



SAFFRON SEALS



SAFFRON WALDEN AMATEUR SWIMMING CLUB

Newsletter July 2010

From Your President

This is the last Newsletter before our Summer break, and you will find below details for the training and fun sessions during July and August. With the lovely weather we are currently having we do hope that you and your family, and family friends, make use of the fun session times. A good time can be had by all, at minimal cost, but please note the safety requirements outlined below.

I do hope that you all have a really good holiday, and return to full training in September refreshed and ready to fulfil our remaining fixtures whether they are mini league or trophy competitions.

It was disappointing that we were unable to raise a team to fulfil our Essex mini league fixture at Rochford, which was held in June. I know that this was partly due to changes in date and time of the fixture, and the fact that it clashed with England's first game in the football World Cup, and was a decision not made lightly. It is understandable that we don't want to travel so far to compete with less than a full competitive squad.

We will be making every effort for our up-and-coming fixture at Clacton and expect to be taking a complete team and I look forward to seeing you all there.

Jan Bright

From your Chairman

We have had a very busy few months since our May Newsletter; with Club participation in the first ever Saffron Walden "Sports" Quiz night; 4 (older) members of the club including the Boys' Captain Ed Pottrill taking part in the sponsored East of England Open Water event at Alton Water; our very own Jan Bright starring in the "24 hour" documentary on Saffron Walden (talking about our Club); and the re-introduction of Water Polo into the training programme. However, summer is with us again and I am sure that you are all looking forward to a break away from your usual activities to take a well-earned rest. The following newsletter has a great deal of information in it relating to summer swimming, family sessions and Club activities. Please take some time out to read it and follow up any additional data on the web site <http://www.saffronseals.org.uk>

Have a great summer!

Neil Pottrill



From your Treasurer



As the 'new face' in this position I am slowly getting to grips with the intricacies of our finances and the vagaries of the ASA. However, it would be much appreciated if all payment requests were sent promptly, particularly those people who act as lifeguards at Friends' School.

Andy Dunham

From your Team Manager

Firstly, I would like to thank our poolside officials Joanne Raynham and Jan Bright. They do their best to support us at every gala and their commitment to the Club is very much appreciated.

It would be great if, after each fixture, all members could get into the habit of letting me know whether they are available for the next gala. The dates of the galas can be found on the website. I would appreciate it if our older (13+) swimmers did this too. Thank you to all those who already do.

A few of our swimmers have experienced their first galas recently - I hope they enjoyed the experience. Thank you to all our swimmers who supported the Club in the fixtures in April and May. Unfortunately, we were unable to attend the June date as we didn't have sufficient swimmers. **Please swimmers - do reply to gala invitations a.s.a.p.**

The Newmarket invitation galas always have a fun Masters/parents race, so come on parents - your children would love to see you take part. Thanks go to Neil Green (Rebecca Green's Dad) and the three older Club members who swam. Any parents who would be interested in swimming next time we are at Newmarket, please let me know.

We are hosting the Essex mini league fixture on Saturday, *****25th September 2010,***** and would like to have a full team. Please support the Club by putting this date in your diary, in case you are invited to swim. Not only do we need the swimmers' support, we will need a lot more parent help. Please let Fiona Snow know if you are able to help. Let's make this a well-run gala.

All the e-mail addresses of the committee members are detailed on the club website - www.saffronseals.org.uk and this is the first place you should look for information or contact details.

Friends' School pool sessions will finish this week for the summer. Monday and Wednesday swimmers now have a couple of weeks off before the summer sessions start at



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LBF&LC on Tuesday 20th and Friday 23rd July (see below for full details). However, members of these two sessions could always use a public session at the leisure centre to do 400 metres (32 lengths) to keep the training up.

We look forward to welcoming you all back week commencing Monday, 6th September, at both pools. You will find all Autumn term dates on the website.

Janet Rogers

Summer Sessions

20th July to 3rd 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, Seals (Tues. and Fri. swimmers)
- **Friday**
 - **6.30 to 7.30**
Training – Flounders and Penguins (Friends' 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, Seals and Masters

Please note the following details:

- ! 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.
- ! All swimmers wishing to take part in the fun sessions must report to the Desk poolside.
- ! Swimmers aged 8 years and younger must be accompanied in the pool by an adult.
- ! Listen to and respond to instructions given by the lifeguard and/or Club coach/lane coaches who may be poolside.
- ! Keep the outside lane clear for those people who wish to train or receive additional coaching.

Remaining Fixtures

- 10th July* *Mini league – Clacton (A)*
- 25th Sept.* *Mini league – Home fixture*
- 9th October* *Braintree*

There is another fixture with Newmarket for the VW Cars Trophy. The date for this is yet to be confirmed, but is usually the first Saturday in December.

Our mini league home fixture in September will require more than usual numbers of poolside help. Please let Fiona Snow know if you are prepared to assist.



Jackie Tearne

Speed Awards

All times achieved from recent fixtures have now been entered on each child's record. The appropriate speed awards that have been achieved will be listed on the Seals Notice Board (in corridor on wall opposite Wet Change door) now.

Congratulations to all those who have achieved new speed award badges. You should seek out Kathy Snelling and collect your badges from her.



Sports Quiz 4th June 2010

The team of parents, lane coaches and committee members representing Saffron Seals at the recently held sports quiz came a reputable 8th place in the overall scores.

Some of the questions were very testing, unless a wide knowledge of all sports (including baseball, American football, cycling) was available. However, the eight people who made up the team had a very enjoyable evening.

Our thanks go to the Seals team members for giving up a Friday evening, and also to the organisers of the event: we have already registered an interest in taking part next time.



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Child Welfare Update

Our evening of form filling is slowly showing results. We are still waiting for some forms to be processed but have had one clearance given.

Just as we have got a working system along come the changes. I summarize the changes here but if anyone would like more details I can put a copy of the CRB update on the web-site.

- ! From July 2010 the CRB & ISA joint application will be introduced.
- ! The old forms will no longer be accepted.
- ! The new form will be available on request from ASA in July.
- ! From November 2010, it will be mandatory for all new recruits and those changing roles to be ISA registered BEFORE starting work, paid or unpaid.
- ! From April 2011 it will be mandatory for all existing workforce to be ISA registered.
- ! There is a guide available online (<http://www.crbguide.co.uk>) that takes you through completing the forms. Another learning curve coming up ... watch this space.

*****A reminder to all:**

Photography is not allowed at training sessions or competitive fixtures; and individual parents requesting to photograph their own child will not be allowed. There are signs at the Leisure Centre stating this but not at the Friends' School. However, photography is NOT allowed at either venue.

Arlene Mclean

How is the Swim Squad Selected?

The following, written by Janet Rogers, outlines just how much time and thought is given to the team selection for our various swimming fixtures. Perhaps it will help you all to realise just how important it is to respond to your 'call up' for these events and make every effort to turn up when selected.

The Gala dates and name of the host club, are found on the website. They are also mentioned in the Newsletters and the sporadic gala reports. We expect selected swimmers to attend and compete in each fixture for which they have been selected. Therefore, it is very important that you put these dates in your diaries.

Q: How many swimmers do we need?

A: Mini league fixtures: For a full team we need 4 swimmers from each gender, in all 5 age groups. That is 40 swimmers in total. Bearing in mind, in some age groups, we don't even have 4 swimmers.

Newmarket Galas: We only need 3 swimmers from each gender for each age group. This is because these galas are friendly galas and have different rules.

We are only a small club and, therefore, there are some swimmers who will get chosen for every gala because they are all we have. We try and make sure all swimmers get a chance to swim in a gala. This is a lot easier to achieve if you let me know in advance which galas you can or cannot attend.

Q: What happens if we do not have enough swimmers?

A: If we do not get enough swimmers we would then swim a younger child up an age group (for example a 10yr old may swim in a 11yr old race), that is, if we have a capable swimmer in that younger age group.

For mini league fixtures a swimmer can only swim in two individual races; however they can swim in as many relays they are capable of.

Q: What happens if we still do not have enough swimmers for each age group?

A: If this happens, there will be races we cannot take part in and therefore we don't get any points for that race. I hope you can see how this weakens our chances of improving our final position at the end of a fixture.

If not enough swimmers commit to attend a gala, we are forced to decline the invitation and as a result the Club is fined £50.

Q: When will we find out if we have been chosen to swim?

A: Three weeks before the event the host Club sends out details of venue, programme and warm up/start times.

We then send out individual invitations to our squad swimmers (one invite per swimmer) - usually 2 to 3 weeks before the scheduled date of the gala. If any invited swimmers are unable to attend the gala the Team Manager then has to find replacements and there is not much time to do this. On the morning of the fixture Howard selects who swims in which race(s) and the children are notified when they arrive at the venue.

Invitations are sent out via e-mail, to the most recent addresses we have. It is vitally important, therefore, that the e-mail addresses we have for our swimmers are up to date and checked regularly, otherwise the system breaks down. If you have changed your e-mail address recently, please do let us know.

Finally, you might think we have been banging on about



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team selection, attendance at fixtures etc. etc., but these are really important issues for a competitive swimming club (albeit low key) like ourselves. They are important on two levels really – one is financial because of the fines imposed for non attendance; but the other is for continuing Saffron Seals' reputation as a Club who willingly fulfils a fixture to its best ability, and competes cheerily and in the best sportsmanlike manner possible.

Two Insights into Open Water Swimming

All four of us (Ed Pottrill, Neil Green, Iain Rogers and me) managed to get to Alton Waters on a very cold and windy morning on the 19th June. It was a real turn in the weather and we knew we were in for a real bumpy swim. Ed had already swum his mile (25.29 mins.) and Iain (33.54 mins.) when I arrived. I was glad that I bumped into Iain who gave me same valuable tips on swimming in such rough waters.

Neil and myself were in the same leg that had been shortened and put back by half an hour because of the conditions. Getting in was fine but 50 metres out it turned really choppy and started to pour down with rain. It was a hard swim going out as the wind was pushing the waves in to us. The second part was fine as we had the wind behind us. It was a really good swim with Neil finishing in 25.11 minutes and myself in 30.02 minutes.

I think we'll all get signed up again for next year and hope some of the younger ones will join us in the 500 metres under 16 swim.

From Iain Rogers

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

Great East Swim

Mark Sanders, Neil Green, Iain Rogers and Ed Pottrill all braved the inclement weather on Saturday, 19th June, to attend the Great East Swim - a one mile open water swim held in Alton Water, near Ipswich.

The morning races were shortened to 1500 metres due to the wind and rain. Ed managed a very creditable 25.29 minutes, while Iain struggled with the conditions and finished in 33.54 minutes. The afternoon races were shortened again to 1100 metres. Neil completed the swim in 25.11 minutes and Mark managed 30.02 minutes. Although the conditions were against us, just finishing created a great sense of achievement.

Great London Swim

Iain has obviously caught the bug for open water swimming and also entered the Great London Swim held on Saturday, 3rd July, in the Royal Victoria Dock. The weather conditions and venue were great, albeit a little too warm once the full wetsuit was zipped up!

In the better weather, Iain managed a very creditable 7th in his wave of 221 swimmers, completing in a much faster time of 27.33 minutes. Provisional overall position 262 out of 3,143 swimmers. ***He even beat ex British Olympic swimmer Duncan Goodhew by 1.09 minutes!***

The British Gas Great Swim 1 mile series is open to swimmers aged 16 and over. Some of the events include 500 metre races for swimmers aged 11 to 16 and we have three eleven year old girls keen to attend. Wetsuits are compulsory.

Perhaps next year we could enter a Seals team, made up of current swimmers and parents. If interested check out the Great Swim website - www.greatswim.org

From Mark Sanders

