



PHOENIX S.C. (Basildon)

NEWSLETTER – November 2009



Congratulations!

Kathryn Pearse has been selected for the ASA England Talent Development Programme - East Region Training Camps.

Kathryn Pearse has also been selected to be part of the Essex Elite Racing Squad 'Ortis Londinium'.

Lily Mann competed in her first ever Open Water competition in July and came away as Essex 12yr 800m Girls Champion and 2nd place in Eastern Region.

Alex Stewart has been selected for the Advanced Coaching Development Programme. As one of only 10 coaches selected in the Eastern region of England, Alex will get personalised development support and his selection recognises him as one of the top proactive, talented and developing coaches in the country.

Teresa Gillingham (who runs our land training sessions) has been selected for the Advanced PT Course by David Lloyd Leisure Centre – she is the first person ever selected by David Lloyd Basildon for this training.

Congratulations also go to **Oliver Knight, Patrick Rourke, Lewis Cooper, Finlay Munro, Alex Drysdale, Molly Jerome, Harvey Brown, Rachael Moore** and **Michael Grace** who were selected to attend the Essex County Training Camps.

Well done to all of the above for their fantastic achievements.

WELCOME TO OUR NEW CLUB SPONSORS

We are pleased to announce we have secured one of the largest Motor Groups in Essex as our Club Sponsor for this season, '**Essex Auto Group**'.

They have contributed towards the *Swimskills Clinic* in November with Bill Furniss and provided funds for the Club to utilise on other projects.

Probably best known as '**Essex Ford**' they also have a number of other franchised dealerships throughout Essex including Southend, Rayleigh, Lakeside, Basildon & Billericay.

New Committee

After our AGM in July, we are pleased to announce the following positions:-

<i>Chairman</i>	Andy Mullender
<i>Secretary</i>	Jenny Harns
<i>Treasurer</i>	Christine Miller
<i>School Liaison Officer</i>	Tina Diprose
<i>Membership Secretary</i>	Lisa Jerome
<i>Team Manager</i>	Deb Mann
<i>Poolside Co-Ordinator</i>	Jon Pearse
<i>Welfare Officer</i>	Donna Asher
<i>Deputy Welfare Officer</i>	Sarah Munro
<i>Club Merchandise</i>	Dawn Harris

Other Committee members Alan Twine
Jonathan Byfield

Thanks to all who attended and contributed to the meeting.

New Poolside Staff

We are pleased to welcome Claire Moore to the Coaching staff. Claire is a qualified ASA Coach and she brings with her a wealth of coaching experience.

DIARY DATES

Canvey 3rd winter open
Sat 7th & Sun 8th November
2009, Blackshots Pool

Essex County Championships
Sat 21st November 2009,
Braintree Pool

Bill Furniss Swimskills Technique Clinic at
Gloucester Park Pool
Sun 22nd November 2009
(*by invitation only*)

Essex League dates

Round 1 - Saturday 28th
November 2009, Fullwell
Cross Pool
Round 2 - 9th January 2010,
Colchester Leisure Centre
Round 3 - 27th February
2010, Loughton Pool
Round 4 - 17th April 2010,
Braintree Pool

Thanet Winter Open
Sat 5th & Sun 6th December
2009, Kingsmead LC,
Canterbury Pool

Jingle Bells
Sun 6th December 2009,
**NOW AT WATERSIDE
SWIMMING POOL,
CANVEY ISLAND –
limited spectator space**

*The closing date for entries
to blocks A and B of next
years Age Group county
championships will be
Friday 11th December.*

AGM Minutes

Minutes are available at the desk on Friday evenings at Gloucester Park for reading and return, or a copy can be emailed by request, again via the desk.



Phoenix Fundamentals

Aimed exclusively at our Swim School members!

With new term in full flow, it has been wonderful to see our Phoenix Fundamental swimmers proudly wearing their new "stage" specific hats. All our swimmers are working hard in their lanes and feedback from the teachers' has been very positive.

Half term brought the opportunity for a Swim School Speed Night. The results have been very pleasing indeed. *Please look out on the Website and Club Notice Board at Gloucester Park for the results.*

Congratulations are in order for the following swimmers, who have been promoted to the Phoenix Academy Squad:

**Thomas Bryan
Emily Hufton
Frankie Jerome**

**Isabelle Marshall
Harry Nicholls**

We wish them all every success in the next stage of their swimming career.

Marcel Warner (Head Teacher)



Jack Petchey Achievement Awards

Through the generous sponsorship we receive from the Jack Petchey foundation we are able to make six individual awards a year to recognise the achievements of some of our young people. Each of these people are then given the opportunity to select something for the club with funding provided by the foundation. Congratulations to our award winners so far this year who have contributed £800 of funding:

Harvey Brown (contribution to underwater camera equipment);

Felicity Leigh-Hudson (training fins);

Samantha Mullender (subsidy for Bill Furniss Coaching day);

Maisie West (turn flag poles for Corringham pool and contribution to 50m pool training programme).

We are always looking for new nominations for these awards so if you can think of anyone aged 11-25 who deserves recognition please fill in a nomination form available from the club website, or from the club desk on Friday evenings.

'Official' Recognition!

The competitive opportunities enjoyed by many of our members would not be possible without the support of the 'men and women in white' who officiate on the poolside at galas. A number of our parents this year have completed the accreditation process (which included both classroom and practical experience) to become licensed by the ASA as Judge Level 1.

We would like to take this opportunity to thank the following for their support and congratulate them on their achievements: **Linda Mellor, Lindsey Cooper, Jonathan Byfield, Jim Rourke, Dawn Harris, Sue and Andy Mullender.** It's great to regularly see so many Phoenix faces now on poolside!

If anyone is interested in qualifying as a Timekeeper/Judge please speak to Andy Mullender, or drop an email to chair@phoenixbasildonsc.org. There is absolutely no prior experience required and it beats sitting on a poolside bench for hours at a time!

Beware of your bags

Again, can we please remind you not to leave any bags in the changing rooms due to thefts in recent months. Please could swimmers take their bags to poolside or leave with parents.

Dropping off at swimming sessions

Could parents please ensure that when they drop off their swimmers they could check if the session is actually going ahead. It is very rare that a session would have to be cancelled but it is best to check before just dropping your child(ren) off.

Billericay Pool

We unfortunately have to announce that we are ceasing training at Billericay pool, due to high hire charges. Replacement sessions have been established at Wickford and Pitsea pools.

Costumes - new regulations

You may have noticed that long leg costumes are being sold cheap on the internet and at galas – this is because as of 31st December 2009 all costumes that extend beyond the knee are banned for competition purposes (i.e. at galas) under governing body laws. In addition, for boys costumes must not extend above the navel (i.e. waist), for girls the costume must not cover the neck nor extend past the shoulder. Costumes with a zip back are also banned as are swimsuits made from non-textile materials (there is no guidance yet on this last aspect).

Please bear these points in mind when choosing new costumes, or visit our Club Shop (details below) where advice can be given.

Club Shop

The club shop runs upstairs at Gloucester Park on most Friday evenings. Not everyone may be aware that, in addition to the items on display, we can also take orders for any items available from the Googlebox catalogue, and obtain items for you on a Sale or Return basis. This includes racing costumes, swimming goggles, hats, water bottles and lots more. Please place your orders via our shop as we receive a substantial commission on all sales. Also available to order at the desk are club towels, tracksuits, polo shirts, hoodies and bags.

You can also request items via email at shop@phoenixbasildonsc.org

Order now for Christmas!

100 Club - we need your support!

All it costs is **£1 per month** for 1 number, £2 for 2 numbers etc.

Please see **Dawn Harris** or **Sue Mullender** to purchase your number. Be quick – your favourite number(s) may be taken soon!

June winners

1st prize - Andy Butt
2nd prize - Andy Butt
3rd prize - Donna Asher

July winners

1st prize - Tina Diprose
2nd prize - Lindsey Cooper
3rd prize - Deborah Brown

August winners

1st prize - Sue Mullender
2nd prize - Deborah Brown
3rd prize - Teresa Gillingham

September winners

1st prize - Donna Asher
2nd prize - Dawn Harris
3rd prize - Marcel Warner

October winners

1st prize - Carla Marshall
2nd prize - Richard Frost
3rd prize - Jon Pearse

Remember – the more people buying numbers, the higher the cash prize will be!

Stubbers Activity Day

A fantastic team-building day was had by the swimmers, team leaders etc. Huge thanks to **Deb Mann** for turning this event from a concept into reality and giving our kids (as well some adult helpers) a great day. Thanks also to helpers - **Donna Asher, Ron Munro, Martin Mann, Sue Grace, Linda Mellor, Carla Marshall and Teresa Gillingham.**

Check out the photos on the website!

Pampered Chef evening

Thanks you to all those who ordered items at our Pampered Chef event in September and to **Dawn Harris** for arranging it. This event raised approximately £60 for club funds and we hope you are now all enjoying your new kitchen equipment and/or gadgets!

Family Fun Day

Thank you to all for supporting our Family Fun Day on Sunday 19th July. A total of approximately £195 was raised for Club funds. It was a bit touch and go with the weather, but good fun was had by all.

Special thanks to **Terry and Dawn Harris** for taking on the huge task of buying the food, arranging BBQs and cooking.

A Request from the Phoenix Webmaster!

If there is anyone out there interested in helping to set up a club Facebook page and/or Twitter presence can you please drop an email to Andy Mullender at webmaster@phoenixbasildonsc.org or speak to him at the pool.

As well as our Welfare Officer, **Donna Asher** (mob. 07901 858461) we now have an Assistant Welfare Officer, **Sarah Munro** (mob. 07709941297). Please do not hesitate to contact either one of them for any issues/concerns you have or e-mail welfare@phoenixbasildonsc.org.

www.phoenixbasildonsc.org

For all up to date information log on to the **Phoenix Website**.

We are using e-mail now for communication and it is imperative that you check it on a regular basis and advise us immediately of any changes to your e-mail address.

If you have an e-mail address please register it at the Desk and set your system not to block e-mails from the Club. They are not spam!