



PHOENIX S.C. (Basildon)



NEWSLETTER – January/February 2009

ASA Membership Renewal

Could parents/guardians of all our swimmers please see **Carla Marshall** as the yearly ASA payment is due.

Category 1 (non-competitive) - £10.75 **Category 2** (competitive) - £26.00 (+ medical form)
Category 3 (coaches/teachers etc) - £5.00

Cash or cheques made payable to B.P.S.C. – Thank You.

*Since we have recently been collecting payments for 2009 ASA membership you may be wondering what this is paying for! As an ASA-affiliated club, membership of the ASA is compulsory for all club members. The membership year runs from January to December (unlike our club membership) and your fees support the central and regional ASA organisation which arranges competitions throughout England, establish the laws of the sport and operates certification and education programmes for teachers, coaches and officials as well as establishing frameworks for learn-to-swim programmes. One of the items paid for through your membership is an insurance cover for the club and its members. This cover includes Civil and Employer liability cover for members during Training, Competitions, Social & Fund-raising activities as well as a personal accident cover during approved club-related activities. If you are interested to learn more, further information is available on the British Swimming website. Any queries regarding the ASA insurance should be directed to the **Membership Secretary, Carla Marshall** (at the desk on Friday evenings).*

Land Training at Pitsea Leisure Centre – Wednesdays 6.00-6.45pm

Children should not just be dropped off at these sessions until parents are certain that there is suitable supervision for their child(ren).

Pitsea Leisure Centre is a public building and Teresa, Jon or Deb Mann may well be held up in traffic so it shouldn't be assumed that an adult will be there already.

The club accepts no responsibility for any children not accompanied by a responsible adult.

Photographic policy

As applies at any swimming event, **if you need to take any photos at any training sessions from the balcony, it is necessary to register your name, address and telephone number at the desk at Gloucester Park on a Friday night.**

This applies to use of a camera or phone/camera. Under no circumstances should cameras or phone/cameras be used in the changing rooms.

Any questions or issues raised by this child protection policy or on any other child welfare/protection matter contact Donna Asher, our Club Welfare Officer on 07901 858461 or welfare@phoenixbasildon.org.

Squad News

Happy New Year everyone. It's been an excellent start to 2009. Firstly credit to all swimmers for coming back from the Xmas break with positive attitudes to training; keep it up and you will see the benefits.

We had a great result at the Essex League on 10th January coming 4th on the night. A great performance from all swimmers in this tough Division. Many personal best times were recorded and confirmation of swim times within County qualifying times. **WELL DONE.**

This then leads on to the first block of Counties - 'The Sprints' held at Blackshots on 24th & 25th Jan. We have had a great start to the campaign and can now boast **TWO DOUBLE COUNTY CHAMPIONS!** Congratulations to **Harvey Brown** on winning 11yrs 50m Freestyle & 50 Backstroke and **Kathryn Pearse** winning the 12yrs 50m Backstroke & 50m Butterfly. Kate has been County Champion at the 50m Backstroke for the past three years, an accolade never before achieved by a Phoenix swimmer. She also took silver in the 50m Freestyle & 6th in 50m Breaststroke. Congratulations also go to **Michael Grace** 5th 15yrs 50m Freestyle, **Jamie Tomlinson** 6th 14yrs 50m Backstroke, **Aidan Jackson** 6th 9yrs 50m Breaststroke, **Rebecca Asher** 4th 12yrs 50m Breaststroke & **Maisie West** 4th 12yrs 50m Backstroke.

Other qualifiers were **Oliver Knight, Patrick Rourke, Lewis Cooper, Jack Byfield, Thomas Harris, David Seber, Finlay Munro, Alex Drysdale, Laura Duff, Molly Jerome, Caroline Mellor, Samantha Mullender, Josephine Rourke, Francesca Seber, Keri Stroud & Poppy Warner.** Full results on the noticeboard.

Well done to everyone & good luck for the next round of galas.

DIARY DATES

Essex League Division 1
21 March – Round 4

Essex Counties
Block A - 24/25 January
Block B - 14/15 February
Block C - 7/8 March
Block D - 28/29 March

Barnet Cothall Sprint Meet
8th Feb - Barnet Cophall Pool

Waltham Forest Secondary Age Group Meet
14th and 15th March

Southend Good Friday Meet
18/19 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

Swimmers leaving the pool early

I appreciate the fact that parents have to get to work and that swimmers have to get to school and that they may feel there is a need to get out of the pool early in order to get changed and be ready to go. However, getting out early has become very disruptive to training sessions & training plans and has resulted in swimmers not completing training sets and warm downs. This, coupled with being late on poolside to start, they are often only in the water for 50-60 mins. This is unacceptable especially when they are still not out of the changing rooms until 7.20am! I have to get to work and my children have to catch a bus at 8am but they still stay in until 7am. Swimmers need to be quicker in the changing rooms instead of leaving training earlier! Parents your co-operation and assistance would be appreciated. **Training is 5.20am - 7.00am.** Thank you – Jon.

New Club Kit Policy

Full kit ie. red top, tracksuit and club hat is now **compulsory** for galas and off-site training visits. If you do not have this full kit then unfortunately you will not be able to swim, so please bear this in mind when preparing for any galas/off-site training visits.

In the event of financial hardship, instalments for the purchase of kit may be possible, or second-hand items may be available. Please see Donna Asher, Welfare Officer at the desk on Friday at Gloucester Park for more information.

Swim kit reminder

All swimmers **MUST** wear a hat and goggles in the pool at all times unless instructed otherwise.

Swim school swimmers - NO long baggy swim-shorts or bikinis please.



Jack Petchey Award How the winning money has been spent recently

[Michael Grace](#) - £300 Contribution to Underwater Camera

[Jack Byfield](#) - Training Fins (30)

[Lily Mann](#) – Various land training equipment including swiss balls, medicine balls, speed ladder, etc

[Alex Stewart](#) - 1 x Turn flags (for Wickford), 2 x Pace Clocks (1 large, 1 small)

This latest equipment will start arriving in the next few weeks. Huge thanks to The Jack Petchey Foundation for their support!

To learn more about the Jack Petchey Foundation, visit their website at www.jackpetcheyfoundation.org.uk

Swim School Swimmers – extra sessions available

There are spaces available on **Wednesday evenings from 6-7pm at Pitsea pool** if anyone would like to do an additional session to Friday night.

Please enquire at desk for more information.

Poolside request for help

We would be grateful for parents' help with setting the lane ropes at the beginning of training sessions.

This valuable help would mean that coaching staff can be writing up sessions/ preparing swimmers etc so that sessions can start promptly.

Many thanks for all the Christmas cards and presents given to the coaching staff.

Don't forget to order all your **club kit**, from **Linda Mellor**, eg. tracksuits which can have the swimmer's name embroidered on it.

100 Club - we need your support!

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

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

Winners last month (December)

1st Donna Asher
2nd Chris Byfield
3rd Sharon Griffiths



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

The last draw for the year will be on Friday 27th February, and the proceeds from the '100 club' will be just over **£300 for the year**. The same amount of money has been given out in prizes to some lucky winners! The money raised will go into the fundraising account to be used for the benefit of all the swimmers. Over the next few weeks we will be giving out forms for people to enter next years '100 Club'. We will be looking to sign up as many as possible!

Christmas Raffle

Thank you for supporting our Christmas raffle. We raised a total of **£37.00** which has gone into the fundraising account.

Thank for those who supplied raffle prizes and for those who bought tickets.

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.

www.phoenixbasildonsc.org

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

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!