

Committed to Improving Swimmers Capabilities



# Newsletter

Canvey Island  
Swimming Club

**DATE: November 2015**

## IMPORTANT NOTES

- The last Squad training session at Waterside for this year will be held on Tuesday 15<sup>th</sup> December.
- The last Swim School session for this year will be held on Tuesday 15<sup>th</sup> December.
- Waterside closes its pools from Thursday 17<sup>th</sup> December for essential maintenance works.
- Swim School and Squad training recommences at Waterside on Tuesday 12<sup>th</sup> January 2016.
- Squad training will continue over the holiday and shutdown periods. We are currently working with the council and the leisure centres to finalise the training session times. More information to follow but sessions will be booked at Runnymede pool in Benfleet.
- We are looking to add to the existing training sessions on offer for some swimmers. The committee have been working with Paul, our Head Coach, and the leisure centres to determine how this can be achieved.

## UPCOMING EVENTS

- Jingle Bells Gala – Sunday 6<sup>th</sup> December at Runnymede pool in Benfleet.
- Thurrock Open Meet – Sat 12<sup>th</sup> and Sun 13<sup>th</sup> December at the Blackshots Leisure Centre in Grays.
- CISC Swim School Fun Sessions - See notices
- CISC Elimination Gala for squads – see notices
- Essex Age Group Championships held over multiple weekends. The dates are:
  - 23<sup>rd</sup> - 24<sup>th</sup> January 2016
  - 6<sup>th</sup> - 7<sup>th</sup> February 2016
  - 20<sup>th</sup> - 21<sup>st</sup> February 2016
- Club Presentation Evening – date to be confirmed but likely to be in February or March. Medals and trophies to be awarded.

***Thank you for your continued support.***

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**Please visit our Facebook page.**

The Essex Winter Championships took place recently and one of our swimmers, Megan Key, performed very well over a number of events. Most notably, she achieved personal bests in the 100m, 400m and 800m Freestyle events. Megan was particularly pleased to beat her local rival over the longer distances.

The East of England Regional Championships also took place a couple of weekends ago. Megan again performed excellently whilst representing the club.

**WELL DONE MEGAN !!!**

Our new 'Swimmer of the Month Award' was awarded to Paige Fincham for her dedication to the club and for putting maximum effort in during training sessions.

**WELL DONE PAIGE !!!**

This new award will be given out monthly and the winner chosen by Paul, our Head Coach.

### **CISC FUN SESSIONS AND CISC ELIMINATION GALA – CAKE AND BOOK SALE**

On Sunday 13<sup>th</sup> December we have Fun sessions in the small pool (see notices) and on Tuesday 15<sup>th</sup> December we have fun sessions in the small pool and the Elimination Gala in the main pool.

On both nights, we will be selling cakes, gingerbread and books so please bring some pennies and support the club.

From Tuesday 24<sup>th</sup> November, we will have a box by the front desk to collect books. If anyone has any unwanted books which are in good condition then please donate them to the club and we will sell them at the book sale for £1 each. Books for children and adults will be accepted. Any books not sold during the book sale will be donated to Barnardo's.

### **HELP NEEDED - CAKES**

The swimmers always enjoy a cake after their lesson / training session. If anyone would like to make some cakes and bring them to the club to sell it would be appreciated. All profits go back into the club to cover the general running costs and purchase of equipment.

We wouldn't want to put anyone on the spot but we hear that **MRS BUTLER** is a bit of a genius in the kitchen. Like I said, no pressure on anyone!!!

### **HELP NEEDED - JUDGE**

The club relies on its teachers and coaches as well as volunteers. We currently need a Judge to represent the club at some galas.

If anyone is interested in training to be become a competition Judge then please speak to a member of the committee.

### **HELP NEEDED – XMAS RAFFLE**

If anyone has anything they could donate to be used as a prize in the xmas raffle it would be appreciated.