



PHOENIX S.C. (Basildon)



NEWSLETTER – June 2010

It has been a very busy but successful time on the squad competitive front with County Championships running over 4 weekends, Essex League fixtures, Open Galas at Ealing, Redbridge and Canvey, Regional Youth Championships and as we go to print the Regional Age Group Championships are taking place.

It's best to start at the beginning and work on. You will have seen on the Notice Board our success at this year County Championships. It was a great effort from all the swimmers and for a Club as young and, dare I say small as ours, to finish in the Top 10 in the County is an outstanding achievement. All 24 qualifiers played their part with personal best swims and 9 different swimmers finishing in event top 6 placings. We had a record number of entries and nearly 50% resulted in top 6 placings. Special mention needs to go to our County Champions of which we have 3. **Harvey Brown** in the 12 yrs Age Group taking the title in 50 Back, 100 Back, 200 Back and 100 Freestyle, **Michael Grace** taking the 16yrs title in a thrilling final of 100 Freestyle and finally **Kathryn Pearse** taking the overall 13yrs Age Group County Champion title with Top 6 finishes in every event and individual event titles in 50m, 100m and 200m Backstroke, 50m Fly, 100m and 400m IM.

Well done to all our qualifiers – **Brooke Frost, Harvey Jolly, Jemima Walker, Mitchell Frost, James Barker, Lewis Cooper, Patrick Rourke, Harvey Brown, Molly Jerome, Alex Drysdale, Rachael Moore, Lily Mann, Caroline Mellor, Poppy Warner, Kathryn Pearse, Rebecca Asher, Keri Stroud, James Paton, Thomas Head, Felicity Leigh-Hudson, Samantha Mullender, Jamie Tomlinson, Jack Byfield and Michael Grace.**

Moving on to the Essex League. For the first time Phoenix have been crowned Divisional Champions, winning the Division 2 title. After the disappointment last season of relegation from Division 1 on the last gala by such a small margin the swimmers bounced back with some stunning swims and a show of team solidarity. We have now moved back into the top flight and look forward to taking on some of the bigger teams in the County.

Regional Youth Championships saw three of our older swimmers qualify for this event which is for the top over 14 year old girls and over 15 year old boys. Tough qualifying times means that achieving qualification is a major achievement. Keri Stroud qualified for Regions for the first time to join experienced hands Samantha Mullender and Michael Grace. Michael came home consolidating his position as one of the fastest 16 year old freestylers in the region with a top 6 finish in the 100 freestyle event. Well done to all three of you.

Open galas have seen some great PB's and many medals coming home to Phoenix showing the hard training and attendance at training has paid off.

It would be remiss of me not to mention some further success for two of our swimmers both Michael Grace and Kathryn Pearse have been selected to represent Essex at the Regional Inter-Counties gala in July well done. In addition Kathryn has again to date achieved four National Championship qualifying times and will travel to Sheffield to compete as one of the top 13 year old swimmers in the Country. Well done.

The season is drawing to a close but we still have Braintree and what promises to be a great Club Championships ahead so **very big congratulations and well done to ALL the swimmers - Phoenix is proud of you.**

Jon Pearse – Head Coach

Club Championships



This year's Club Championships are taking place on **Friday 9th and Saturday 10th July** at Gloucester Park. This is a great opportunity for swimmers to enjoy some friendly competition with their fellow swimmers in the familiar surroundings of their own pool, and we would encourage all of the swimmers to enter. Please note that the Friday evening gala will replace normal swimming training.

There are races for everyone, not only our more experienced swimmers who already compete, and there are plenty of medals to be won. It is intended as a fun event as well as an introduction to swimming competitions.

You will have been sent information via email. If you would like to enter then please print out and complete the entry form. If this is your first competition entry and you are not sure what information is required then please bring your form to the desk on a Friday evening and we will be happy to help. If your swimmer has not competed before then you won't have any entry times - don't worry just 'tick' your chosen events and we will complete the rest.

To cover our costs to run this event we have to make a small charge and so entry fees are £1.50 per event, to be handed in with your entry form. Cheques to be made payable to BPSC.

The closing date for entries is **Friday 25th June** and will not be able to accept any entries after this date.

We look forward to receiving your entries!

*****HOT OFF THE PRESS*** *Anti-bullying poster competition winner – see back page!***

Merger Discussions Update

Thank you to all those who turned up for our Special General Meeting on 20th April to discuss the potential merger between Phoenix and Basildon & District Swimming Clubs. We had a good turn out from members of both clubs. Also in attendance were representatives from the ASA East Region and Basildon Council to answer questions.

At this meeting, after opening remarks from the respective Club Chairmen and Head Coaches supporting the proposed merger we held a Q&A session. At the end of the evening each club had a separate secret ballot vote on the proposal which was to give the respective club committees the authority to continue merger discussions. I am pleased to say that there was an overwhelming majority in favour with the respective club votes being as follows:

Phoenix 27 in Favour and 0 Against Basildon 28 in Favour and 1 Against

At that Special General meeting we provided a draft timeline for the merger discussions and committed to provide periodic updates. This is the first of these updates.

Since the SGM we have held two further meetings of the joint merger committee (formed from representatives of both clubs) and one further larger meeting on the 25th May with representatives from the new pool operator (SLM), Basildon Council and the ASA.

Actions Status

- Obtain members approval to continue from Special General Meeting
 - *This was achieved on the 20th April*
- Submit draft constitution to ASA
 - *We have submitted this.*
- Obtain proposed new pool hire cost rates from SLM/Basildon Council
 - *We received these at the 25th May meeting*
- Agree Essex League application.
 - *A Proposal was submitted and agreed at the Essex League AGM which would enable us to run an 'A' team in Division One and a 'B' team in Division Two if the merger is agreed before the first Essex League gala in October.*
- Agree proposed club name & colours
 - *The proposed name for the new club will be the "Basildon & Phoenix Swimming Club". Proposed club colours to be Orange and Black. Hats and Shirts will be Orange with Black Lettering. We also have a logo in mind using the Sporting Village motif.*
- Agree new club committee and non-committee roles
 - *We have identified a list of club roles which we will need to fill. Key roles such as Chairperson, Vice-Chairperson, Treasurer and Secretary will need to be committee roles. Also required to attend committee meetings will be the Welfare Officer. For all other volunteers we will leave it up to the individual whether they also want stand for election as part of the club management committee.*
 - *Note that all Executive and Committee member roles will be elected at the first General Meeting of the new club should a merger be agreed.*
- Evaluate potential pool hire costs & Determine new joint membership & session fees
 - *We were not able to get any view on pool hire costs from the new operators until the meeting on 25th May so these items will be discussed at our next Merger group meeting.*
- Agree rates and future session programme (slots) with SLM/Basildon Council
 - *We have submitted an initial proposal on Pool Time slots for when the new Basildon Sporting Village pool opens in May next year. These will need adjusting now that we have more details on potential pool costs.*

Our aim remains to finalise a proposal to go in front of the respective club memberships at a Special General Meeting in July with potential combination of the respective club memberships into a single club in September 2010.

*The Merger Committee
28th May 2010*



Jack Petchey award

Congratulations go to **Oliver Knight** who became the latest winner of our Jack Petchey award recently. Oliver received his award for his ongoing efforts to continue his training following injury. His citation reads: "For not giving up despite several set backs over the past few months. Oliver always bounces back to training with enthusiasm & determination to succeed".

As a result of his award Oliver gets to choose how to spend **£200 of funding** provided to us by the Jack Petchey Foundation and in his case he has chosen to put this towards the costs of putting one of our staff through a level 3 coaching course. **WELL DONE OLIVER!**

Featured “Volunteer of the Month”



As a non-profit making swimming club we couldn't survive without the immense amount of support provided by our band of unpaid volunteers. This month sees the start of a new series of profiles for the people who give generously of their time to help run our club with no compensation other than the occasional 'Thank You'.

As topical kick off to the new series, since the new club membership year is upon us, we thought we'd start with our Membership Secretary Lisa Jerome.

Lisa can be found sitting at the club desk on the first floor of Gloucester Park most Friday evenings and handles new club membership applications, renewals, session changes and fees. When not sitting at the desk Lisa keeps our membership records up to date, prints off registers for use during pool sessions and tracks money owed by people who forgot to change their bank standing order in time (hint hint)!

Supplements

There are a lot of supplements for sports people in the market place some are worthwhile others are a waste of money for the serious athlete. I have noticed a few people taking various things to 'give them energy'. Could I ask parents to speak with me first BEFORE they purchase any drink additives, energy drinks, energy bars, tablets etc.

The majority of the swimmers within the Club do not need any additives to drinks or special drinks and it is very easy to buy ones which contain banned substances within sport so it is extremely important you consult the coaching team.

So that you are in no doubt, the following are BANNED on the Club's poolside:

- Lucozade Sport and any of its various derivatives.
- Powerade
- Gatorade
- Red Bull and any other type drinks (for serious athletes they don't do what they say on the can!!!)
- Dextrose Tablets

The only time exception will be made is for a specific medical condition. If any of the above are found on poolside they will be confiscated and disposed of.

The only true performance enhancer is hard work, training, regular attendance at designated sessions staying the course not arriving late or doing warm-up, not getting out early or coming up with excuses not to do something or why you couldn't make a session when really you could. Thank you.

Jon Pearse, Head Coach

We're doing it for Daisy!

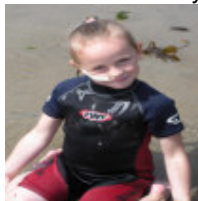
On **Friday 25th June** our normal club swim sessions will be replaced by a sponsored swim in aid of a charity that carries out research into a medical condition known Chronic Intestine Pseudo Obstruction (CIPs), suffered by Daisy Palmer, the younger sister of one of our swimmers, Megan Palmer (aged 11).

This will involve a T 20 style (40 minutes) swim session during an allotted time, in which you get sponsorship for swimming as many lengths as you can.

Daisy (aged 6) has been diagnosed with Chronic Intestine Pseudo Obstruction, and is now in Whitechapel Hospital for a lengthy stay, while her parents Damon and Tracey are running shifts to allow them to take care of Daisy, and to allow Megan to continue with her passion, swimming. Daisy, like many other sufferers, is currently unable to eat anything orally, and is instead is entirely reliant on being fed intravenously and will remain this way whilst much needed research continues.

The money raised will be split between our swimming club and the charity that does research into Daisy's condition (PORT). See Daisy's story at www.port-charity.org.uk **UK Registered Charity No. 1114217**

Sponsor swim session times and Sponsor forms will be emailed to you around the 9th June. Please look out for them!



How much can Phoenix raise to help Daisy?

"WE ARE ONE BIG FAMILY!"



How am I a BULLY?
 -YOU make life hard for others.
 -YOU pick on people for NO reason.
 -YOU & OTHERS spreading rumours, leaving people out or name calling to make the victim feel silly.



What if....
 -Someone is bullying YOU?
 . Talk to a responsible adult or someone that YOU can trust.
 -YOU think YOU are bullying someone?

Admit to your mistake and say sorry to the other person, for whatever YOU have done to them.

TOGETHER WE CAN STOP BULLYING!



Anti-bullying poster competition – what a result!

Well done to our winner – **Rebecca Asher** for her fantastic poster. A full size version can be seen on the notice board at Gloucester Park.

Rebecca wins a pair of swimming goggles plus other goodies for her wonderful effort plus her work on the notice board for all to see!


If you feel you need to speak to someone about bullying confidentially, please do not hesitate to contact our Welfare Officer, Donna Asher (mob. 07901 858461) or our Assistant Welfare Officer, Sarah Munro (mob. 07709 941297) or e-mail welfare@phoenixbasildonsc.org.

Online Club Shop Launched

The much awaited online Phoenix club shop has arrived! This new facility will enable you to place online orders for items such as swimwear direct with our supplier and have them delivered direct to your door. If you use the link from our website delivery is free and you will still obtain commission for our club (which helps to keep down our fees). We will of course, still continue to stock and take orders for items at the club desk on Friday evenings but this gives you the opportunity to shop from the comfort of your own armchair!

Just click on the 'clubshop.com' logo to the right of the home page on the Phoenix website www.phoenixbasildonsc.org



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!

March winners

Jon Pearse (N^o 17)
 Carla Marshall (N^o 16)
 Marcel Warner (N^o 44)

April winners

Marcel Warner (N^o 23)
 Dawn Harris (N^o 29)
 Sue Mullender (N^o 45)

May winners

Sue Mullender (N^o 8)
 Alan Twine (N^o 1)
 Andy Butt (N^o 47)

We still have a few numbers left and at the time of writing there are 10 remaining draws for this year, so it's definitely not too late to join. Entry forms can be obtained from either Dawn or myself at the desk on a Friday evening.

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.