



SAFFRON SEALS



SAFFRON WALDEN AMATEUR SWIMMING CLUB

Newsletter July 2009



From our Chairman

Summer is with us again and I am sure that you are all looking forward to a break away from school / work / 6th Form etc to take a well earned rest to "recharge the batteries". The following newsletter has a great deal of information in it relating to summer swimming, family sessions and changes to club activities – including some for Parents!. Please take some time out to read and follow up any additional data on the web site. <http://www.saffronseals.org.uk/>

Have a great summer!

Neil Pottrill, Chairman.

Speed Awards Gained



The following is a list of those children who have gained Speed Awards from the Canvey Island fixture:

Bronze

Joseph Birch, Backstroke

Willem Brooker, Backstroke and Breaststroke

Katie Sarginson, Backstroke

Silver

Rachel Sharp, Butterfly

Matthew Todman, Freestyle

Gold

Jack Benstead, Breaststroke

Sarah Howlett, Freestyle

Platinum

Emily Abrey, Freestyle

Please pick up your envelopes at your next training session!

Kathy

Criteria for New Members and Movement between Groups

You may be aware that the ASA has changed the way it measures the progress of swimmers from beginners through to competent competitive swimmers ~ called National Plan for Teaching Swimming. The club is keen to build on the principles adopted by the ASA and to standardise the entry qualification into the club and also the standards required to progress through the various sessions we have to offer. At a recent meeting of the Poolside Committee – made up from committee members, coaches and teachers - it has been decided to put together and publish our "tailored" requirements recognising that we cant go directly to the NPTS Staged approach until it has been running for sometime to allow for swimmers to have completed some of the swimming tasks – note if you go to the website a full description of the stage is available.

Financial 3 year plan

At a recent meeting of the club's finance committee it was recommended to the main committee that the 3 year plan (which takes us to 2012) increases standard costs to the club by 3% apart from fixed costs & incomes which will not attract any perceived rise. Having a plan in place makes the job of the club treasurer slightly more straight forward in being able to predict with reasonable certainty the revenue and expenditure on an ongoing basis.

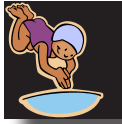


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Forthcoming Fixtures

Essex mini league

Saturday, 12th September, Havering (Dagenham)

Saturday, 10th October, Basildon

Janet Bright Trophy

November, LBF&LC

VW Cars Trophy

Saturday, 5th December, Newmarket

Essex mini league Saturday, 13th June

Our trek to Canvey Island for the second mini league fixture was a worthwhile one. There were several new faces in our squad, and everyone (without exception) put in a good performance. It was good to see competitors in so many events, and to see the team apparently enjoying themselves.

We were a few swimmers short for various different reasons. In our youngest groups, we just haven't got enough swimmers, so to allow the swimmers we have, to enjoy the experience, we put some of our slightly older swimmers in the relay's. Unfortunately, we have to declare this and so we forfeit the points. Due to some swimmers not being able to make it, we had no swimmers for 3 races. Despite all that, we had a team of 30 children. I would like to say thank you to all the committed parents who drove to Canvey Island.

All our swimmers were fantastic and I thank every one of them for making the gala a fun and enjoyable one, even though we came 5th the team were on very high spirits. Ed Pottrill showed his dedication to the team by swimming with a bad shoulder and swam really well, despite the pain. Willem Brooker showed what a star swimmer he is. This was his very first gala and he had to swim six races in all, winning one and second in another. Our other winners were Polly Snelling and Maia Lamb (twice). Congratulations.

Thank you to all who helped especially Mark Sanders whom organised and drove the SWCHS minibus, with the organising of the gala, to those on poolside, and our officials, Jo Raynham and Janet Bright.

All invitations..

to take part in galas will now be sent out by e-mail so please make sure you check your e-mails and reply ASAP.



Whilst this method has recently been working very well we have had times when families are away, have computer break down etc.

and have not received the 'call up'.

Therefore, as a back-up, would all parents please provide a mobile telephone number so that I can then follow-up the invitation by text if I haven't received a reply within a few days. This will inform swimmers about Galas far more efficiently and give me more time to find replacement swimmers.

The next fixture will be on Saturday, 12th September. If you would like to consider being part of the squad to travel to Dagenham, please indicate (on the last page of this Newsletter) that you will be available for selection on that date, if required.

Please send your number to me by email or text, on,
Mob.No. 07801074657

Many thanks

Janet Rogers, Team Manager

Remember to tell us if you have moved or changed your email address or telephone number.

secretary@saffronseals.org.uk
01763 838687





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Masters Swimming (aka swimming for big grown-up people)

Have you heard of Masters Swimming? This is a discipline that provides training for anyone over 25 years of age ... so, if you are keen to take to the water, either as a fun way of keeping fit or to begin/continue competing, do join us on a Friday evening, from 8.30 to 9.30 pm. Saffron Seals has had a Masters Section for very many years (once very active, now not quite so!) and we would like to encourage mums, dads, grandparents and friends to take part.

If you would like to become a Masters Swimmer, please download the last page of this Newsletter, indicate your interest in the appropriate place, and leave at swimming desk for Harriet.

Session Dates for Autumn Term 2009

LBF&LC

Tuesday, 8th September, to
Tuesday, 15th December inclusive

Friends'

Wednesday, 9th September, to
Wednesday, 16th December inclusive

Half-term (two weeks) –
Wednesday 28th October, and
Wednesday, 4th November

Adult Improvers' Session

Are there any parents, grandparents and friends out there who would like to improve their swimming technique. If so, Howard is keen to welcome you to the Friends' School on a Wednesday, evening, 8.30 to 9.30 p.m.

Do you think you might be interested? To give us some indication of possible interest, again please go to the last page, complete the appropriate part, and leave at desk at next swimming session.

A Post still to be Filled (Swimmers' Registration Rota)

A formal register for each training session is a health and safety requirement and we would like to reinstate the booking-in process for children who attend training sessions. We are looking for someone who is prepared to speak to parents to organise a rota to enable this happen. If you feel able to take up this post and would like more information please tick the appropriate box on the last page.

Water Polo

It has been decided that water polo training will continue, but on a more structured

basis. Lyn Dance will take a session with each group on a rota basis during normal training time. This will enable all swimmers to benefit from stamina training in a fun atmosphere. It is intended that these sessions will begin in the Autumn Term 2009.





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WWW

Have you logged on to the Saffron Seals web site yet? It contains all the above information with regard to dates for sessions, forthcoming fixtures etc., as well as the results from past events. It is well worth a look.

Did you know?

ASA Laws of the Sport - Backstroke



1. *When executing a tumble turn, the swimmer should not turn onto their front until close enough to the wall, so that they do not have to glide in to the wall.*
2. *Once the swimmer has turned, some part of the body must touch the wall - usually the feet.*
3. *At the end of the race, the swimmer must remain on their back until they have touched the wall.*

Check the web site (saffronseals.org.uk) for Tips to Avoid Disqualification.

Summer Training Sessions

22nd July to 4th September inclusive

Long standing members will already be aware that changes to our training sessions will be made for the Summer break, but for those of you who are newly joined, this is the information you will need:

Tuesday	7.00 to 8.00	Family fun session for all groups and their families (max. 40)
	8.00 to 9.00	Training - Dolphins, Whales and Seals (Tues. and Fri. swimmers)
Friday	6.30 to 7.30	Training - Flounders and Penguins (Weds. swimmers)
	7.30 to 8.30	Family fun session for all groups and their families (max. 40)
	8.30 to 9.30	Training - Dolphins, Whales and Seals, and Masters

The fun sessions are open to families and friends of Club members, and the cost to each family member or friend is £1.00 per session. Swimmers under the age of 8 years must be accompanied in the pool by an adult.

All swimmers must book in and pay at the poolside desk.

Poolside Officials

After the item in the previous newsletter, several parents have expressed an interest in taking a qualification to become an official. We have also discovered that the minimum age qualification for a Timekeeper is 14 years, and we would like to throw open the same opportunity to our older Club members. ASA training and tutorials are held throughout the year, and if we have enough interested people we will endeavour to hold a course here in Saffron Walden.

So ... if you have an interest in becoming a qualified official, and enjoying our fixtures from the other side of the barrier, please complete the appropriate section on the last page, and, again, leave at swimming desk at next session for Harriet.



Did you know?

At the start of the race:-

Once the starter has said 'take your marks' the swimmers have to remain still. Any movement after this point will result in disqualification.



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Interested?

If any item in this Newsletter has inspired you, please indicate your interest by putting a mark (a tick or a cross) the appropriate box(es) below and leaving this page at the desk the next time you or a member of your family go to Club.

You can be sure that we will contact you again when further information becomes available.

ASA Swimming Officials' Qualification

Adult Improver Swimming Sessions

Masters Swimming

Swimmers' Registration Rota

Essex mini league, Saturday 12th September -
I am available for selection, if required

Name

Contact details:

e-mail address or

Tel.No.

