



SAFFRON SEALS

SAFFRON WALDEN AMATEUR SWIMMING Club

Newsletter September 2011



If you have received this Newsletter on your own e-mail address would you please pass it on for the rest of your family to read – the information in it will be of interest to everyone.

Welcome back to the start of another swimming year. We do hope you all had an enjoyable summer, are ready to settle back into School life, and are looking forward to resuming regular training sessions. Gareth has been working through the break to set up more ways to improve our competitiveness, and we hope you will enjoy taking part in the various innovations planned.

Jan Bright

Busy summer.....

• *Swim 21*

Whilst the Club has been in “summer mode” several members of the Committee, led by Alex Paine, have been busy finalising the paperwork for Swim 21 Accreditation and I am pleased to say the first hurdle was passed when our document passed the recent Regional Panel. We now move to the more important stage, which is preparation for submission to the National Panel on 21st September 2011. This has been hard work to achieve but will pay dividends in meeting our Club Strategy for 2012 and beyond. Thanks go to everyone involved - Committee, coaches and, particularly Alex - for a job well done (so far!).

• *New diving Blocks*

We have spoken about them; have for some time been raising money for them; and I can now report that the order for five new starting blocks has been placed with the manufacturers. It is hoped they will be in place for our Centenary Gala in November.

• *Essex mini league - Home Gala*

The last result in July shows just what can be achieved ... so well done to all who took part. Now it's time to gear up for our home event in September. It would be simply fantastic if we can equal or better the 2nd place achieved in July. Good luck to our squad!

Neil Pottrill



Session Start Dates

The last two Summer Programme sessions are on Tuesday, 6th, and Friday, 9th September. The start dates for the new season are ...

- **Monday, 12th September**
LBF&LC – 6.15 am
Friends' School – 4.15 pm
- **Tuesday, 13th September**
LBF&LC – from 7.00 pm
- **Wednesday, 14th September**
LBF&LC – 6.15 am
Friends' School – from 6.30 pm
- **Friday, 16th September**
LBF&LC – from 6.30 pm

From Coach Warwick

Now that we are coming to the end of the summer break, I would like to say how pleased the coaching staff have been to see how many of you attended, and how hard you have worked and seemingly enjoyed the training. It makes our job so much easier when everyone appears to be having a good time!

Many of you have been working through the various stages of the pre-Competitive Starts Award and the following have been successful and are now entitled to wear the coveted yellow swim hat.

Becky Green
Keely Edwards
Georgina Dunham
Emily Hartle
Alice Eddershaw
Georgina Roughsedge
Katie Woodstock
Phoebe Snow
Shaun Saville
Sophie Awbery-Maskell
Isla Yarrow

Daniel Benton
Alice Rogers
Sian Bignall-Smith
Nathan Wright
Josh Newman
Rebecca Sarginson
Zach Haynes
Elizabeth Eddershaw
Katie Sarginson
Emma Sarginson
Alexander Thomas





SAFFRON SEALS

SAFFRON WALDEN AMATEUR SWIMMING Club

Newsletter September 2011



There are some swimmers who still have stages to complete, but these will be done and assessed during normal sessions. Don't worry if you have missed the opportunity to gain the award this time - other sessions will be organised in the near future, so keep watching the notice board and reading the newsletters.

I would like to say a big thank you to *Joanne Raynham* who set up and ran the training each week and also carried out the assessments. Without her hard work it would not have been possible to get so many swimmers through the Award - so thanks very much Jo.

Now that normal training sessions are about to begin, may I remind everyone about the pool discipline and etiquette that we expect from our swimmers ...

• Lane Discipline

You will have noticed during the summer training sessions that we have been banging on about lane discipline - Lanes 1, 3 and 5 swim clockwise, Lanes 2 and 4 swim anti-clockwise. It's not that we are being picky. This is a specific training requirement that allows swimmers in neighbouring lanes to swim side by side without locking arms, particularly during front crawl and backstroke sessions, and should be followed.

• Changing Room behaviour

First thing ... remember that all outdoor footwear must be taken off before entering the changing room. It's common sense really (as well as being helpful for LBF&LC staff) that dirty shoes are not brought into contact with wet floors. So, please, remove your shoes before going through the door



Second thing ... Seals' poolside staff have been aware of an increasing amount of noise and messing about going on. Please be aware that there are sometimes members of the general public using the Wet Change during our sessions, and behave accordingly.

Finally ... call-up e-mails for our home Essex mini league fixture have now gone out. Please remember to reply promptly to Janet Rogers or me.



And speaking of mini league fixtures

I am sure you have heard (several times) just how well our squad did in the July fixture when we achieved second place! It has been a very long time since Saffron Seals managed such a high placing at a mini league fixture and each and every swimmer worked really hard, with more PB times being achieved -

Emily Peggs	11u Back	42.60
Helena O'Hara	10u Back	46.16
Nathan Wright	10u Back	48.10
Sam Tearne	13u Free	1.17.03
George Rogers	10u Breast 11u Fly	51.13 46.76
Ailie Nicholas	11u breast	46.20
Anna Halsey	10u Free	38.32
Hudson Rees-Jones	10u Free	38.60
John Boyle	11u Free	35.57
Alice Eddershaw	Open Back	44.42
Albert Pavelin	Open Back Freestyle	39.03; 1.11.28
Joely Wright	13u Back	39.39
Maddie Peck	11u Fly	46.86
Trixie Snow	13u Fly	44.42
Emily Abrey	Open Breast	43.16
Shaun Saville	Open Breast	42.92
Becky Green (from July fixture)	13u Free	1.17.49

Seven individual 1st places were achieved, with two further swimmers breaking the cut-off time. We must also remember the relay squads who managed to gain **1st place in no fewer than six events.**

Our home fixture is fast approaching and requires lots of additional help, so if you are able to answer Fi Snow's call to arms please do so.

Gareth Warwick



SAFFRON SEALS

SAFFRON WALDEN AMATEUR SWIMMING Club

Newsletter September 2011



Team Selection

Those of you who have been called up for the fast approaching home fixture in the Essex mini league will have received e-mail notification through the GroupSpaces web site. This is the first time we have used the web site in this manner (an experiment, if you like) so if you have experienced any difficulties in receiving this information by this means, or if you have any comments to make, please contact Jan Bright (president@saffronseals.org.uk).

*Janet and Iain Rogers
Team Manager and Assistant Team Manager*

Forthcoming Fixtures

- Saturday, 10th September
Essex mini league – Home, LBF&LC
- Saturday, 8th October
Essex mini league – Basildon
- Saturday, 12th November
Centenary Gala – Home, LBF&LC
- December, date to be confirmed
Newmarket – VW Cars Trophy
- Friday, 13th or 20th January 2012
Club Championships I
- Saturday, 14th or 21st January 2012
Club Championships II

Centenary Celebrations

We know this is rather belated, but the Centenary sub-committee would just like to say a very big thank you to those parents, Committee members, spouses and children who turned out on Carnival day to decorate and dismantle our very attractive float. All involved appeared to have a very good time (particularly the four girls who, for the second half of the procession route, danced down the street in front of the float) and this would not have been possible without everyone's cheerful help and assistance.

A very big thank you should also go to those parents who walked alongside the float. Most were wearing Edwardian style swimwear, and didn't they look just splendid!

Our final event is the Centenary Gala, which will be held on Saturday, 12th November. Teams have been invited from Dunmow, Newmarket and Royston, and Seals will take up the remaining two lanes with 'A' and 'B' squads. The

three visiting clubs have, over the years, had close links with SWASC: providing close competition in the days of trophy matches. Newmarket ASC were particularly helpful and allowed us to hold our home fixtures in their pool when our Club was 'between pools' in the early 1980's.

It is hoped that we will have the use of the Sports Hall on that evening, when there will be another opportunity to look at the Time Line for the past 100 years of swimming with SWASC.

... And after this event the Centenary sub-committee will be disbanded and the ladies involved will give a sigh of relief. The photographs and press cuttings will then be put away in a safe place, ready for whoever wishes to celebrate the next anniversary of Saffron Seals.

Club Championships

13th and 14th January 2012 (or 20th and 21st January)

Look out for the Entry Form and list of events, which will be issued during November. All members are eligible to enter and, indeed, are urged to do so. Club Championships gives everyone a chance to compete against swimmers in the same year group, across all four disciplines, with an opportunity to improve on Personal Best times and gain medals and trophies. Your entry should, therefore, be completed and returned as quickly as possible and within the two weeks timescale allowed. Remember ... times achieved over these two evenings will also assist your Team Manager in the selection of swimmers for fixtures during the year.

Training Courses for ASA Officials

Did you know that a minimum of 15 people (qualified officials and poolside helpers) is required to successfully run a Home fixture; as well as needing two officials to travel to every away event? So ... if you are new to us and would like to become a part of the Saffron Seals poolside team, either as a Timekeeper or Judge, or a valued poolside helper (and wear a fetching yellow T shirt), please contact Fi Snow, who will be more than pleased to talk to you.

Swimmers ... remember ... the lane timekeeper qualification is open any member aged 14 years and above. It could prove to be another useful qualification in years to come.

