



East Grinstead Swimming Club

Affiliated to A.S.A.S.E.R

Founded 1912

2009 December Newsletter

Dear Swimmers & Parents,

We can't believe how quickly this year has flown by! Please find below important information for the coming weeks/months.

Christmas Swimming Sessions

Please note, we have changed the swimming sessions for different squads this Christmas.

There will be ***NORMAL swimming up to and including Wednesday 23rd December.*** (From Friday 18th December swimmers will be given Christmas goodies by our very own Santa Nigel).

HOWEVER, from Monday 21st December until Wednesday 30th December, MORNING SWIMMING will start later at 7.30am.

Sessions will then return to normal from Sunday 3rd January 2010.

| DATE | TIME | SQUADS |
|-------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------|
| Sunday 20 th December | 4.30pm - 5.30pm (Normal) 5.30pm - 6.30pm (Normal) 6.30pm - 8.00pm (Normal) | Teaching Mini/Bronze Training/Silver/Gold |
| Monday 21 st December | 7.30am - 9.00am (Later time) 5.30pm - 7.00pm (Normal) | Gold Gold |
| Tuesday 22 nd December | 5.30pm - 6.30pm (Normal) 6.30pm - 7.30pm (Normal) | Silver/Bronze Invitation Silver/Bronze Invitation |
| Wednesday 23 rd December | 7.30am - 9.00am (Later time) 5.30pm - 6.30pm (Normal) | Gold/Silver/Invitation Teaching/Bronze |
| Thursday 24 th December | NO SWIMMING | |
| Friday 25 th December | NO SWIMMING | |
| Sunday 27 th December | NO SWIMMING | |
| Monday 28 th December | NO SWIMMING | |
| Tuesday 29 th December | 5.30pm - 6.30pm (Normal) 6.30pm - 7.30pm (Normal) | Silver/Bronze Invitation Silver/Bronze Invitation |
| Wednesday 30 th December | 7.30am - 9.00am (Later time) 5.30pm - 6.30pm (Normal) | Gold/Silver/Invitation Teaching/Bronze |
| Thursday 31 st December | NO SWIMMING | |
| Friday 1 st January | NO SWIMMING | |
| Sunday 3 rd January | 4.30pm - 5.30pm (Normal) 5.30pm - 6.30pm (Normal) 6.30pm - 8.00pm (Normal) | Teaching Mini/Bronze Training/Silver/Gold |
| Monday 4 th January | 6.00am - 7.30am (Normal) 5.30pm - 7.00pm (Normal) | Gold Gold |

Presentation Evening

Following on from a very successful Club Championships, the presentation of Certificates and Trophies will take place on **Sunday 17th January 2010**, in the café at Olympos, Kings Centre from 6.45pm - 8.00pm. It is a fantastic opportunity to celebrate the achievements of all our swimmers.

There will be normal swimming from 4.30 - 5.30pm, and then for all swimmers who took part in the Championships, there will be a fun, inflatable session from 5.30pm - 6.30pm, followed by the presentation evening.

For those who haven't been to one of our presentation evenings before, trophies are given not only to race winners, but also to swimmers who have made the most progress during the year. This year, new progress trophies will be presented to swimmers in Teaching and Mini/Bronze squads. ***These swimmers are chosen by Nigel and will be announced on the night!*** So even if you didn't win anything at the Championships, you may still be presented with a trophy for achievements during the year

Crystal Palace Swimming Training Camp - 15-16th February 2010

We have a great opportunity for our swimmers to experience a residential training camp in the newly refurbished 50m pool at Crystal Palace. We need to finalise places soon, so please speak to Nigel if you are interested in attending (this is aimed at squad swimmers as there will be 3-4 hours swimming each day). Please speak to Nigel, Phil or Sue for further details.

National Times for EG Swimmers

Our congratulations go to the following EG swimmers who have already achieved 2010 National Qualifying Times:

- Josh Pankhurst - 100m Back
- Ben Brown - 50m Free
- Tom Lamb - 400m IM, 200m Fly

Finally we would like to wish all our Parents and Swimmers a very Merry Christmas and a Happy New Year!