 years, 10 & under, 11 & under

7.30-8.30 pm

Age groups 12/13 years, 14 & Open

8.30-9.30 pm Training

He has suggested also that all entrants make themselves familiar with the Laws of the Sport for each stroke, as outlined below:

- **Backstroke**

The swimmer must remain on his/her back throughout the race, except when making a turn.

At the turn, some part of the swimmer's body must touch the wall.

During the turn the swimmer may turn on to his/her front, and a continuous single arm pull or double arm pull may be used to initiate the tumble turn. The swimmer must return to his/her back

upon leaving the wall.

At the finish of the race the swimmer must touch the wall whilst still on his/her back.

- **Breaststroke**

At the start, only one arm pull (completely back to the legs) and one leg kick may be made under the water.

The swimmer shall remain on his/her front. Arms and legs shall move together, with no alternating movement.

At each turn and at the finish of the race, swimmers shall touch the wall with both hands together at, above or below the water level.

- **Butterfly**

At the start, one or more leg kicks are permitted to one arm pull under the water.

The swimmer shall remain on his/her front. Both arms shall be brought forward together over the water.

All up and down movement of the legs must be together. There must be no alternating movement of the legs. Breaststroke leg kick is not permitted.

At each turn and at the finish of the race, swimmers shall touch the wall with both hands together at, above or below the water level.

- **Freestyle (Front Crawl)**

Some part of the swimmer's body must touch the wall at each turn and at the finish of the race.



Fi and Jan B



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Essex Mini League 2012

10th March

Away v. Canvey Island, Colchester, Maldon,

12th May

Home v. Basildon, Clacton, Maldon, Rochford

9th June

Away v. Harlow, Harwich, Basildon, Braintree

14th July

Away v. Havering, Witham, Basildon, Harwich

13th October

Away v. Clacton, Colchester, Havering, Braintree

Venues and warm-up times have yet to be confirmed for these fixtures, but please commit the dates to your family calendar.

Gareth and Brian

