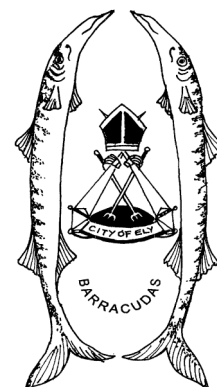


CITY OF ELY SWIMMING CLUB

Competitive Swimming Performance Awards

These awards are achieved in competition or organised time trials at the club and they give an indication of a swimmer's ability, competence and potential. They also help swimmers focus on their strokes, turns, finishes and speed.



Sprint awards are achieved in 25, 50 or 100m swims in each stroke- the round badge is £5 when bronze, silver, gold & platinum levels are achieved and the flash for each stroke at that level is free.



Middle distance awards are achieved in 200m swims, again the round badge is £5 and the stroke flashes are free.

In the last few months the following swimmers have achieved awards

<i>Sam Dunkley</i>	<i>Molly Armstrong</i>	<i>Kate Stearn</i>
<i>Alan Gregory</i>	<i>Payton Chalmers</i>	<i>Hannah Threadgold</i>
<i>Ryan Haylett</i>	<i>Alex Dyer</i>	<i>Chloe White</i>
<i>Billy Jackson</i>	<i>Jody Grange- Brown</i>	<i>Julia Yeates</i>
<i>Gleb Koshko</i>	<i>Rebecca Haylett</i>	<i>Nina Procopio</i>
<i>Ben Love</i>	<i>Isobella Isaacs</i>	
<i>Harry Love</i>	<i>Evie Jackson</i>	
<i>Patrick Love</i>	<i>Megan Maton</i>	
<i>Ben Nichols</i>	<i>Emilia Milton</i>	
<i>Jake Nichols</i>	<i>Alice Owen</i>	
<i>Jack O' Connor</i>	<i>Elena Procopio</i>	

Badges can be collected from Helen Ball- I am usually at the pool on Thursdays. You can email to check which awards you have gained and how much these will cost on- helenball2@mac.com 15/03/10