



# SAFFRON SEALS



SAFFRON WALDEN AMATEUR SWIMMING CLUB

Newsletter February 2010

*This is our third newsletter circulated whilst LBF&LC attempt to repair the pool, but we still have bits 'n' pieces that we must keep you aware of. There is still a great deal going on behind the scenes to keep our Club running as smoothly as possible, and the following are items of interest to you (we hope), and things to make a note of.*

## From your Chairman

### LBF&LC

As I write this piece I am informed by Phil Wallis (Commercial Manager of LBF&LC) that re-tiling is underway with a likely return to the pool during mid March – fingers crossed then!.

### REFUNDS

I hope that our plans to delay the application of your standing orders to cover funds paid without swims has been successful? We have had a couple of queries which we are sorting through and will be resolved shortly.

### AGM

Our AGM will be held on Tuesday 23rd March 2010 in the Training Room LBF&LC at 19.30 – all members / parents welcome. You will be pleased to know ahead of the meeting that all posts on the committee are covered (that's not to say that they can't be contested if you so desire!!) bar one. For the last 17+ years Annie Eady has been our Treasure but has decided to put away her cash book for the last time which means this vital post becomes vacant. If you feel you would like to have a go please let me or a member of the committee know (you don't have to wait until the AGM) ~ all the email addresses are on the web site for your use.

### WEBSITE

On the subject of web site I would like to make a special mention of Gail Hoban who diligently manages the site for us ~ I hope you'll agree it is very informative and is the first "port of call" for information.

<http://www.saffronseals.org.uk/>

### NEW CAPTAINS / VICE CAPTAINS

On behalf of the club I would like to welcome the new Captains and Vice Captains and hope they enjoy their time supporting & promoting the club (names in the report below).

*Neil Pottrill, Seals Chairman*

## Club Championships



Our thanks go to all those swimmers, parents and friends who made the journey to Dunmow for the two weekends in January. Both evenings went well, and the following is the list of trophy winners for this year:

9 years	Boys	James Howlett & Louis Sawtell
	Girls	Victoria Hill
10 years	Boys	Willem Brooker
	Girls	Trixie Snow
11 years	Boys	Harry Paine
	Girls	Megan Powell
12/13 years	Boys	Robert Chappell
	Girls	Tara Snelling
14 years +	Boys	Eddie Pottrill
	Girls	Lizzie Eddershaw
Coaches Award	Boys	Jack King
	Girls	Emily Abrey

Club Captains for the forthcoming season are Eddie Pottrill and Anna and Rachel Carter-Gladwin, with Daniel Benton, Emily Abrey and Lizzie Eddershaw as Vice Captains. Watch out for one or more of them working poolside at our future events.



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## Forthcoming Fixtures

8th May	Mini league – Dunmow (A)
14th May	George Gibson Trophy – Newmarket (A)
12th June	Mini league – Rochford (A)
10th July	Mini league – Clacton (A)
25th Sept.	Mini league – Home fixture
9th October	Braintree

These are all the fixtures we have at present, but hopefully, there will be more invitations from Newmarket. Many of you know that 'friendly' fixtures like those with Newmarket and other local clubs are lots of fun ... so watch for the dates for these! We will, of course, keep you informed.

## Message from Fixtures Secretary

We are grateful to the Essex Mini League organizers for allowing us to pull out of our commitments in February and March (our home fixture). Another club has been found to take our place for those two dates, and our home fixture has been postponed until 25th September. The pool should be up and running again (fingers crossed!), we will be back on track training-wise and able to organise a great home fixture.

## A Fixtures Reminder

The next Mini League is 8th May, hosted by Dunmow. An invitation to swim will be sent out via e-mail nearer the time. If you are asked to attend please reply (janet.rogers@tiscali.co.uk) straight away. This makes the job of choosing a team so much easier, and Janet R won't have to start chasing new swimmers at late notice!

*Jackie Tearne, Seals Fixtures Secretary*

## The Great East Open Water Swim

If you are aged 16 or over, and would like to get fit and contribute to raising money towards the purchase of much needed new starting blocks, then now's your chance.

On 19th June 2010, at Alton Waters (near Ipswich), there is a 1 mile open water swim. Apart from the swim, this is a great day out, with loads of other stuff going on, the odd celebrity and TV cameras as well.

Before the swim training sessions will be arranged at the Friend's pool, Lord Butler (when/if it opens), Jesus Green outdoor lido and a lake session at Gosfield Lake.

Are you interested? Then please go to [www.greatswim.org](http://www.greatswim.org) and book yourself on. Once you have done this please e-mail me at [marksanders@bopenworld.com](mailto:marksanders@bopenworld.com) for a sponsor form.

*Mark Sanders, Seals Sponsorship Manager*

## Friends' School Pool – swimming dates and times

Monday, Wednesday and Friday – times as previously advised (note recent change of time for Friday sessions)

## No swimming sessions

during half-term - 15th (Monday), 17th (Wednesday), 19th (Friday) February

on any bank holidays.

during Easter Holidays - Good Friday, 2nd April, to Friday, 16th April, inclusive

## Sessions begin again

on 19th (Monday) 21st (Wednesday) April. Friday session back at LBF&LC (hopefully) - watch this space!

Please check the website and look out for e-mails for information relating to any changes.



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## Message from your Team Manager

### Friends' School Pool

Thank you again for your patience and understanding with regard to our problems at the LBF&LC pool. I know that a lot of you do not favour the Friends' School pool but it is better than nothing! Thank you to all who are making use of our training sessions there, and if there is anyone else who is not presently swimming and would like to join us, please call me and we will try to arrange a suitable time for you. Also, any one who would like to swim more on a Wednesday please feel free to call me.

Luckily we now have the Monday session at Friends' as a permanent fixture, with Joanne Raynham and me as coaches. Sessions start at 4.15pm and 5.15pm.

Please remember to check our website for any news and changes. It is full of information and I recommend you check the "What we expected of our swimmers" section, select on the 'Adidas winning ways' as it has lots of useful tips for becoming a successful swimmer. If the image is too small to view, just click on a picture to enlarge it.

### Attendance

It would be useful if you could send me an e-mail if you are unable to attend training.

### Masters Swimming

For any adults (25 years and over) that may be interested in joining us ... you do not need to have a trial (as with our younger members), just fill in the form on Register Desk and send a monthly payment (£3.80 per swim) to Annie Eady, Treasurer. You will be able to swim in a controlled lane, and Howard will be more than happy to give you advice on your training or strokes, if you wish.

You will not be expected to compete ~ unless you want to, of course - so come on, join in and get fit.

Masters sessions at Friends School are Wednesday and Friday, 8.30pm till 9.30pm, until the LBF&LC pool re-opens, when the Friday session will move.

Happy Swimming.

Janet Rogers, Team Manager  
(01799 513634)

If you think you're not receiving emails from the Club it might be because you've forgotten to tell us a change of email address!

Remember to tell us if you have moved or changed your contact details.

secretary@saffronseals.org.uk  
01763 838687

## Message from Club President

I would like to say a special thank you to those who worked behind the scenes to organise, re-organise and relocate our Club Championships. There were many problems, both large and small, along the way and without the work of two people particularly – Fi Snow and Jackie Tearne – we would not have been able to run the event. Thank you ladies, both; and I wish you an easier to organize event for next year.

I would also like to thank all those parents (committee members and others) who turned out poolside to undertake the various jobs allocated to them. Both evenings ran well because of your invaluable assistance.

Jan Bright, Seals President.

