



Amersham Swimming & Diving Club

Weekly Newsletter

20th May 2022



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Note from the Chairman

Dear all

Out with the old

Don't panic Masters, I'm not referring to you. I was thinking about how the old Chiltern Pools complex has very nearly completely been razed to the ground.

Much of the cleared area will become car parking and once the hoarding outside the new centre comes down, we will really have a magnificent view of our wonderful new centre.

When the CLC was in its final build phase, we agreed with the developer and the operator that we would wait until the whole site was opened up, before making any decisions about how the sun would affect the pool, both from light and from a heat point of view.

We may well need to look at having some kind of shading or blinds installed, more on that when the hoardings come down and we can see what is needed.

Competition as usual

Not perhaps completely as usual, but it is beginning to feel like we are getting back to normal, even if it is a 'new normal'.

We have had Regionals and last week was the Windsor Level 3 meet. Last night a few of our swimmers were at Watford for the ESSA Schools gala.

Tonight we have the Duel in the Pool which is the Arena Junior League competition, Round 1. Good luck to the ASC team.

The team events are always very popular with both swimmers and parents. Whilst not everyone can be in the team, unlike galas where swimmers swim as individuals, the team galas bring a whole new and exciting dimension to swimming. Actually the International Swimming League (ISL) format was designed to replicate the excitement for swimmers and spectators that they would have experienced in things like the National Arena League or its equivalent.



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The end of the note note

As we all know the Birmingham 2022 Commonwealth Games start on 28th July. This will be an opportunity to see some of the world's top swimmers in action.

The Commonwealth Games website sums up the rules of swimming succinctly by saying "The rules are simple: Swim faster than everyone else – the first to touch the wall wins."

Now we know it isn't quite that simple as they need to say, "Swim faster than everyone else, whilst following the FINA rules for relevant stroke and then, the first to touch the wall, with any part of their body on freestyle and backstroke (on your back), or with two hands simultaneously for breaststroke and fly.... wins!" Swimming appears simple, but of course we all know there is more to it than meets the eye.

The end of the note quote

"Act as if what you do makes a difference. It does." – William James

Peter Roycroft
Amersham Swimming and Diving Club
chairman@amershamswimmingclub.co.uk

ASC Annual Summer Party & Awards Evening

SUNDAY 10 JULY 2022

It's back and we need your help!

Dear Parents and Kids

After a two-year hiatus, The Summer party is back! One of the highlights of the club's year and we need your help to make the evening fun for all! In 2019 your support was *amazing* and allowed us to put together a fantastic list of raffle prizes and Jazzy Jars raising money which all went back into the club. This year any money raised will be put towards purchasing backstroke ledges.

Jam Jar Raffle

KIDS - We are challenging you to fill a jar with the most unusual gifts you can think of - gifts that your swimming friends would love. These will be raffled on the evening! All you need to do is fill a jar and cover the top with some fabric and an elastic band - but



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it is the contents which is the important bit. Can you think of the most unusual gifts to put into a jar? For example, a jar filled with a cinema voucher and popcorn! or Book Tokens, stationary, sweets or hair accessories. It doesn't have to be expensive, but it does have to be fun!

Raffle Prizes

PARENTS - In the past our amazing Amersham Swimming Club parents have donated some fantastic raffle prizes which have raised much needed funds for the club. To help make this the highlight of the year, please could we ask you for donations for this year's raffle.

If you run a business or work in a company that would be able to donate a **service, experience, or a gift**, we would be so grateful.

Or, if thinking of a raffle prize fills you with dread, then leave it to us! Let us know how much you would like to spend, and we'll make up vouchers or case of wine for example.

Please contact Alex Castello-Cortes via alexcc@gmail.com

Thank you for your help and for supporting your Club. All the money we raise will go directly back into the club to support, gala's, medals, kits etc. and is truly appreciated.

Ali Castello-Cortes and Toni Chapman

Meets

Dates for the diary

21st May: Duel in the Pool - Round 1 - this is a team event. Selected swimmers have been emailed directly.

19th June: Duel in the Pool - Round 2 - this is a team event. Selected swimmers will be emailed directly.

25th & 26th June: Maidenhead L3 Meet - registration closed.

16th & 17th July: Wycombe End of Season LC L3 Meet – registration closed.

Thanks
Sara

Meets@amershamswimmingclub.co.uk





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Welfare

Amersham Swimming Club is committed to looking after the best interests of our swimmers. You may contact our Child Welfare Officer, Abigail Findley, with any concerns in confidence by emailing: welfare@amershamswimmingclub.co.uk

Club Shop

We have some stock which is immediately available, please see the list on the next page. We also now have some **unnamed** swim hats in stock.

If you would like to enquire about/buy any of this stock, please contact shop@amershamswimmingclub.co.uk



Swimzi Club Shop is now closed: Register your interest with the club to prompt future shop openings. Orders already placed are due for delivery April-June* (see shipping policy for details).

For all other items such as training & competitive swimwear, fins, snorkels, goggles etc, we recommend Mailsports. *Please note, there is no specific ASC swimwear.*

<http://www.mailsports.co.uk/>

ASC members can get a 10% discount on full price items from Mailsports either at their shop in Wooburn Green or online (not at meets). Enter discount code: **AMSC498** at checkout.

If you have any questions, please email shop@amershamswimmingclub.co.uk

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Apr-22			
Swimming	Size	Qty available	Price
Team towel	one size	4	£21.00
Tracksuit bottoms	XS	3	£29.95
Sports shorts	9/10 YRS	1	£15.95
Female hotpants	13 YRS	1	£12.95
Female hotpants	XS	1	£15.95
Apr-22			
Diving	Size	Qty available	Price
Sports shorts	9/10 YRS	2	£15.95
Tracksuit top	7/8 YRS	1	£34.45
Tracksuit top	9/10 YRS	1	£34.45
Tracksuit top	S	2	£41.95
Tracksuit top	M	4	£41.95
Tracksuit top	L	2	£41.95
Tracksuit bottoms	7/8 YRS	1	£24.45
Tracksuit bottoms	9/10 YRS	1	£24.45
Tracksuit bottoms	13 YRS	1	£24.45
Tracksuit bottoms	XS	1	£29.95
Tracksuit bottoms	S	4	£29.95
Tracksuit bottoms	M	2	£29.95
Club shirt - unisex	S	3	£30.95
Other			
Arena training fast mesh bag	pink with black writing		£10.00
Arena training fast mesh bag	red with white writing		£10.00
Arena training fast mesh bag	navy		£10.00
Speedo equipment mesh bag	grey/yellow		£11.00
Speedo equipment mesh bag	black		£11.00
Speedo equipment mesh bag	red		£11.00
Adidas swim mesh bag	green		£13.00
Vorgee for water mesh bag	pink		£8.00
Maru mesh bag	pink		£9.00
TYR ASC alliance 45L backpack	black		£40.00
Arena training swim snorkel one size	acid/lime		£15.00
Fin racer fins - UK 12.5-1	black		£15.00
Head soft fins - UK 2.5-3	yellow		£15.00
Maru training fins - 33/34	lime		£15.00
Maru training fins - 35/36	lime		£15.00
Maru training fins - 37/38	pink		£15.00
Maru training fins - 39/40	orange		£15.00
Maru training fins - 39/41	orange		£15.00
Mad wave fins - 33-34	blue		£15.00

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