

# SAXON CROWN NEWSLETTER



March 2015 Volume 1, Issue 1

Welcome to the newsletter. This is a new quarterly newsletter to keep you updated with Club news and achievements.

## WE HAVE A NEW STRATEGIC PLAN

Almost 100 parents and swimmers responded to our survey, giving your views and ideas. You gave us lots of ideas for change. You told us you liked the friendly and inclusive feeling of the Club, how swimmers are looked after and the opportunities to develop and compete. But you also told us we could do better in keeping you informed about events, introducing new coaching ideas and providing regular feedback on swimmer progression.

The summary results are on the attached page and we have fed these into our new strategic plan. In December, the committee agreed a new three year plan, which can be found at [www.saxoncrown.org.uk](http://www.saxoncrown.org.uk) (under Club Information).

We want to continue to be an inclusive Club and grow all areas, helping to inspire and enable more Lewisham residents of all ages to participate in swimming and lead a healthy lifestyle. We have lots of ideas for improvement and will be introducing these over time.

We held a Q&A session on the plan and the Club on 2 March at Glassmill. Look out for more meetings and opportunities to talk to the committee and coaches in the coming months.

## 31 SWIMMERS QUALIFY FOR THE KENTS

It's been a great season so far for our competitive swimmers. After the Juniors finished well in Division One of the Kent Junior League (Division 3 two years ago), the Club secured a third place in the London National Arena League Division One, compared with 8<sup>th</sup> in 2013. Not to be outdone, our Masters once again won the Medway Open championships.

We had 31 swimmers qualifying for the Kent Championships this year, compared with 6 two years ago. The first sessions have seen some great results, with 76% of swimmers getting personal bests so far, lots of medals and Mateusz Szopinski and Luke Douglas becoming county champions. We wish all our swimmers the best in the next coming weeks.



Our Winter Champs gala at Glassmill - 200 swimmers from more than 10 clubs

Many thanks to two new committee members who have volunteered to help with the running of the Club:

- Shereen Kalideen - who is replacing Olivier Busin as welfare officer. Shereen can be reached at [skalideen@hotmail.com](mailto:skalideen@hotmail.com). Many thanks to Olivier for fulfilling this very important role over the last few years
- Rozanne Ferrigan - who has become our volunteer co-ordinator. Please get in touch with Rozanne if you want to help out with the Club. Her email is [rozanne.ferrigan@hotmail.co.uk](mailto:rozanne.ferrigan@hotmail.co.uk) and phone number is 07760 247768.

## SAXON CROWN IS 40 THIS YEAR!

On 8 December 1975, Saxon Crown was formed from a merger of four Lewisham clubs. We are starting to develop plans for marking our 40<sup>th</sup> year in a special way. This will include a gala towards the end of the year and a special celebration. We are looking for volunteers to help with the planning. If you are interested please see Rozanne.

### FUTURE CHAMPS GALA 14 JUNE

Make a note for Future Champs - our own gala for up-and-coming swimmers, which will be held at Glassmill on 14 June. We will also planning a novice gala for our first-time competitive swimmers, date will be announced soon.

## CHANGES TO SQUADS AND TIMETABLES

We keep our timetable under review and, in the light of feedback from the survey, and looking at our pool usage, we are planning to make a few changes from April. This will include:

- Improving what we can offer to Club swimmers - we will be introducing a new Friday swimming session for members who want to keep swimming socially but are less interested in the competitive side. This will include an opportunity to try new sports like Water Polo and we are also hoping to offer lifeguarding training mid-week. We will also be making more changes to the Club squads to provide more variety in swimming ability
- Earlier starts for younger swimmers - the survey indicated that many of you would prefer earlier starts and finishes, especially for the younger swimmers. We are looking at ways we can do this, in discussion with Fusion, and will be providing more details soon
- Better pathways between squads. We will be expanding times available for Otters, Dolphins and Marlins squads, and making a small reduction to the number of sessions each week for pre-squad and Junior squads so that the progression between each squad is more evenly spaced.

Please look out for emails soon setting out changes to the squad times and implications for fees.

## SAXON GOES DIGITAL

We have purchased Swim Club Manager software which is a purpose-built programme for swimming clubs. This will allow us to communicate with all members better, coaches to record attendance and progression, and all members to access and update their own details on line. Look out for more information in the coming months.

We are also planning a major overhaul of our website and looking for help. Please contact Neil or Kathryn (contacts below) if you are interested.

## CONGRATULATIONS

To Millie and Katherine Curtis, and Rosie Davies who swam the recent Swimathon in aid of the Ella Roberta Foundation, remembering Ella who died of an asthmatic attack two years ago. They raised over £100 for the foundation.

We are pulling together teams who might be interested in taking part in the Swimathon at Glassmill on 15 April. Please get in touch with Rozanne if you are interested.

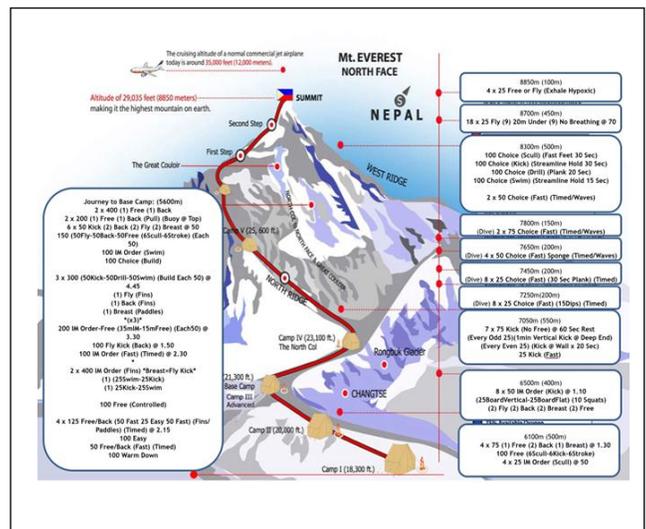
## LEWISHAM PRIMARY SCHOOLS GALA

We are again hosting the annual Lewisham Primary Schools Gala at Glassmill on Friday 20 March on behalf of Lewisham Council. The gala is aimed at Years 5 and 6.

Please talk to your school if you want to enter. If you are able to volunteer on the afternoon, please get in touch with Rozanne. It's a great afternoon, with lots of enthusiastic and nervous young competitors to look after.

## SWIMMING MOUNT EVEREST

Did you know some our swimmers have "swum" Mount Everest? Our Deputy Head Coach Lorcan took swimmers through a 2-day training routine that saw them get through base camp and all the way to the summit (8,850 meters above sea level). If you fancy a challenge, speak with Lorcan and then try it yourself!



### Contact us

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We're on the Web!

See us at:

[www.saxoncrown.org.uk](http://www.saxoncrown.org.uk)

Twitter: @SaxonCrown