



Erith & District Synchronised Swimming Club



A Merry Christmas

And

A Happy New Year



From all the coaches –
Alex , Alison, Janet,
Jenny, Lissie, Nicki & Steve

Quarterly Endeavour Award

Congratulations to Issy Parsons who was awarded the Endeavour Award. Issy was nominated for this award because her efforts have been commendable. She has been a big part of the Riverdance team putting all her effort despite at times feeling the demand of the team. She is a great team member and has given support to all the swimmers. She always adds spirit to her performance and has a great cheeky smile

Achievements

Multiregionals

Well done to our Riverdance Team consisting of Alix Bliss, Elizabeth Hunt, Issy Parsons, Jade Hughes, Jade Marwood and Ria Surridge, who attended this tough competition.

Although there were only two entries in their category they achieved a great score and had very positive feedback.

Well done to Danielle Hills and Elizabeth Hunt, who worked hard to qualify for this competition to do their figures.

Scottish National Age Groups

The Riverdance team travelled to Scotland for this National Competitive Competition. They performed exceptionally well and were unlucky only to be awarded a bronze medal for their efforts.

National Age Groups

This year Elizabeth Hunt and Danielle Hills qualified for this highly competitive competition. Entries are from all over the country and it is an extremely tough competition.

Congratulations to the both of them, they have proved themselves to be committed and talented.

New Members

Welcome to our new girls who have joined the Club as full members:

Erin Bulmer, Olivia Robinson and Ella Thilaganathan.

We also look forward to Harriet joining us in the New Year.

Kent Competition

This Competition was run on Saturday 3rd November at BAE Systems. Well done to Khim Vagha, Nicole Venn and Eleanor Cole who competed at their first competition in figures and also performed their trio. Well done also to Leah Rowe & Megan Parker who performed their Corpse's Bride duet. The entries for these sections was high and there were swimmers of a much older age and ability. Janet and Jenny were very proud of the girls performance and achievements.

Well done to the Riverdance girls again. Unfortunately Issy was unwell and was unable to perform. Lissie was able to stand in and save the team from withdrawal. They performed an outstanding routine and won Gold medals for the team section and the Kent trophy. This year we were the weakest Club in the competition and of the Kent Clubs. This was due to the high drop out rate due to routines being dropped and swimmers withdrawing from their figures.

Competitive or Recreational Synchronised Swimming?

There are two pathways in Synchronised Swimming.

Swimmers can follow either or chose to do both.

Recreational Synchronised Swimming means you work towards Grades. These are Synchro skills that can be assessed by Jenny or Nicky within the Club. The Grades can be found on the British Swimming website. Synchro Grades allow you to swim at Open, Regional and County competitions.

For competitive synchro you will need to take Skills. Skill levels are assessed outside the Club by qualified assessors. The Assessment dates are advertised ahead of time and you need to complete the relevant forms to enter. Coaches will only enter if you meet the correct attainment in training. The Skills can also be found on the British Swimming website. Skill Level exams are important if you wish to compete at a higher level at Multi-Regional level and national level. They correlate with your age group i.e. if you are 12 years or under you will need to attain Skill Level 2 to compete at these competitions. So the earlier you start doing the exams the more likely you are to qualify for Competitive Synchro.

A FOND FAREWELL

to Ria, Issy and Alix, who will be leaving the competitive side of the club although Issy will be coming back to help with training. The Christmas Show will be their last appearance so we wish them well for the future. We also say goodbye to Lois and Olivia who left the club earlier in the year.

RIA

Ria has been a member of the Syncho Club from the very first session at the age of 8 years.

In those past days swimmers worked towards Grades and Ria worked herself to Grade 3. Many a weekend Ria and Lizzie Kennedy spent travelling around the country to achieve these Grades. Steve and I have lots of stories to convey about their experiences and the fun we all had. Ria qualified at National Level at the age of 10 years. Her first nationals were in Walsall. Over the next 4 years Ria continued to qualify at NAGS level and competed in Wigan & Gloucester for 3 years. To get to this level Ria had to give many of her Saturdays to training with top coaches such as Mariam Boutros and Alison Bell.

With the introduction of Skills Ria and her team mates had to take a big step back to retake all their Skills. Again this involved determination, hard work and commitment and she reached Skill Level 3. During the years Ria was swimming competitively, she represented the London Region at the multiregionals competition. She won a place in the South East Talent Squad and trained at Bradfield College in Reading.

When Lissie Coach came to Erith, Ria had the opportunity to do her Solo to Glen Miller. She became the "face of Erith Synchro " and represented her achievement through this routine.

Over the last few years Ria has been studying at University. She has still been able to play a big part of the senior team. As a finale Ria performed in the Riverdance Routine at the Scottish Nationals where they gained a Bronze position.

Ria has always given her best in her Synchronized swimming and I am proud to have known her and been part of her synchro life. Her contribution to the Club has been enormous and this will remain with the Club for ever.

ISSY

Issy Parsons has been a strong and important member of Erith Synchro for just a short time. She however, has had a big impact within the senior team, playing a important part of it. The team was able to compete at the Scottish Nationals this year, the first time in many years Erith has attended a National Competition.

Issy has brought great spirit and fun to the Club. There is a part in the Riverdance that Issy can be seen with a big smile on her face (well it looks like a smile but it is just after she resurfaces after 2 minutes under water so it may be something else)!

It is never easy coming into another established Club but Issy came in with commitment and determination. She made a team and she will be greatly missed.

ALIX

Alix was originally a member of the junior team 2 years ago and rejoined the Club this year. She worked hard to regain her stamina, skills and strength to qualify for the Senior Riverdance Team.

Despite her lack of self confidence she went on to achieve her Skill Level after only a short period of being back in the Club. She made her mark by achieving a Gold medal at the Surrey Competition representing Kent County Synchro.

Alix will be greatly missed from the Senior Team where she has proved her placing and ability.

LOIS

Sadly Lois was not able to continue her Synchro. We haven't had the chance to say our "Goodbyes " and "all the Best ".

Lois joined the Club a number of years ago and has been a big part of Steve's Team for two years. She always had her own brand of humour to keep the team going and contributed with her ideas.

Lois achieved her Skill level 2 and was working towards Level 3. The Club would always welcome her back

OLIVIA

Olivia was one of our junior team members and performed in a trio last year and was making progress in the Happy Feet Team. Sadly Olivia has left the Club to focus on her school work. Olivia had many hidden talents and this was shown when she achieved her Skill Level 1 exams. Olivia will be greatly missed and we would always welcome her back to the Club

*Thank You to Jenny for the above eulogies.

A quick reminder about the Easter & Summer Courses to be held at Cobham Hall:

ASA Synchronised
Swimming
Courses

Cobham Hall, Kent

Easter 2013

28th – 1st April 2013

ASA Synchronised
Swimming
Courses

Cobham Hall, Kent

Summer 2013

22nd -26th August 2013

38th Year of Cobham Courses

For application forms/cost please speak to Jenny/Pete

Dates For Your Diary

Saturday 15th December: Family Christmas party at Slade Green Community Centre, 7.30-11.45pm - £3 a ticket or £10 for a family ticket for up to 2 adults and 3 kids - tickets available from Marnie Parker (call or text 07515 761457) or Gary/Lynn Maunders

Saturday 15th December: Eaglesfield

Sunday 17th December: Erith Synchro Show BAE Systems Social Club, Hoo, Rochester ME3 9JD Adults £4, 3-16 years £2, under 3s on laps free

Wednesday 20th December: Skills training Cygnets

Thursday 21st December: Skills training

Saturday 22nd December: **No Training**

Sunday 23rd December: Pool Party at White Oak Leisure Centre, including diving pool, inflatables, flumes and music - 4.15-5.45pm - £4 a ticket from Marnie Parker (call or text 07515 761457) or John Burdett.

Thursday 3rd January: 1st training session Skills training

Saturday 5th January: **No Training - pool closed**

Wednesday 9th January: First Cygnets training of 2013

Saturday 12th January: **No training**

Sunday 13th January: London Development Day 12.30 – 6pm Eltham - all swimmers – application form attached – TBR by 21 Dec..

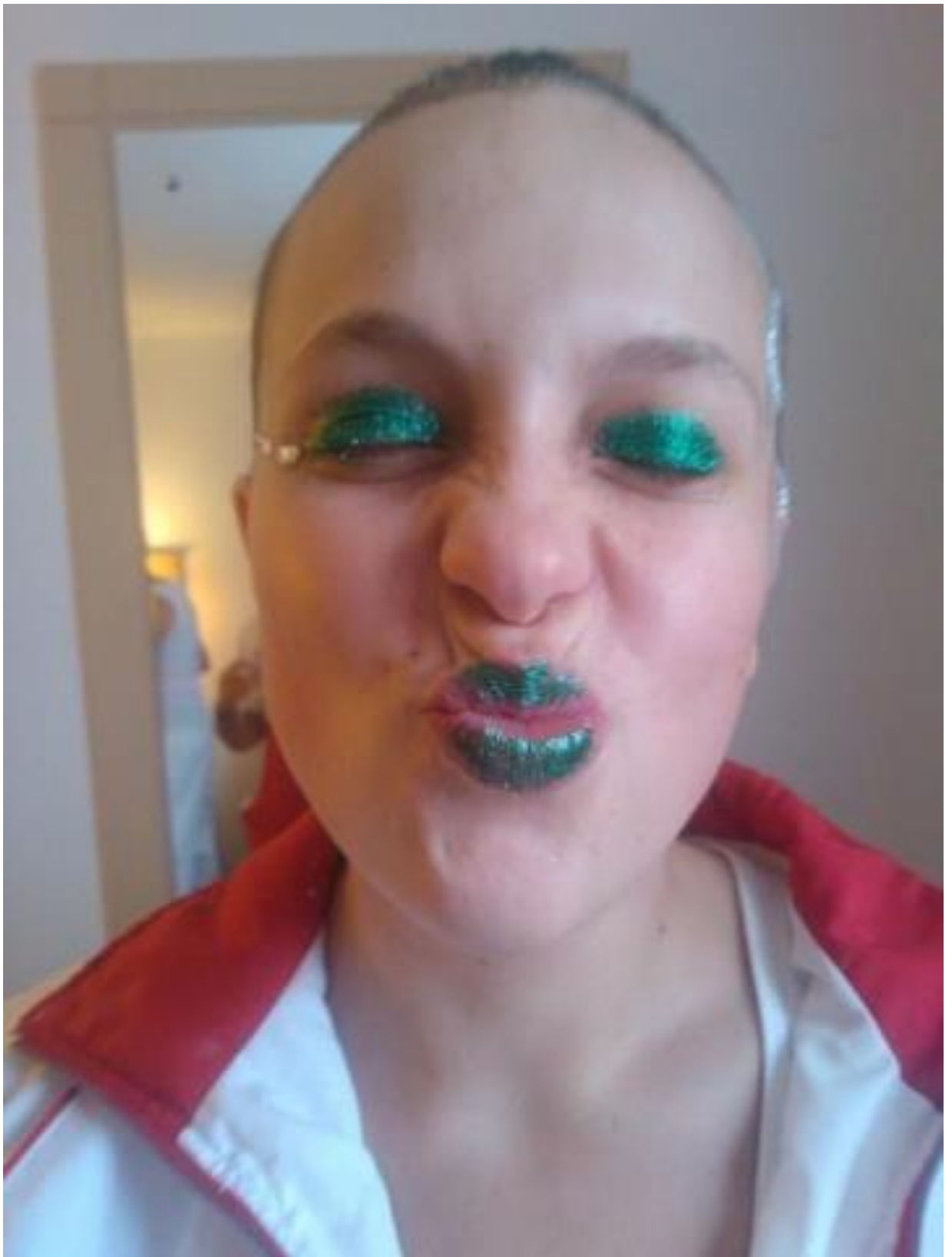
Sunday 20th January: Skills Assessment Day Waltham Forest

Sunday 27th January: Basic Judges Course

Saturday 2nd February: Middlesex Competition Entry to be decided

Saturday 23rd March: London Competition Entry to be decided

Saturday 9th November: Kent Competition



As a special request from someone who shall remain nameless, I have been asked to include the above photo, as it is SO special!!!

This is Ria at the Scottish Nationals... She was adamant we were to have GREEN lips “Please Lissie, please can we have green lips? It will look so cool”

London Region Synchro Development Day

Sunday 13th January 12.30 – 6pm

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Eric Liddell Sports Centre

Eltham College, Mottingham Lane, Mottingham, London, SE9 4RU

www.ericliddellsportscentre.co.uk

Registration 12-12.30 Starts 12.30 finishes 6pm

This is the first of the London Development days to be run during 2013. The focus will be on skill and routine development and also including land and dance training.

You must be working for Skill Level 1 & above?

Clubs to provide at least 1 Coach and 1 assistant/coach

If you would like to attend please return the completed slip below by **Friday 21st December** with payment of £10 for London Clubs £15 outside London region (Cheques made payable to London Regional ASA) to:

Jenny Kennedy, 227 Gipsy Road, Welling, Kent DA16 1HZ

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Name _____ Current skill level _____

Email Address _____

Contact Number _____ Signature of Parent _____

In case of emergency contact (Name & Tel) _____

Any medical/health issues the Coach/Team Manager should be aware of (Please state below)?

Name Of Coach ASA Qualification

Name of Other ASA Qualification.....

ASA SKILL LEVEL 1-5 ASSESSMENT DAY

CLUBS MUST SEND APPLICATIONS IN BULK - NO INDIVIDUAL APPLICATIONS FROM SWIMMERS WILL BE ACCEPTED.

Details: All Skill Levels
Senior Skill Assessor: Vicky Leavold

Date/ Time: 20 January 2013 at 11:00
Venue: Waltham Forest College, 707 Forest Road, London E17 4JB

Organiser: Souad Abdellaoui
Postal Address: 33 Dibdin House, Maida Vale, London W9 1QE
Entry Fee: £10 for each skill.
Cheque payable to ASA LONDON Region
Closing Date: 11th Jan 2013

Please send with a stamped addressed envelope for the return of all unsuccessful applicants or completed forms

Important Notes:

- Approximately 50 applications will be accepted***, 50% of which will be from London Region applicants.
- *** Your Club will be advised in advance of the swimmers who have been allocated a place to take their assessment plus full arrangements for the day.
- Swimmers cannot retake a skill level within one calendar month of a previous failed attempt - UNLESS they failed on retakes and this is recorded in their log books.
- Swimmers must produce their log book at each skill assessment or they must be refused entry.
- Club coaches must sign to confirm swimmers are able to perform the compulsory skills and are ready for the assessment.
- ALL CLUBS MUST PROVIDE SUFFICIENT, APPROPRIATELY QUALIFIED ASSESSORS TO ACCOMPANY THE SWIMMERS. Clubs must send an Advanced Assessor or Assessor if submitting skill 3, 4 & 5 for assessment.
- Failing to supply this level of assessor may preclude your swimmers from being assessed if we do not have sufficient assessors to cover.

0 –3 swimmers	No assessor will be required
4 – 5 swimmers	1 assessor will be required,
6 -15 swimmers	2 assessors will be required
16-25 swimmers	3 assessors and this will increase in multiples of ten.

First Name[s]: Surname: [In Block Capitals please]
DOB: ASA Membership Number.....
Club: Region.....
Address:
Telephone Number[s]: Email Address.....

Present Grades/Skills Held [and Dates Taken] :

Skill Level		Date Taken	
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SKILL(S) LEVEL TO BE TAKEN: **Participant Number:**
[***MUST be completed by applicant] [to be completed by Organiser]

I WILL PREPARE ALL SKILL BOOKLETS – PLEASE BRING YOUR OWN LOG BOOKS
Overall Result: PASS / FAIL Signed by Organiser :

1 2 3 4 5 6 7 8 9 10 11 12

Photography & Videoing

Occasionally, the coaches will video the girls in the water for training purposes (the video will be wiped at the end of the session), and photos may be taken at competitions and used for this newsletter/club promotion and by law we need an adults consent.

If you are not comfortable with either the photography or the videoing, you may give permission for the other (or obviously neither if not comfortable at all).

If you are happy to give consent for your daughter please fill in the attached form and return to Pete Ledwidge (who also has printed forms if need be).

I already have signed consent forms for the following:

Sarah Bartlett, Jade Hughes, Elizabeth Hunt, Evie Ledwidge, Jade Marwood, Megan Parker, Issy Parsons, and Grace Thackray.



Erith & District Synchronised Swimming Club

Videoining and Photography Permission

Photography

Childs Name.....

Your Name.....

Relationship to Child.....

I understand photos are to be used for Club promotional reasons only. Although most photos will be generated by coaches, some photos may be taken by a professional photographer and used on posters/displays and printed at professional outlets.

I give permission for photos of my child to be used in displays and posters:

Parents Signature.....

Date.....

Videoining During Training

Video filming will be used for training purposes only. The videoed material will be deleted at the end of the training session.

I give permission for videoining of routines to take place during training:

Parents Signature.....

Date.....