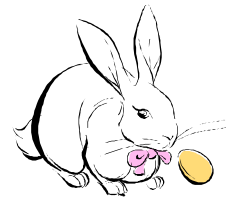




# PHOENIX S.C. (Basildon)



## NEWSLETTER – April 2009

### Squad News

Since the last Newsletter we've had some great results mixed with some disappointment.

On the good news side we had a 97% personal best rate at the recent Waltham Forest Secondary Age Groups with some great swims & Golds for Stephanie Carter, Patrick Rourke, Nicole Pearse and Maisie West. In all we had 18 top 6 finishes out of 41 swims - well done to all.

The Essex County Championships have now drawn to a close and we have finished an excellent 12<sup>th</sup> place, beating some larger longer established Clubs. We took 11 Golds at this year's championships and have heralded two individual event County Champions and in a first for the Club we can boast an overall Age Group County Champion – congratulations Kathryn Pearse on swimming her way to the 12 years title. She had 17 top 3 finishes and a 6<sup>th</sup> place meaning she finished top 6 in every one of the 18 available events - a remarkable achievement. Kathryn also secured her place at the 2009 National Age Group Championships in July with National times at 100m and 200m Backstroke. Well done to Harvey Brown on becoming the 50m Freestyle and Backstroke Sprint County Champion for 11 year olds. Harvey also took Bronze in the 200m Freestyle and 4<sup>th</sup> in the 200 m Backstroke and 100m IM. Michael Grace continued to impress with Bronzes in the 100m Backstroke and Freestyle, the latter in a Club record time of 56.02secs. Samantha Mullender won through to the 100m Freestyle final in an East Region qualifying time of 1:03.32 before taking 6<sup>th</sup> place. Rebecca Asher & Maisie West each took a 4<sup>th</sup> place in the 50m Breaststroke & 50m Backstroke respectively and Jamie Tomlinson took 6<sup>th</sup> in the 50m Backstroke 14 years. East Regional times were achieved or confirmed by Lewis Cooper, Kathryn Pearse, Maisie West, Harvey Brown, Samantha Mullender, Michael Grace & Jack Byfield.

Full results are now on the board & website. Well done to our County Team: Thomas Harris, Samantha Mullender, Michael Grace, Jamie Tomlinson, Harvey Brown, Rebecca Asher, Keri Stroud, Kathryn Pearse, Lewis Cooper, Jack Byfield, Josephine Rourke, Maisie West, Laura Duff, Caroline Mellor, Oliver Knight, Patrick Rourke, Alex Drysdale, Molly Jerome, Poppy Warner, Francesca Seber, David Seber & Finlay Munro.

The one bit of disappointing news is the relegation to Division 2 of the Essex League despite the whole team swimming like champions, with so many personal best times we just couldn't get enough points to overcome Halsted and remain up. Well done to the team you tried your best and the Club and Coaching Team are rightly proud of you.

Just some reminders - Land Training for selected squad swimmers is compulsory. It is an important part of your training schedule and as such must take full benefit of this available facility. If you haven't been asked yet your time will come. Please remember that FULL Club Kit must be worn at all galas and off home site training including land training.

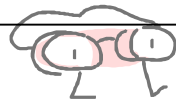
**Once again, well done to all swimmers and good luck to those attending galas coming up this month – Jon.**

### Another poolside request for help

We would be grateful for parents' help with setting the lane ropes at the beginning of training sessions. If necessary this can be done before Jon gets to the pool so sessions can start promptly. **A big 'thank you' to the parents who are currently already helping with this** – it really does make a difference.

### Keeping busy at galas .....

Mobile phones/DS2's/PSP's etc - anything that has Bluetooth/texting/ photo-taking facilities will not be permitted on poolside at galas. Unfortunately these devices are open to misuse. Only pure music players (iPods/MP3 players) will be allowed. Any swimmer that doesn't have an adult carer present can give a mobile to the coach at their own responsibility. Suggestions welcome to fill the time – ie. books, playing cards etc!



### Gogglebox

A great selection of items can be purchased at Gloucester Park on Friday evenings, with a percentage of the sale going to the Club. If you purchase merchandise at a gala, the host Club will receive a percentage of the profits – why not give this to your own Club? **Dawn Harris** can order items direct from Gogglebox - please enquire and she will do her best to get the item you require, with our Club reaping the benefits!

### Sponsorship

The Club would welcome any help from parents regarding 'sponsorship' from businesses - no matter how large or small. If you own, work for or are aware of a company that you feel may be able to help sponsor Phoenix Swimming Club (and thus benefiting from the publicity!) please speak to Jon or Deb Mann.

### DIARY DATES

#### Easter

No training sessions on:  
*Good Friday (10<sup>th</sup> April)*  
*Easter Sunday (12<sup>th</sup> April)*  
*Easter Monday (13<sup>th</sup> April)*

#### Southend Good Friday Meet

*10 April – Warrior Square*

#### Redbridge Sprint Meet

*25/26 April – Fulwell Cross*

#### East Region Age Group Championships 2009

Youth: *2/3/4 May*  
BAGCAT: *6/7 & 13/14 June*  
University of East Anglia Pool, Norwich

#### Black Lion Spring Open

*23/24 May – Black Lion Leisure Centre*

**AGM** – Thursday July 9<sup>th</sup> – evening – time to be confirmed

#### Club Championships

Friday 3rd & Saturday 4<sup>th</sup> July

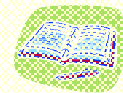
Mums & Dads can join in the fun with fancy dress races for the parents!!!

#### Summer Family BBQ

Sunday 19<sup>th</sup> July (Sunday training session will be moved to Gloucester Park from 7-8am to accommodate this). This will be the last session before the Summer shut-down (see below)

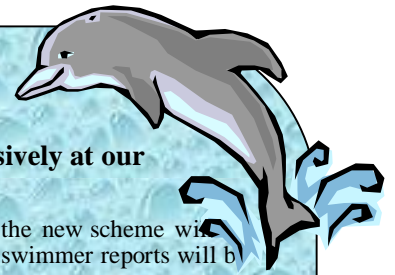
#### Summer Shut-down

Monday 20<sup>th</sup> July to Sunday 2<sup>nd</sup> August (inclusive)



### Fundraiser required

The Club is looking for someone to help with fundraising and sponsorship. If you would be interested, please speak to Deb Mann.



## 'Phoenix Fundamentals'

Welcome to our brand new feature to the Newsletter aimed exclusively at our Swim School members!

We are piloting the new national teaching plan (NPTS). More information regarding the new scheme will be available on the notice board at the beginning of the new term (Friday 17th April). Also, swimmer reports will be available from the desk from this date.

**Distance award swimmers.** Thank you to parents for their support in purchasing the associated badges and we hope this will continue as the term draws to a close. We are sure you will agree that this is an important part in encouraging and recognising your child's progress. See below for their fantastic achievements.

### Distance Swim Results - Pitsea Pool Wednesday 04<sup>th</sup> March 2009

Swimmer	Award	Swimmer	Award	Swimmer	Award
Libby Teager	1 Mile	Marcus Ketley	2000m	Michaela Florez	1000m
Lydia Ketley	1 Mile	Katie Head	1 Mile	Jason Zhu	1Mile
Isabelle Marshall	1 Mile	Nicola Beresford	2000m	Phillip Wheatley	1500m
Niamh Reeman	200m	Abigail Hart	1000m	Elise Walsh	1000m

### Distance Swim Results - Gloucester Park Friday 13th February 2009

Swimmer	Award	Swimmer	Award	Swimmer	Award
Thomas Alton	400m	Paige Jackson	1000m	Shay Corkran	1 Mile
Emily Bogue	200m	Frankie Jerome	400m	Taylor Porter	200m
Grace Bushell	600m	Molly Macbeth	1000m	Cara Rafferty	1000m
Louise Calden	1500m	Isabelle Marshall	1500m	Isabelle Richardson	1000m
Sophie Calden	1000m	Chloe McClenachan	1 Mile	Ashton Silk	200m
Paige Caskie	1 Mile	William McMeekin	1000m	Helen Spinks-Dear	1000m
Nicole Caitlin	1000m	Boikanyo Molefi	200m	Katherine Spinks-Dear	1500m
Katie Hawkins	1 Mile	Kutloano Molefi	50m	Leah Stafford	400m
Katie Head	1500m	George Neale	2000m	William Stroud	2000m
Emily Hufton	1000m	Harry Nicholls	1 Mile	Amber Trower	1000m

**Well done to you all and keep up the good work!**

### 'Recycle' your Club Tracksuit!

The club Merchandise Shop can take back second hand tracksuits to sell on, therefore saving money and helping the environment! Please see /contact Linda Mellor (mobile 07904 353512) for more information on this innovative scheme.

## Adventure Island - half price wristbands!

*Enjoy a great day out on the cheap!*

Excellent value - see details attached to this Newsletter. Contact Linda Mellor at the desk on Fridays or telephone mob 07904 353512. These are less than half price so

The Club would like to wish you all a good Easter break (the Club is shut Good Friday, Easter Sunday & Easter Monday 10<sup>th</sup>/12<sup>th</sup> & 13<sup>th</sup> April)

### 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!

#### January winners

- 1<sup>st</sup> prize Donna Asher
- 2<sup>nd</sup> prize Carla Marshall
- 3<sup>rd</sup> prize Barry Lammin

#### February winners

- 1<sup>st</sup> prize Marcel Warner
- 2<sup>nd</sup> prize Deborah Brown
- 3<sup>rd</sup> prize Chris Byfield

#### March winners

- 1st prize Marcel Warner
- 2nd prize Sarah Head
- 3rd prize Donna Asher



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

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](mailto:welfare@phoenixbasildonsc.org).

### [www.phoenixbasildonsc.org](http://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!