ENNIS SUB-AQUA CLUB

www.ennissubaqua.com

3rd February, 2009

Are you Fit to Dive?

Well, now you have to prove it. Before you can dive this year, you will have to:

- pass a water fitness test
- submit a form declaring that you are fit to dive
- ensure your medical assessment by GP is up-to-date

The water fitness test will take place in the pool on Saturday 21st March, 7pm. All who want to dive in 2009 must undertake it.

The form declaring you are fit to dive will be distributed at the water fitness test, or can be done online on the club website from the DO's Page. The GP's medical form is available at the Saturday evening pool sessions or on the club website. Contact a committee member if you have any difficulty attending this test.

CFT have introduced these changes as part of the new member registration system, which is on-line. You will have received information from them, and an overview available from our website by clicking on this link. To help us ensure all membership details are correct, **please fill in the ESAC Diver Registration Details, available from the DO's Page** if you are an active diver.

Most have paid their **2009 membership fee**, but if you haven't, please do so asap. The CFT insurance cover has improved greatly, but you have to be a fully registered and paid up member to be covered.

Don't forget to make sure your **dive equipment is "fit to dive"** as well. Regulators should be maintained annually and cylinders every 2 ½ years. The dive season is around the corner.

Pool sessions – improve your swimming

The pool sessions are an excellent way to get ready for diving and maybe even get in a bit of practice for the fitness test. Some of us have never had formal swimming instruction, and a few pointers could help a lot. There will be **informal swim classes** during the pool session for those who would like to improve their swimming technique. It commences this **Saturday, 7th February, 7pm**.

Flag Day & Fin Swim

The Flag Day brought in €4137. Thanks to all the club members who helped collect. The Fin Swim has raised over €4000 so far but we are still expecting contributions from a number of people. If you are one of them, please send it in asap.

Several fin swimmers were annoyed by having eggs thrown at them. While it is intended in fun, it can really hurt. Please keep that in mind next year.

30th Anniversary – photo round-up

The club has been on the go for 30 years now. To celebrate, we will be having a **party on 16th May,** so put that in your diary. As part of this, we are gathering photos from the early days to the present. **If you have photos,** drop them in to Seamus Hughes or, if they are digital, e-mail them to oldtrafford@eircom.net.

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