

Committed to Improving Swimmers Capabilities



Newsletter

Canvey Island
Swimming Club

DATE: April 2016

UPDATES

- At the recent Thurrock Open Meet we had some excellent performances. We had many PB's across the team and some swimmers achieved county times too.
- Facebook Page – If you do use Facebook then please join our Facebook page (**CISC – Canvey Island Swimming Club**) as it's the quickest way for us to share information with you. During the recent pool closure, we were able to keep members up to date with what was happening as well as answer questions.

SQUAD NEWS

We have renamed the 4 squad groups as follows:

- Cadet Squad – train 2-3 hours per week.
- Junior Squad – train 6 hours per week.
- Junior A Squad – train 6.5 hours per week.
- Competition Squad – train 9.5-10.5 hours per week.

The below swimmers have all displayed very good progress and have moved up to the next squad level. Moving into Hannah's squad are Harley Capon, Ethan Campbell, Max Piercy, Matilda Anderson, Luke Sanders and Sean Webster. Moving into Louise's group are Oliver Woodford, Kacey Cosgrove, Maisie Williams, and Jessica Taylor. Well done everyone.

UPCOMING EVENTS

- 14th May – Essex Mini League fixture at the Harlow Leisure Zone.
- 21st May – Braintree and Bocking Spring Festival Open Meet.
- 11th June – Essex Mini League fixture at Dovercourt Bay Lifestyles. Host club is Harwich. We are planning a team coach for this fixture.
- 18th June – Essex League fixture at the Braintree Swimming Centre (Freeport Village).
- 18th June – Thurrock Summer Sprint Open Meet.

SWIMMER OF THE MONTH

Our most recent Swimmer of the Month award went to Millie Piercy from Louise's group.

WELL DONE Millie!!!

MONTHLY CASH PRIZE DRAW

We still have some spare numbers for the cash prize draw. If you would like to take part then please speak to Claire Yeldham or if you don't know Claire, then please see Donna at the front desk.

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Please visit our Facebook page.