



SAFFRON SEALS

SAFFRON WALDEN AMATEUR SWIMMING Club

Newsletter February 2011



NEWSLETTER – FEBRUARY 2010

Well, here we are. Into our Centenary Year and with several events already well into planning. Keep a close watch over the Seals Noticeboard (in the corridor, opposite the Wet Change door) and Seals website where we will publicise everything that is happening this year, with reminders appearing in future newsletters. We do hope you will be able to join in with what we hope will be a very enjoyable year.

As you know, our first event was Club Championships, held last weekend. From my point of view, as a referee, both evenings went very well. The competition was close and the spectators noisy, with a very friendly atmosphere. I would like to thank all those 'yellow T shirts' that worked poolside to make sure everything ran smoothly; without their help an event such as this would not be possible.

These are the final results from the two nights:

SAFFRON LAUNDRY SHIELD - 9 years & under

Boys JOHN BOYLE

Girls EMMA SARGINSON

BARKER ASSOCIATES CUP – 10 years

Boys GEORGE ROGERS

Girls PHOEBE SNOW

SWASC CHALLENGE TROPHY

Boys, 11 years ALEXANDER THOMAS

WARD-BOOTH CUP

Girls ,11 years TRIXIE SNOW

MILLENIUM TROPHY

Boys, 12/13 years ALBERT PAVELIN

BUTLER CUP

Girls, 12/13 years SARAH HOWLETT

ELLIS ROOKE TROPHY

Boys, 14 years & over ED POTTRILL

COLE CHALLENGE CUP

Girls, 14 years & over EMILY ABREY

COACH'S AWARD

Boys NATHAN WRIGHT

Girls EKATERINA RAHR -BOHR

Congratulations to all our trophy winners! It was noted that some of the trophies require repair work done – additional shields added, a further base beneath the original, re-plating, etc. – so if any repair work is undertaken when the trophy is engraved, please let us have the bill for the repair work.



Jan Bright

CHAIRMAN'S REPORT

Head Coach Appointment

On behalf of the Club I would like to formally welcome Gareth Warwick to the role of Head Coach for the Club. If you have been at some of our recent events you will have had the opportunity to meet Gareth. If not I'm sure you will in due course. I would also like to thank the appointments team for their speedy work in establishing the process for appointing the new position.

New Vice President

As I am sure you will have picked up our previous coach Howard Godwin has been made Vice President of the Club and we welcome him to the honorary role.

AGM

22nd March 2011, 19.30 Training Room LBF&LC.

Please add the AGM date to your diaries and come along to listen to Club reports on the last year, with an opportunity to discuss the future plans for the Club. If you would like to join the committee please let a member of the current team know ~ we can always find things that need doing!

Centenary Year

Please keep an eye out for events especially when we get to summer as this year is Carnival year. We have already booked our lorry for the procession and will be asking for Club members to help decorate etc. We will be putting on a special Centenary carnival fun swim gala which we hope to have a "celebrity" open for us!

Club Championships

Well done to all who took part and a big thank you to all the adult organisers etc especially Fi Snow who pulled it all together. This was again a great two day event demonstrating the skills of our swimmers. If you were unable to take part this year make sure you get your form in on time when they come out next Christmas!

Neil Pottrill





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A Message from your new Head Coach

I'm honoured to have the opportunity to be Head Coach with Saffron Seals, especially in this coming year when the Club will be celebrating its Centenary.

A big thank you goes to those members who competed in Club Championships 2011. It was a great opportunity for me to see some of the Club's current swimmers and note the potential each individual has. There are some improvements needed to help enhance the Club's performance and, over time and with plenty of hard work from us all we can achieve this.

I will be encouraging all swimmers to compete in the mini league and other fixtures when selected.

If there are any questions, opinions or suggestions you wish to highlight, please feel free to talk to me, or alternatively e-mail me at coach@saffronseals.org.uk

Gareth Warwick, Head Coach

Swimming Session Dates

Friends' School

Spring Term

Half Term

Mon 21st Feb-Fri 25th Feb
plus Friday 29th April
Term ends Friday, 8th April

Summer Term

Starts Monday, 25th April

School closed Monday, 2nd May, for May Bank Holiday

Half-term

Monday 30th May to Friday 3rd June, inclusive

Term ends

Friday, 8th July



LBF&LC

Closed Good Friday – 16th April 2011

Fund Raising Event

You may have heard that one of our aims for the Centenary Year is to replace the starting blocks. These were first installed pool-side in 1984 when the Leisure Centre opened, and they have now seen better times. An event was organized in November last year to kick-start the process, and the following are thoughts on the evening:

On Saturday, 27th November 2010, the Lord Butler Fitness

& Leisure Centre's swimming pool was taken over by S.W.A.S.C. (Saffron Seals) for a sponsored swim. Fifteen swimmers (aged between 9 and 17 years) swam for three hours to clock up a total of 3,872 lengths (60.5 miles, or nearly three times the English Channel!). The swimmers involved were **Ella Sanders, Phoebe and Trixie Snow, Georgina Dunham, Ella Sawtell, George and Alice Rogers, Joely Wright, Emily Abrey, Megan McLean, Lottie Dyce, Albert Pavelin, Daniel Benton, Georgina Roughedge and Lizzie Eddershaw.**

It was a top effort made by all, struggling through tiredness, aches and pains, and all money raised will go towards buying much needed starting blocks for the Club. Here are some highlights:

George, who thought he'd finished and got dressed, got back into his swimmers when he realised his sister Alice was going to overtake him.

Georgina D, who got out because she was feeling sick, eventually carried on and completed 200 lengths.

The Snow girls got their heads down and clocked up over 8 miles between them.

Both Ellas and Joely swam in the same lane and showed great team work, staying together and swapping the lead after every 20 lengths.

Albert, who only put his name down for the swim the day before, so hadn't had time to prepare, produced an amazing 340 lengths (over 5 miles).

Megan nearly stopped at 3 miles because she was in pain, but, through gritted teeth, clocked up her fourth mile.

One of our youngest swimmers, **Lottie**, put her head down and went hell-for-leather and clocked up 300 lengths.

Three of the older swimmers, **Daniel, Lizzie and Georgina R**, had to leave early but recorded a very impressive 10 miles.

And finally, **Emily ...** who managed to complete the longest distance in the 3 hours; an outstanding 370 lengths (just short of 6 miles).

I would like to make special mention of, and pass thanks to, the parents and Club Captains who gave up their Saturday evening to stand and count lengths. Without their input this event would have been very difficult to undertake.

Mark Sanders, Fund Raising Co-ordinator





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Child Welfare

Time seems to have passed very rapidly since the last update, and we are at the start of another year.

The new CRB forms are now available and are similar to complete. We have some new members who will need to complete forms and some renewals are coming up soon.

There is one issue that has recently arisen and I want to remind members to be very careful when using facebook.com as a means of communication. Problems can occur unless the required privacy settings are in place. Information on how to achieve this can be accessed via Google and Gail Hoban has kindly looked into this and has provided a link to a really useful Youtube video which shows you how to check your Facebook privacy settings are private. It is quite a long list of bits to check and not the auto settings that Facebook have, and you would expect.

<http://www.youtube.com/watch?v=MTpa3AS39uA&feature=related>

It also mentions that Facebook are taking no responsibility for any information once it reaches the internet.

Even if you have removed the page, it will still come up as a search.

If you have any questions or IT skills that will help to keep members and information safe, please contact me.

Arlene Mclean, Child Welfare Officer

Forthcoming Fixtures - Essex Mini League

14th May at Witham

11th June at Rochford

9th July at Maldon

10th September Home fixture

8th October at Basildon

If you think you're not receiving emails or calls from the Club it might be because you've forgotten to tell us a change of email address or we haven't an up to date mobile number for you. Remember to tell us if you have moved or changed your contact details.

secretary@saffronseals.org.uk

01763 838687

