

GRIFFINS S.C. of ENFIELD

TEACHING SECTION

New Term from 4th September to 20th December, 2008 inclusive

First of all welcome to the new swimmers who have joined Griffins Swimming Club during the current term.

This paragraph appears in all our newsletters, but I am bringing it to the top of our letter this term because it is very important that everyone reads it. Parents of children swimming should remain on the premises while their children are swimming and dressing. If, in an emergency, you have to leave the poolside please let me (or the person in charge on that day) know and leave a telephone number where you can be contacted immediately.

We would like to welcome Daniel McAuliffe to our team of Teachers and Helpers. Daniel is a member of our Senior Swimming Squad in the Competitive Section of Griffins Swimming Club.

Congratulations go to Mark Malone who has passed the Amateur Swimming Association's Level 1 Teaching qualification enabling him to teach as an Assistant Teacher and also the Royal Life Saving Society's National Pool Lifeguard making him a fully qualified lifeguard. Well done Mark.

Tom Hill-Caluori has taken the ASA Level 2 Teacher qualification and has passed the practical and log books sections of this course. He is awaiting the result of his theory paper. Once he passes this paper he will become a fully qualified ASA Teacher. Well done Tom on passing the first two sections and good luck on the theory section.

Many of our Teachers and Coaches are retaking their lifeguarding qualifications in the next few months, I will keep you updated in the next term's letter on how they get on.

Congratulations also go to the young swimmers who have been promoted to the Competitive Section during the last term. We hope you are enjoying your new and challenging training.

One of the young swimmers who has just been promoted to the Competitive Section from the Teaching Section is Meghan Byrne, she has been on a Club Record breaking spree just recently. She broke the Club's girls' under 8 years 50 metre freestyle record, under 8 years 25 metre Butterfly record and under 9 years 25 metre Butterfly record in May and in June she added the girls' under 8 and under 9 years 50 metre Breaststroke records. She also took 3.09 seconds off her own girls' under 8 years 50 metres freestyle record in June (just one month after first breaking it) – that record is now 45.30 seconds.

Max Bonfante, who is swimming in the Pre-Competitive group of the Teaching Section broke the boys' under 9 years 100 metres freestyle record in June and Jenny Budden, one of our own helpers in the Monday beginners' section took yet another Club Record, this time (not content with one age group) she broke the girls' under 16 years, under 17 years and Ladies Senior records for 800 metres freestyle. Well done Meghan, Max and Jenny.

Why not keep up to date with all our events and records on our Web Site www.griffinssc.co.uk. You will see that 55 Club Records have been broken since the beginning of this year which is pretty amazing. Well done all the swimmers.

Each term we have one week when all sessions are length sessions to enable the better swimmers to finish badges and/or do length badges and give the younger swimmers an opportunity to swim the length of the pool. This term we will be holding the length sessions on Thursday 17th July, Friday 18th July, Saturday 19th July and Monday 21st July, 2008.

We will be holding our usual Best Improvers Award ceremony for each group, but I am not going to set a date yet as it always gets changed for some reason or other, but it will definitely be held!!!!

The last sessions for this term will be Monday 1st September, 2008 and the new term commences immediately on Thursday 4th September, 2008.

The fees for this term will be £28 for the width sessions and £36 for the length sessions. If payment is made by cheque for the whole term the fees will be £112 for width swimmers and £144 for length swimmers. There will be a reduction of £5 if payment is made by **Saturday 2nd August, 2008. Payment can be made direct to me on poolside. Any payment made after Saturday 2nd August, 2008 must be the full amount of £112 for width swimmers or £144 for length swimmers, post dated cheques are not acceptable for this discount and no refunds can be made. Payments made after the first week of the new term will have a £5 administration charge added.**

Please make sure, if you are paying by Standing Order that it is £28 per month for width swimmers or £36 per month for length swimmers from 1st September and that you pay any outstanding amounts by cheque. Failure to change Standing Order leads to extra work in administration and therefore extra costs. Please make cheques payable to Griffins Swimming Club. **Please note that Standing Orders, unlike Direct Debits, can only be changed by the account holder.**

Please note that payment by cash can only be accepted in very exceptional circumstances and A RECEIPT MUST BE ISSUED FOR ANY PAYMENT BY CASH. Please make sure that you receive a receipt as any query regarding cash will require the production of a receipt. Please DO NOT under any circumstances leave money on my desk, money should be handed directly to me and a receipt issued.

If payment is made by cheque please put the name of the swimmer on the back along with your cheque card guarantee number, as there have been quite a few returned/unpaid cheques recently. Unfortunately this causes charges not only to yourself, but also to Griffins Swimming Club. Any charges for unpaid cheques made to Griffins Swimming Club will be passed on to the swimmer.

Any places not reserved with payment by Saturday 2nd August, 2008 will be allocated to swimmers on the waiting list or other enquiries.

Please ensure that the slip at the bottom of the letter is completed and returned, even if you are paying by standing order. **It is particularly important that you notify us of any changes in medical history and medication taken by the swimmers that would affect their fitness to participate or that you may think we should be aware of such as asthma, heart problems, ear problems, allergies etc.** It is also important to keep us updated with changes to address and telephone number.

Letters will be sent out by email wherever possible to cut costs and ensure that everyone gets the relevant information. If you have an email address please can you print it clearly on the form to enable us to use this facility to get information to you. We have had quite a few 'rejects' when sending out the information previously, so obviously there were errors in the email addresses somewhere along the line.

Would all parents please note that swimmers should not eat just before a swimming session, unless there is a medical reason for doing so. Wherever possible an hour should be allowed between eating and swimming (even in the beginners section). It is much better to bring a sandwich (or other food) with you for the swimmer to eat after swimming. Swimmers can drink, but fizzy drinks should be avoided before swimming, plain water or lightly flavoured water is better.

There have been several occasions recently when swimmers have been sick in the pool which could be due to eating just before the swimming session or drinking fizzy drinks. This can require the lessons to be cancelled while back-washing of the pool water takes place. Unfortunately this impacts on everyone, including swimmers in the following lessons when they turn up only to be told that the lesson has had to be cancelled.

PLEASE make sure, therefore, that your child eats after their lesson rather than before. I emphasise that if there is a medical reason for a swimmer to eat before exercise please let me know.

Would all parents **please note** that young swimmers up to the age of eight years can be taken into the changing rooms that their parents would normally use (ladies can take their children up to the age of eight into the female changing room and men can take their children up to the age of eight years into the male changing room), **BUT** ladies cannot accompany their children into the male changing room and men cannot accompany their children into the female changing room. After the age of eight years the children should be able to change in their appropriate changing rooms. Swimmers **may not** be changed on poolside. **PLEASE keep to these rules as this is an ongoing problem and the cause of many complaints.**

Once again can I remind you that outdoor shoes are not permitted on poolside at Arnos. This is an Enfield Borough rule and must be adhered to. Outdoor shoes must be covered with blue covers or removed.

Please also note that swimming hats must be worn by all swimmers, boys and girls, unless their hair is VERY short. Griffins' swimming hats are on sale, cost £6 each.

As in previous years Griffins Swimming Club will be offering double swimming lessons during five weeks of the summer holidays. For weeks commencing **Thursday 24th July**,

31st July, 7th August, 14th August and 21st August, 2008 swimmers will be able to swim twice per week as follows :-

Monday and Friday swimmers can attend their own sessions and each others sessions at the same swimming time. **For example if you normally swim at 4.00 pm on Monday you may also swim at 4.00 pm on Fridays for the five weeks listed above and if you normally swim 4.00 pm on Fridays you can also swim at 4.00 pm on Mondays for these same 5 weeks.**

Thursday and Saturday swimmers (a little more complicated I am afraid), the extra sessions will be as follows :-

Thursday 5.00 pm swimmers can swim on Saturdays at 11.30 am
Thursday 5.30 pm swimmers can swim on Saturdays at 12 noon
Thursday 6.00 pm swimmers can swim on Saturdays at 12.30 am
Saturday 10.30 am swimmers can swim on Friday at 4.30 pm
Saturday 11.00 am swimmers can swim on Friday at 5.00 pm
Saturday 11.30 am swimmers can swim on Thursday at 5.00 pm
Saturday 12.00 noon swimmers can swim on Thursday at 5.30 pm
Saturday 12.30 am swimmers can swim on Thursday at 6.00 pm

To enable us to organise these extra sessions, please make sure that you **only** attend your extra sessions at the allocated times. As you can appreciate there will be occasions when there are more than the normal amount of swimmers in the groups, but as there will be some swimmers away on holiday most weeks, this should be the exception rather than the rule.

Length swimmers can attend all four length sessions each week if they wish.

ALL EXTRA SWIMMING IS FREE OF CHARGE.

The new term will commence on Thursday 4th September, 2008 and run up to and including Saturday 20th December, 2008.

The Pool will be closed for Bank Holiday Monday on 25th August, 2008.

To compensate for the loss of their session on 25th August, 2008, Monday swimmers can swim an extra session on either Thursday 28th August, Friday 29th August or Saturday 30th August, as follows :-

**Monday 4.00pm can swim on Thursday 5.00pm, Friday 4.00pm or Saturday 11.30am
Monday 4.30pm can swim on Thursday 5.30pm, Friday 4.30pm or Saturday 12noon
Monday 5.30pm can swim on Thursday 6.00pm, Friday 5.00pm or Saturday 12.30am**

As you will all know by now that selling sweets after the Teaching Section lessons was to raise money to provide a coach for the second and third rounds of the M11 Junior Speedo League. The great news is that we were able to cover the cost of both coaches and are now continuing our fund raising – possibly for a coach to take the senior swimmers to the senior Speedo League later on this year.

As promised I said that I would keep you up to date on how the swimmers did in the final round of the M11 Junior Speedo League.

THEY WON AND THEY GET PROMOTED TO DIVISION 1 NEXT YEAR. WELL DONE ALL THE SWIMMERS AND COACHES.

Bonnie reported back that they won by 5 points, it went right down to the last event (the squadron race – 1 boy and 1 girl from each of the four age groups (9 yrs, 10 yrs, 11 yrs and 12 yrs swimming freestyle). This last event is always extremely exciting especially if the teams are quite close, with only a few points between them. A disqualification from a faulty take-over can win or lose the whole gala. This is where the young swimmers often produce their best swimming.

The winners of Division 1 go onto the Southern final and then the winners of that round go on to the National Final. Watch out for Griffins next year. All starts again in April, 2009. Bonnie's report is really good so I have attached it.

Linda

TeachNewTermJuly2008

9th July, 2008

**GRIFFINS SWIMMING CLUB
TEACHING SECTION**

PAYMENT FOR SWIMMING LESSONS – September - December, 2008

Name

Date of Birth **Male/Female**

Address

Email Address

Changes/Additions to Medical Conditions and Medication

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Tel. No. (Landline) **Mobile**

Existing Day/Time **Change of Day/Time required**

Cheque for £ **Paying by Standing Order (please tick)**