



NEWSLETTER – December 2009

Swim Clinic – 22nd November

led by Bill Furniss (top GB Olympic coach)

What a success and what a fabulous day was had by all! It was a great pleasure to welcome Bill, the coach of double gold medallist Rebecca Adlington, and his team to Gloucester Park.

As well as the pool sessions there were lectures on technique and expert advice on land training activities. Swimmers concentration and participation made it a great day.

A very big thank you to all involved, but especially to **Deb Mann** and **Donna Asher** for making the day such a success. They worked so hard on and prior to the day to make it so special. Also thank you to the chaperones – **Ron & Sarah Munro, Martin Mann, Carla Marshall, Richard Grace, Sue Mullender** and **Lisa Jerome** and also to **Andy Mullender**. Also thanks to **Sue** (Marcel Warner's mum) who prepared such a lovely lunch for the helpers and to Jane Jolly and Catherine O'Doherty who helped with lunch and refreshments throughout the day.

All the swimmers (including non-Phoenix members) enjoyed the fabulous experience this day gave and we hope that they have taken on board the fabulous advice and encouragement given by Bill and his team.

Watford Gala – 16/17 January 2010

Unfortunately all of our swimmers have been rejected from the Watford gala (as it was very heavily oversubscribed).



CHRISTMAS OPENING TIMES

Friday 18th December was the last Swim School session for the year.

Training for invited swimmers - Tues 29th, Wed 30th and Thurs 31st December. 6-8pm session on Wednesday 23rd December at Pitsea for selected swimmers.

The normal sessions begin on Sunday 3rd January 2010.



Phoenix Fundamentals

The term is drawing to a close with more congratulations for our Phoenix Fundamental Swimmers. 24 of our Swimmers completed their Stage outcomes successfully, with the remainder making steady progress. The reports are ready to be collected from the desk on a Friday at Gloucester Park or from myself on a Wednesday at Pitsea.

Also for those who achieved their Award, these also are also available. The next Stage hat will be provided with the purchased Certificate and Badge (£3). The new hat will need to be worn in new lane and NOT their old hat. Your swimmer has worked hard for their achievement. Please help us and support their success.

Samuel Bryan	Stage 5	Marcus Ketley	Stage 5
Grace Bushell	Stage 5	Chloe McGlenaghan	Stage 7
Paige Caskie	Stage 7	William McMeekin	Stage 6
Sydney Chambers	Stage 7	Kutloano Molefi	Stage 4
Maisie Davies	Stage 7	Robert Moore	Stage 4
Tia Elson	Stage 5	Alfie Paradise	Stage 6
Cameron Harvey	Stage 5	Robyn Pisuin-Winner	Stage 6
Katie Head	Stage 7	Francesca Pearson	Stage 5
Josephine Hicks-Lewis	Stage 5	Romi Silvester	Stage 4
Lillie Houlton	Stage 7	Jessica Spinks	Stage 7
Georgie Hoyland	Stage 6	Helen Spinks-Dear	Stage 6
Lydia Ketley	Stage 5	Katherine Spinks-Dear	Stage 6

Please note, due to numbers, it has been necessary to move the lanes around slightly, so please don't be alarmed if you see your Swimmer has changed down lanes from January. If they haven't moved up a Stage, they will be in the same Stage, be it a different lane. Lane information for individual Swimmer's is on their report and in the register. The new lanes will be:

<i>Lane 1 - Stage 5 - Adam Puddick</i>	<i>Lane 4 - Stage 7 - Henry Wood</i>
<i>Lane 2 - Stage 6 - Debbie Faldo</i>	<i>Lane 5 - Stage 8 - Alex Stewart</i>
<i>Lane 3 - Stage 6 - Nicole Pearse</i>	<i>Lane 6 - Stage 4 - Alex Betson</i>

I wish all our Phoenix Fundamental Swimmers' a Merry Christmas and Happy New Year with continued success for 2010.

Marcel Warner (Head Teacher)

ASA fees due

ASA fees will be due for renewal at the end of January 2010. See **Carla Marshall** at the desk on Friday evening at Gloucester Park.

Pitsea land training sessions

Just a reminder that land training sessions at Pitsea Leisure Centre recommence on Wednesday 6th January – 6.00-6.45pm with Teresa.

Sponsorship

If you have any business connections that you feel could help the Club please contact **Richard Frost** by email rf006e9983@blueyonder.co.uk or mobile 07714 219374.

As well as our new sponsors, **Essex Autogroup**, we have also received generous donations from **Carpets For Less** (Basildon), **Kingswood Estate Agents** (Basildon) and **Brian Ruff Angus & Jewers Solicitors** (Wickford). Many thanks to all these local companies for their help and support.

Dropping off at swimming sessions & unmanned changing rooms

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.

Also we would like to inform/remind parents that the changing rooms are **unmanned** and therefore the parents' responsibility and not the Clubs.

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!

November winners

1st prize - Tina Diprose
2nd prize - Jan Seber
3rd prize - Chris Byfield

December winners

1st prize - Linda Mellor
2nd prize - Christine Miller
3rd prize – Linda Mellor

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

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!

Please do not hesitate to contact our Welfare Officer, **Donna Asher** (mob. 07901 858461) or our Assistant Welfare Officer, **Sarah Munro** (mob. 07709941297) for any issues/concerns you have or e-mail welfare@phoenixbasildonsc.org.