

CHAMELEONS NEWS

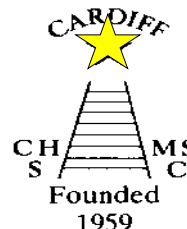
The monthly newsletter of the Cardiff Chameleons

Affiliated to: MENCAP Special Olympics GB
Special Olympics Wales Welsh Sports Association

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SWIM SESSIONS

HOWELLS SCHOOL sessions for July are on Sunday 2nd, 9th, 16th and the 23rd.

There is now only **one session** and that is from **6.15pm to 7.00pm**.

For our beginners and novices, their session will be for half an hour from 5.45pm - 6.15pm.

ADVANCE NOTICE - There will **no** swim sessions in **August** at Howells school. We restart on Sunday 10th September.

PLEASE NOTE: Due to work being carried out within the school grounds or pool maintenance, sessions may be cancelled. We will endeavour to let you know as soon as we can if this happens.

CMC S&S CLUB - the sessions for July are on Thursday 6th, 13th, 20th and the 27th.

Please let Pamela know if you cannot attend a session

ANNUAL CLUB SWIMMING GALA & PRESENTATION CEREMONY

The Gala will be on **SUNDAY 30th JULY** at the pool at Howells school. It was held there last year and was very successful. *We want all swimmers to let us know if you are attending* so that we can put together a programme.

Please be at the Pool for **5pm** and we will start promptly at **5.30pm** so it should all be over by 7.30pm.

We will now request that all those who won cups and trophies last year to make sure they have them engraved with their name and year (2022) and to start returning them.

The **Presentations Ceremony** will be held at **St. Philip Evans Hall**, Llanedeyrn Drive, on **SUNDAY 6TH AUGUST**. We are trying something new this year by holding it in the afternoon. The ceremony will start at **3pm**. As in previous years, please bring a plate of food for the buffet and the bar at the hall will be available. We will also have our usual raffle.

Please come and support our swimmers either at the Gala or the Presentations Ceremony. We would be pleased to see you!

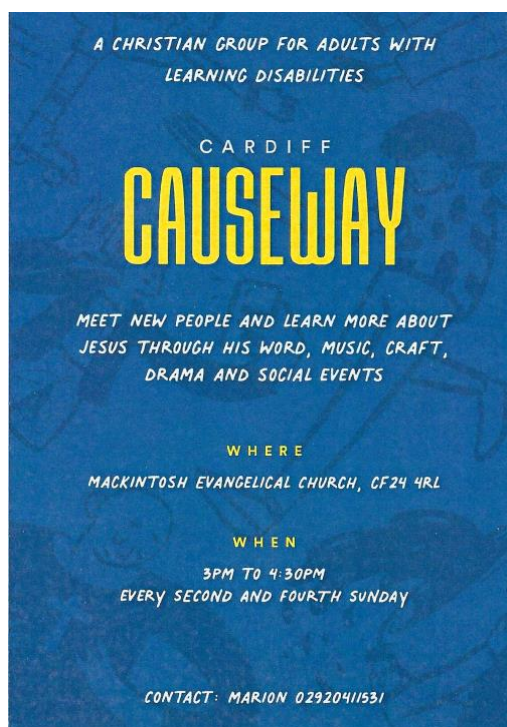
CLUB BARBECUE

This will be held on **Sunday 3rd September** at Howells School. Starting from **2.30pm**. Our thanks, in advance, to our chefs Sandi & Carson for again coming to cook for us. We will have a raffle as usual.

There will not be a swim session prior or after the event.

BLACKPOOL (POLAR BEARS) GALA

We hope to attend a gala in Blackpool on the **30th September**. We will go up on **Friday 29th** and return on **Sunday 1st October**. Please could interested swimmers give their name to Pamela as soon as possible. We might even get to see the lights!!



CLUB SUBSIDY

It was decided that the Club would re-instate a subsidy when attending an event which means an overnight stay.

Therefore a **£10.00** subsidy, per person per night will be given to **athletes and coaches only** when attending an event which has overnight stays. This will apply to both the swimming and bowls groups.

PAYING MONEY TO THE CLUB?

With the imminent closure of our branch of HSBC at Rhyd-y-penau crossroads it is going to be more difficult for Barrie to put in cheques and cash. We have been asking for sometime now to try and pay any money to the Club and to do it by bank transfer via your own bank. This will avoid paying bank charges on cash and cheques when paying any monies to the Club please try and do it by bank transfer, the details are...

Bank: HSBC - Account name - Cardiff Chameleons - Sort Code 40-16-30 Account Number 01431285

It would also be helpful if you could add your surname and/or reason for payment e.g., Membership.

Many thanks for your help.

How to contact us	
Coaches	Pamela - 029 2025 7314 07817 380355 pamela.bailey6@virginmedia.com
	Robin - 029 2021 8006
	Barrie - 029 2075 3038 barriejenkins50@live.com
Treasurer	Barrie Jenkins - Details as above.
Newsletter & Chair	Steve - 029 2025 7314 / 07791 759360 stephen.bailey497@ntlworld.com Items for the newsletter to be in 5 days prior to the end of the month. Please put it as a Word attachment if on e-mail
Other contacts	Ian - 029 2023 3065 Denise - 029 2075 2909
Club sessions	
Swimming - Howells School - Sundays 5.45pm - 6.15pm (novices) and 6.15pm - 7.00pm. Cardiff Medical Centre Sports & Social Club (UHW site) - Thursdays 8.00pm - 8.45pm	
Bowls - Cardiff Indoor Bowls Club - Fridays - 4.00pm - 6.00pm.	