

Press Officer Ray Martin
Web Master Anne Minihan

www.maxwellswimclub.org

Welcome

By Paul Pitts, Club Chairman

Welcome to the first Maxwell Newsletter from the 2009 Management Committee.

It is our intention to publish a newsletter on a quarterly basis.

If there are any "articles" or specific issues that you'd like to see addressed in the newsletter please speak to a member of the committee or send an e-mail to Ray Martin.

For those of you that I have yet to meet I would like to introduce myself to you as the Chairman of your committee.

My first duty is to pay thanks to Jonathan Smith, my predecessor as Chairman of Maxwell Swim Club for the last 9 years, and to David Ackroyd who has promoted Maxwell "meets" for more years than he would thank me for mentioning!

Maxwell Web-Site

The details of the next Open Meet and other fixtures can be found on the Club's website (www.maxwellswimclub.org). The site also contains an abundance of other useful information about squads, contact information, recent news and much, much more.

The web site remains a key part of how we communicate as a club and hopefully this should make your life as a swimmer, a parent or supporter of a swimmer much more rewarding and informative. Please send any ideas that you have to our "webmaster" Anne Minihan.

Why not make this your "Home Page"?



Inside This Issue

Welcome	1
Maxwell Web-Site	1
Maxwell Swim Camp	1
Volunteers	2
Parents Forum	2
Coaches Page	3
Home Counties Report	4
Training and Holiday News	4
Fundraising	4
Swim 21 & Rogues Gallery (Committee 2009)	5
Young Aquatic Organiser Course	5
Academy News	5
County Championship	6

The dedication and commitment of both has been commendable and the Club is indebted to both of them for their considerable legacy

The club managed to mark their contributions with a presentation at the recent County Championships in front of their friends in the swimming community of many years standing.

Maxwell Swim Camp

We are delighted to be offering a "warm weather" swim camp for members of the Regional Youth and Senior Squads in October 2009 at Mallorca, Spain organized by Ally Brewer and Mandy James in conjunction with Bluewater.

The club has worked with our "partner clubs" to ensure that the camp is financially and operationally viable. Maxwell's 22 swimmers will be joined by 3 members of **Bucks Swans** and 3 members of **Bicester Blue Fins** for this camp. Further information will be released as soon as it is available and a meeting with parents of participating swimmers convened during April to address some of the key topics.

Volunteers

The Volunteer Co-coordinator for the Club is Deputy Chairman Ian Brewer and we would encourage you to contact him if you are interested and willing to help out in whatever capacity.

The club can only operate effectively if we have a large pool of volunteers to help with all aspects of running the club. Whether it is helping on the committee, supporting our meets by selling programs at the door, organising the swimmers into their heats, time-keeping, marshalling or providing refreshments – a meet would not be viable without the voluntary help of many parents. **This in turn helps to control our membership fees.**

A briefing session for those volunteering to help at the June meet will be held a few days before the event.

Parents Forum

By Ray Martin, Press Officer

In recent weeks the club held a “Parents Forum” at Aquavale giving everyone an opportunity to meet the 2009 committee and participate in a discussion on what is happening at the Club. Many interesting points were raised and consequently new initiatives are now being pursued. One example was a request to provide more information for newcomers about what to do in preparing and attending swim meets. As a consequence more information has been added to the website.

Swimmers competition: Name this newsletter?

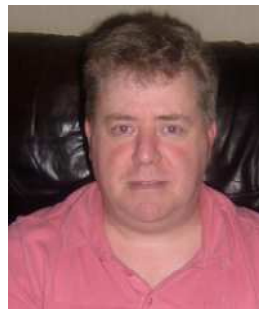
Send your suggestions to Ray Martin....a prize awaits the winner!!!!

As members of Maxwell Swim club we are bound together by a common set of principles and a common set of rules which are detailed on the web site “About Us” – club info. We appreciate that some of these guides are in need of refreshing, however they are still reflective of how we should strive to treat one another....I encourage us all to live up to the sentiments of these guides.

Thanks

The committee would like to express its sincere thanks to everyone that helped at the Maxwell meet in January and also at The County Championships.

Jane Smith for example was very heavily engaged in the submissions of entries to the County Championships and we would like to thank Jane publically for this work.



In addition Academy swimmers and parents were recently given advice at training sessions on what to expect when attending their first meets. Hopefully much more will follow and it is our intention to hold another Forum in a couple of months' time. If you have any issues that you would like to discuss please raise them through a member of the Committee, the details of which can be found on the website.

By Kevin Brookes, Head Coach

Congratulations to all the swimmers that took part in the recent County Championships and the Home Counties League. You have all helped Maxwell in retaining The Top Club, Top Junior Club and the Home Counties Title for yet another year!

There were fantastic performances from numerous swimmers and these have all been highlighted in the recent press reports, this newsletter and on our web site! My **favorite races** though, would have to be the **closing relays** of the Championships. The atmosphere was electric and summed up everything that is great about our sport.

Now that the Counties are over it's important to keep things in perspective, keep motivated and not get complacent! It's all too easy to become too focused on our Counties and forget the importance of the higher level Championships that many of you are gaining qualifying times for – this being Regionals and Nationals.... A large number of swimmers are now continuing to train hard in preparation for these and with both of these being Long Course competitions it is imperative that swimmers focus on everything in your training and get the most out of what you do! Long Course swimming is a lot harder and it's a real test of your fitness and skill level!

I would also like to thank Jonathon Smith, Jane Smith, David Ackroyd, Brian Green & Karen Oliver for all of their support to the club (and to me personally). Without them Maxwell wouldn't be as successful as it is today. Best wishes to you all for the future.

Lastly, I'm very encouraged by our 2009 committee and I feel that great things can be achieved and developed from the basis already put in place over the last few years.



Favourite race

Focus!!

Communicate

In going forward make sure you all maintain a positive attitude and believe in yourself! If you are committed and have put the work in you will get the results! Remember that once you arrive in the competitive arena it's got nothing to do with fitness (that should of been sorted in the months before), yet it has everything to do with your **mental state**. Make sure you get your routines, food and fluid intake right. **Talk to your coach**. Get into good habits and make sure that **YOU** are there to perform to your best – anything less will result in a poor performance.



The Maxwell 2009 County Championships Team!

**** Top Club ****
**** Top Junior Club ****

4th year in a row for both!

Home Counties

By Ray Martin

Hot on the heels of the success of the County Championships, the Club retained the Home Counties League Trophy on the 21st March. With swimmers of all ages competing for the Club in the final round held at Aquavale, Maxwell amassed an impressive 238 points, with Luton 'A' finishing in second place with a total of 194 points. Over the course of the evening, the fifty races yielded 26 first places, 9 second places and 6 thirds for Maxwell swimmers. Considerable thanks go to Ally Brewer who as Team Manager was able to select and guide, what proved to be a strong team to this achievement.

Fundraising

By Tony Cliffe, Fundraising Coordinator

Fundraising is a very necessary feature of all successful sports clubs. I have recently joined the management committee as the fundraising coordinator and am looking forward to working with the executive committee to look at innovative ways of generating additional funds for the club.

As well as sponsorship opportunities, we will also seek to generate funds from other activities that are within our own control. One such example of this is a "supermarket pack"....volunteers to be sought from Ian and Kev's squads!! Any funds raised from such endeavours will be put towards specific initiatives such as buying a "trophy cabinet" to help celebrate our recent successes.

I'll endeavour to provide regular information on progress on all fronts.....watch this space!!!

Supermarket vouchers: The club is collecting Tesco and Sainsbury's vouchers.....please pass these to Tony Cliffe or another member of the committee.

In the meantime, if anyone is interested in sponsoring the club or has links to organisations that seek to support clubs such as ours then please speak to Tony Cliffe or Paul Pitts.

Holiday & Training News

By Kevin Brookes

EASTER Friday 10th to Monday 13th April Inclusive

No Training due to pool closures

SUMMER: Friday 14th to Monday 31st August Inclusive....**Summer Break!!**

April:

Bracknell Meet

Sat 4th April – No Land Training

Sun 5th April – Training **4:30pm – 6:30pm only.**

All squads who train on Sunday to start at **4:30pm.**

Luton Meet

Sun 19th April – Regional Youth **4:30pm – 6:30pm**

Platinum & Gold invited for extra training at AquaVale **6:30pm–8pm**

May:

Regional Youth :

Sat/Sun 2nd & 3rd May – No training for Senior Squad

Sun 3rd May – Regional Youth and Regional Age training **4:30pm–6:30pm**

Platinum & Gold invited for extra training at AquaVale **6:30pm–8pm**

Monday 4th May

All Training cancelled at Stoke Mandeville and AquaVale Pools due to "**Bank Holiday**"

Hatfield Meet

Sun 17th May – Regional Youth **4:30pm – 6:30pm**

Platinum & Gold invited for extra training at AquaVale **6:30pm–8pm**

Please do not be shy; the club has

an annual running cost of

£100,000!

By Ian Brewer, Deputy Chairman

Swim 21

I am delighted that the club's reaccreditation application for the ASA's "Swim 21" award "as a competitive club has passed the first stage of the process and has now been passed to the National panel.

Maxwell Committee Members 2009

Paul Pitts, Chairman, Ian Brewer, Deputy Chair, Neil Wheatley, Treasurer, Angie Scales, Welfare Officer, Anne Minihan, Open Meet Secretary & Web Master, Debbie Haward, Hon. Secretary, Michelle Picillo, Membership secretary, Tony Cliffe, Fundraising, Ray Martin, Press Officer...some of their "images" are featured in this newsletter...others are "shy", however we will ensure that further "photo's of the committee members are made available to you so that you can get to know them all better in the coming months.



Angie Scales,
Welfare Officer



Neil Wheatley,
Treasurer

FREE "Young Aquatic Organiser Course" ----- Aged 14 – 18 years?

Date: Tuesday 7th April

Time: 4.30 pm to 7.30 pm

Venue: Stoke Mandeville Stadium

Contact: Charlotte Smith (01 296 585090) or csmith@buckssport.org

This is an excellent opportunity to develop your leadership and organizational skills and to apply these by helping to run the Bucks Youth Games on the 6th June 2009. If you're interested then please contact Charlotte. Further information available at www.buckssport.org

Maxwell Academy

The academy represents our future!

It continues to grow in respect to its membership and its reputation!

In addition to the continued expansion of the program in Aylesbury, Kevin has worked with Serco and Buckingham Swans to develop the academy at the Swan Pool. During April we are hoping to launch the silver academy squad at Buckingham with 20 + swimmers. This strengthens our partnership with both Serco and our pathway clubs. More news on this important section of the club to follow in future editions of this newsletter as well as via the web-site.

Following two more intense weekends of competition, Maxwell Swim Club was crowned as the Top Club in the Oxfordshire and North Buckinghamshire County Championships for the fourth year in a row. With points awarded for the top-eight places in each event this demonstrates a great strength in depth at the Club, with many swimmers contributing to its overall success. Well done to all of the swimmers who competed, and to our girls “**skins winner**” Anna Evison

***County Champions
2009!!***

There were many great performances, far too many to mention individually, but some of the highlights certainly included two of the senior swimmers who have been part of the Great Britain set-up in recent times. Craig Gibbons became Senior Champion in the 50m Freestyle, broke the County Record in this event and helped the Club's Relay Teams to several other victories and County Records. Hannah Askew became Senior Champion in nine different events, adding to her wins in the distance events. The pinnacle of these came in the 100m Freestyle, with a time of 55.82 setting a new County Record and putting Hannah in the **top-ten fastest** swims in the country for this event in the last 12 months.

**Hannah makes the
“Top Ten”**

This was also a highly successful Championship for Sarah Powell, Jonny Quainton and Liam O'Brien. Sarah became Junior Champion in five different events and complemented this with three other Golds in her age group. Her all-round ability was demonstrated by picking up first places in each of the four different strokes as well as the Individual Medley events. The best of Jonny's four victories on the main weekends of competition came in the 100m Freestyle. His 53.24 saw him gain a **national qualification** time and become Senior Champion in this event. Liam won a total of five Golds in a range of 50 and 100m events and set new meet records in several others along the way. Also noteworthy are Corinne James who became Senior Champion in the 50m Breaststroke in a winning time of 35.44 and Ollie Brewer who Became Senior Champion in the 200m Freestyle in a winning time of 1:57.62.

***National
Qualifying times***

***Leah Picillo
Ollie Brewer
Jonny Q***

Sisters Ellie and Leah Picillo both won Golds, with Ellie's coming in the 100m Individual Medley and 200m Backstroke, whilst her older sister won the 50 ,100 and 200m Butterfly events, the last two in **meet record times**. This family achievement was almost mirrored by the Withams, with Michael winning the 50 and 200m Backstroke and the 200m Freestyle events, whilst his brother David achieved a new meet record to win the 200m Backstroke event. **New meet records** also went to Owain Spencer by completing the 200m Butterfly in a time of 3:16.93 and to Erin Alder producing a winning time of 3:35.42 in the 200m Breaststroke. Other Maxwell swimmers who became County Champions in their age groups in at least one event were Alfie Bones, Abi Bunce, Kenny Cliffe, Tom Elgar, Briony Everett, Thomas Mayho, Hollie McIntyre, Emily Martin and Sarah Turner.

**New meet
records**