



PHOENIX NEWS

Northolt Phoenix Newsletter – February 2009

House Championship 2009

This years house championships were held on February 7th at Gurnell Swimming Pool. Everyone that entered swam magnificently exceeding our expectations and swimming PB's. Not many NP records were broken but we did get to see some amazing swims. Thanks to everyone who helped, swam or supported. The first 6 in each event will receive an award so please come to the presentation evening to collect your prizes and celebrate your successes with your fellow swimmers.

Gala Officials

We are looking for someone to help us organise our galas by contacting and co-ordinating officials. If you are interested please see Maureen Cronin who will be able to give you information about what is required. Thanks to Donna Donohue who has been fulfilling this role for us – she has been brilliant.

PRESENTATION EVENING for the 2009 House Championships

Saturday 21st March 2009
At
The fairway
Ruislip Golf Centre
Ickenham

From 7.30 pm until late

£12 per Family or £4 each

Everyone is welcome to join in the celebration of our swimming success

the first 6 in each event will receive an award to keep.



All swimmers should be accompanied by a responsible adult.
The club will not be responsible for the welfare of any unaccompanied

January ACE Award Winners

JC – Chris
Novices – Johan

These awards are off to a slow start but will be cascaded to the other groups and levels over the next few months.



New Northolt Pool

The building work has begun and it seems to be growing very quickly - we have been assured by the Local Authority that the building programme is on track and the proposed opening of the new centre is still January 2010. Look on the Ealing website for a chance to have your say in the name of the new centre.

New National Plan for Teaching Swimming

Now our assessments have been completed we are starting to teach our learn to swim programme using the new NPTS from the ASA. This means that the Horsenden Groups will start learning different skills and techniques in order to progress up the swimming stages. You will probably not notice to much change to our lesson plans as the changes are quite subtle. We will continue to ensure a balanced programme making sure all our little swimmers are engaged in learning to swim in a safe and fun environment. Enjoying your swimming lessons is the key to success but as we commit to making the lessons fun and productive we ask you all to make sure your attendance is kept regular and punctual and if you have to miss sessions please let us know.

Thank You

We have received a lovely letter from Meadow House Hospice thanking us for the money donated from the sale of Christmas Cuddlies at the Christmas Cracker Gala and at Horsenden. They were delighted to receive £232.21 which will be used to provide additional comforts for the patients and relatives at the hospice and will enable them to maintain a more comfortable and homely atmosphere for the patients in their care.
THANKS

Something to Share

Christmas seems a long time away now but we thought you would like to share in the spectacle that was Ralphs swimming group on our last night before the Christmas Holidays. They all asked for a fun night playing water polo instead of the usual training session – so – Ralph being such a nice coach agreed as long as they all dressed up – girls as boys and boys as girls, this was the result.....

