

Committed to Improving Swimmers Capabilities



Newsletter

Canvey Island
Swimming Club

DATE: October 2015

A Message from our Head Coach, Paul

We have started a new season, this season we are going to be competing in the Essex swimming league and the mini league as well as open galas and championship events.

Canvey Island isn't a large club but with a good structure and capable enthusiastic staff we can be competitive. In order to compete well and be successful, swimmers and parents need to commit to the training programme and the competitions.

Although it is still very early in the season, we are seeing some improved performances. **Fran Key** achieved her first wins in an open meet, winning two events at the meet at the Olympic pool. **Alfie Williams** has recorded a number of personal best times and has improved across several events. **Paige Fincham** has also made some sizeable improvements, notably a 1 minute improvement to her 400m freestyle time. The biggest leap so far has been **Lennie Wright**, so far Lennie has achieved eight qualifying times for the county age group championships taking place in January and February next year. Lastly, well done to **Holly Parks** who took part in her first open meet and swam well all day. Holly earned a medal in her final race.

We have entry forms circulating for events in December, the first of these is the "Jingle Bells" gala at Runnymede. The Runnymede event is suitable for swimmers from **Deana's** squad and up and we would like to have as many swimmers competing as we can. If you haven't seen a form ask Donna at the front desk

Thank you for your continued support.

UPCOMING EVENTS

- The Social Committee have organised a curry night at the Tandoori Parlour. It is on 6th November from 7:30pm, tickets are £15 per person.
- Swim School swimmers will be attempting their distance badges week commencing 19th October.
- Good luck to Megan Key who is competing in the Regional Championships next month.
- For more information on the upcoming galas, please speak to the ladies on the desk or visit the club website.

ASA National Swim Plan

Our Teachers regularly assess all swimmers.

Children should have been handed an appropriately coloured hat for their own personal stage/level. These hats play an important role when it comes to learning to swim and they must be worn at all sessions – first one is Free of charge

Badges and Certificates will also be available for purchase. Assessments will take place during each term.

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Please visit our Facebook page.