

**Ealing**  
Swimming Club



**NORTHOLT PHOENIX**

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**NEWSLETTER**  
**March 2007**

## Northolt Swimarama Closure.

It has now been confirmed by Ealing Council that the pool will close in October 2007. We are working very hard on finding a suitable new home for Northolt Phoenix main pool swimmers and will give you more information as it becomes clear. All our "learners" in the small pools can and will be taught at Horsenden School Pool. This newsletter will give you updates every month on the progress made and notices will be put on the board as soon as information is available.

There are not any firm details about the plans to replace the facilities or a time scale for the building programme but we have had notice of a meeting to discuss and hear the proposals:

**Tuesday 3<sup>rd</sup> April**  
**7pm**  
**Northolt High School**

It is a special meeting called with the sole purpose of discussing the closure and replacement of Northolt Swimarama. We are encouraging as many parents and swimmers to attend as possible and make it known to the powers that be that we are passionate about having a high quality replacement facility for the residents of Northolt and the surrounding areas.

## House Championships - Presentation Evening.

The presentation Evening is proving difficult to arrange due to a heavy swimming schedule - there seems to be something swimming related nearly every weekend for the next few months. However we have booked Harrow Borough Football Club on Saturday 21<sup>st</sup> April at 7.30pm. Everyone is welcome and if anyone would like to get involved helping with the cups and medals and general organisation please let Hazel know a.s.a.p. Tickets will be on sale in advance and all cup and medal winners will be sent a Personal invitation.

Last years winners will need to return their trophies to get them re-engraved with the new champions' names. You can hand them to any member of the teaching or coaching team. A list is on the board if you are not sure which cups need returning.

## German Exchange.

*Our German visitors will be with us on Saturday 31<sup>st</sup> March. New for this year and hopefully an annual event is a 50m Gala on Monday 2<sup>nd</sup> April during the club session. Everyone is welcome to enter so come along on the evening and join in and I am sure you will all make our German visitors welcome. Watch the notice board for more information.*

*We want to thank all those who are housing and hope you all enjoy the experience. Remember if you want to go on the return visit in August see Maureen to get your name on the waiting list.*

## North London Graded League.

We kicked off this season with an impressive win at our home gala. All the swimmers performed brilliantly and impressed Ralph our head coach with the quality and speed of their swimming.

The next gala is on Saturday 24<sup>th</sup> March at Willesden Swimming Pool, the home of Brent Swimming Club. All the swimmers have been notified by Maureen and Dawn.

## Your Northolt Phoenix Representatives.

The Northolt Phoenix management committee is made up of a group of people all interested in making your experience of learning to swim and training a good one. In particular there are three people directly responsible for representing the views of the swimmers and parents.

They are:

- **Dawn Read** who looks after issues relating to the pool and facilities at Northolt Swimarama.
- **Wendy Benger** who looks after issues relating to the pool and facilities at Horsenden School.
- **Stephen Hickman** who represents the swimmers.

**If you have any worries or comments please speak to your representative.**

## **Polite Reminder.**

Northolt Phoenix Rules:

- Be on time – 10 mins before your session to warm up (5 mins for the training pools).
- We expect all swimmers to attend at least 75% of their sessions.
- Wear appropriate swimwear and a swimming hat.
- Bring the correct training aids, Goggles, Fins, Pull Buoy, Kick Board.
- Remember to bring a drink.
- Be polite to coaches, teachers and other swimmers.
- STAY FIT and HAVE FUN.

## **Lifesaving Club**

The lifesaving club is open to new members, if you are 13 or over and would like to start on the ladder of lifesaving qualifications please contact Ray Papps or come along on Monday nights to see what is going on.

## **Ealing Swimming Club - Masters Section**

There has been a change in the masters section swimming at Gurnell Pool and we now have the opportunity to join. So if you are keen to swim and/or compete in masters have a look at the web site:

**[www.ealingsc.co.uk](http://www.ealingsc.co.uk)**

## **100 CLUB**

We can't of course equal the million pound prizes offered by the Lottery but here is a good way to help Ealing Swimming Club and perhaps win a little something at the same time. This is how it works:

Every 100 club member puts in £5 per month and their names are entered into a ballot. Fifty per cent of the total collected becomes the prize fund which every month is divided into 1st, 2nd and 3rd prizes for the lucky winners - with one hundred members, the prizes would be as follows: first prize of **£150**, second prize **£70** and third prize **£30**. The rest of the money collected goes to help Ealing Swimming Club.

Although it's called the 100 Club, there's actually no limit on numbers in fact the more members the better the prizes and the greater the income for Ealing.

Winners from NP include Maureen, Fred and Hazel so check out the Ealing website for more information and an application form.

# Bradford Exchange

Friday 11<sup>th</sup> May to Sunday 13<sup>th</sup> May

A team of approximately 40 swimmers from Bradford are coming to compete in a gala on Saturday 12<sup>th</sup> May. As usual we need to find good homes for them for the weekend.

The programme is:

Friday - Arrive late and go to host families for dinner

Saturday - Day trip, Gala and Party.

Sunday - Morning with host families and home in the afternoon.

We take part in this exchange every year - next year a team of swimmers will go to Bradford. We are only allowed to take one team to Bradford, the swimmers will be chosen on ability at the time as it is a competitive gala.

## Your Space.

We thought it would be nice to include a space in the monthly newsletter for you to add any information, pictures, jokes etc that you would like to share with your fellow members. To start you off here are some swimming jokes - I'm sure you can do better than this!!!!

### **Where do ghosts go swimming?**

In the Dead Sea.

### **How do elephants dive into swimming-pools?**

Head first.

### **Why can Elephants swim whenever they want?**

They always carry their trunks with them!!!

### **You know that you're a competitive swimmer when . . .**

- you think that getting up before the alarm clock rings is a "false start."
- at the beginning of a test, you wait for the teacher to say "Take your mark--GO!"
- all you can think about when you watch *The Little Mermaid* is whether Ariel's dolphin kick is good.
- you make people think you're a spy sending a secret message when they hear you keep muttering to yourself "Fly back, breast free."

If you want to contribute please e-mail at [hhomes@talktalk.net](mailto:hhomes@talktalk.net) or see Hazel at the pool Mondays and Fridays.