



Canvey Island Swimming Club

Committed To Improving Swimmers Capabilities

December 2010

Canvey Winter Open Meet 4/5th December 2010

Congratulations to all swimmers who took part in Canvey's 2nd Open winter meeting at Blackshots. Its hard to believe that just a day before the gala we were still 12 inches under snow. Canvey didn't let that dampen their spirits though, likewise neither did it put off swimmers or spectators! Both days saw a very high level of entries. We managed to provide a full program of swims, Canvey taking part in most events. Both days were extremely long but very successful. With Counties just around the corner, we hope that many swimmers attained times that they deserved. A full list of times and places will be available soon on our website:

www.canveyislandswimmingclub.co.uk so keep an eye out. Below are a few snaps from the day. Once again many congratulations to all who took part and thank you for your continued support.



Braintree- Essex County Championships 28th/29th November 2010

Congratulations to the girls who recently competed at Essex County Championships 28/29th November at Braintree. Bethan McElroy knocked an amazing 27 seconds off her 800m time and finished 6th in the 16yrs and under age group as well as taking 7th place from the seniors. Kirsty Fehily finished 7th in the heats for the 200m Backstroke and then went on to better her time in the finals and claiming 6th place in both the Junior and Senior groups. Emma Hall not wanting to be out done also made the finals in the 50m Backstroke winning herself 8th place.

Canvey also entered a 9/10 yrs relay team in both the freestyle and medley events consisting of Megan Cooper, Becky Knight, Carys Harding and Maddie Norris. Hannah McElroy was also on poolside to support and cheer her team mates on. Out of 18 teams the girls finished 7th in the heats and were excited to make the finals. The proud team collected their pendants for 8th place.

Just to give you an idea of how well Betsy and Kirsty did the competition is split into senior and junior. Junior being 16 & under and Senior is open to all ages. So they were swimming against 17 year olds and still finishing in the top eight!

Congratulations to Bethan McElroy for being awarded the Jack Petchy Award. Bethan has shown a committed and positive attitude to training. Well done Bethan



The AGM was held on the 14th November 2010

New Committee 2010/11

Chairperson	Shaun Packman
Vice Chairperson	Colin Maclean
Hon. Secretary	Julie Haylock
Treasurer	Vanessa McElroy
Membership Secretary	Jo Harding
Competition & Open Meet Gala secretary	Tina Packman
Club champs Coordinator	Mark Harding
Results & PB Coordinator	Paul Knight
Press Secretary	Jo Logan
Health & Safety Officer	Nicki Lee
Team Manager	Shaun Packman
Website Coordinator	Steve Lee
Sports & Social Secretary	Julie Fehily
Swim21 Coordinator	Julie Haylock
Workforce Coordinator	Vacancy
Sponsorship Officer	Leigh Jones

A copy of the AGM Minutes are available to all members upon request-Please apply to the Hon Secretary Julie Haylock

Have you an idea for our newsletter? Or is there something you would like to see? Email: Jo Logan joannelogan@live.co.uk

Training over Christmas and New Year

Thursday 23 rd December 2010-	Normal Training.
Friday 24 th December 2010-	Waterside closed from noon.
Sunday 26 th December 2010-	Waterside closed all day.
Tuesday 28 th December 2010-	Waterside closed all day
Wednesday 29 th December 2010	- 4-6pm (County Qualifiers/Invitation).
Thursday 30 th December 2010-	Normal AM/PM with <u>7pm start</u> (County Qualifiers Invitation).
Friday 31 st December 2010-	Waterside closes at 6pm.
Sunday 2 nd January 2011-	Training resumes as normal for all squads.
Monday 3 rd January 2011-	4.30-6.30pm (County Qualifiers/Invitation).

To Become a member of Canvey Island Swimming Club Call Jo Harding on 07980 175295

Craig steps up to the mark for Annie!

Annie Jones was first diagnosed with stage 1 diabetes when she was only 14 months old and required two injections each day in order stop her going into a diabetic coma. Annie is now 7 years old and for the last 5 1/2 years her parents Leigh and Geoff have fought a daily battle to keep Annie's diabetes under control.

Annie's hope is that a cure for diabetes can be found. On the 25th November our very own and very brave hairy chested Craig Johnston had his chest waxed by Fiona's Beauty Salon raising over £1200 for the charity.

A small gathering of supports were there to bare witness to the painful event. Craig now has sympathy for all women who go through the regular waxing routine. When asked about the pain Craig's response was that it was **'Worse than when I tore the ligaments in my leg'**.

Annie and her family would like to thank everyone who helped them to raise money for the Juvenile Diabetes Research Foundation. Further fund raising events are planned for next year starting with a Quiz night.. So start studying those books...



Please use the following web address if you would like some more information about this illness or the work carried out by the charity.
<http://www.jdrf.org.uk>

Dates for your Diaries

Dec 2010

10/12	Club champs-200m & 800m/1500m	Waterside	Level 4
11	Megamind	Canvey Cinema	Social
12	Swim School Xmas cracker gala	Waterside	SIS
18	Guildford City long distance	Surrey sports park	Level 1
20	Chronicles of Narnia-3	Canvey Cinema	Social
27	Kids Christmas Party	Bowling Alley	Social
29	Adults Bowling Night	Bowling Alley	Social
31	Pantomime-Peter Pan	Cliffs Pavilion	Social

Jan 2011

8/9	London Borough Redbridge Winter Meet	Fullwell Cross	Level 2
15	Essex League-round 1		Team Gala

Advertise your company here!

To place an advert in our monthly Newsletter or even take some sponsorship at one of our Galas.

Please Contact: Leigh Jones 07971 147830

Support your local club

REQUEST FOR CONTACT DETAILS

Please can you complete the attached slip with your current contact details. During the adverse weather conditions it became apparent that some of your contact details are out of date. **Please accept our apologies** if you did not receive the messages relating to pool closures. By having your current details we will be able to keep you informed of any short notice changes by text or email relating to Club Events.

Please complete and hand back to Jo Harding.

Child/Children's Name(s).....

Address.....

.....Postcode.....

Preferred Email Address.....

Mobile number.....

Mobile number.....

Do you know someone who wants to join Canvey Island Swimming Club?

Give us a call on 07980 175295

Merry Christmas and Happy New Year, Best Wishes FOR 2011