

The Club formed in 1966

Biggleswade Swimming Club was originally formed in 1966. Its home at that time was the outdoor pool in Playfield Close. The aim of the club was to promote the opportunity for children to be taught to swim and we have taught thousands of children over three decades.

In January 1997 we moved to the Saxon indoor pool with the support of Mid Beds District Council. The aims of the club have also progressed so that we are now no longer a teaching club but a club which enables keen swimmers to improve to their full potential in two different aspects of the sport: Competitive swimming and Water Polo. Our current membership of about 200 spans 7 to 70 year olds from all walks of life with each member having their own aims, aspirations and dreams to inspire them.

We are now recognised as one of the leading clubs in Bedfordshire and compete in local and National Leagues and competitions. We regularly feed competitive swimmers through to the elite Mid Beds Squad and have swimmers competing at District and National championship level. Our Notice Board displays recent press reports.

We are extremely fortunate to receive kit sponsorship and selective swimmers' scholarships from W. Jordan (Cereals) Limited as well as partial water sponsorship from the pool's management contractors, Stevenage Leisure Limited (SLL).

Entry Criteria

Swimmers should be able to swim at least 100m in 3 out of 4 strokes with good technique and incorporating recognised starts and turns and show an interest in progressing towards competitive swimming and/or Water Polo. An initial assessment in line with the ASA Teaching Plan for swimming will be conducted by one of our experienced coaches with the first month's attendance being FREE of charge on a trial basis in a suitable squad.

Training

Wet and Dry competitive swimming training is undertaken at the club at various times dependant on the squad. Additional training is available for the seriously dedicated and talented on selection for the Mid Beds Squad. (Full details given on an individual

basis upon joining the club.) Water Polo training takes place on Monday evenings.

All swimmers should be changed and ready on poolside at least ten minutes before training starts in order to warm up and stretch adequately. All relevant equipment should be ready for use before the session. Essential equipment includes: drink (non fizzy – weak juice drink with a pinch of salt is ideal and cheaper than specialist sports drinks) in a plastic bottle, hat, goggles, kick-board, pull buoy, fins for ALL swimmers and paddles for those in Development Squad and above.

All swimmers are expected to give a good, honest effort during training whilst enjoying their swimming and to encourage and support others within the club at all times in order to be proud of their own and the club's achievements.

Training Times

The Club trains in the water at Saxon pool in the evenings on Mondays, Fridays and Sundays, with sessions on Friday mornings as well. There are land-training sessions associated with water time and an additional pool session at another pool on Wednesday for several squads.

Training Fees

Training Fees are payable monthly and should be paid **monthly in advance and no later than the first week of each month**. If payment is not received within the month an additional £5 administration fee will be charged. Payment by standing order is preferred and makes remembering to pay on time a thing of the past. Alternatively, members may pay for the whole year in advance, getting the benefit of a 5% discount.

Training fees remain payable until official written notice of resignation is received by the committee.

Additionally Club Membership is payable annually in January: this covers administration, affiliation to ASA and Insurance for all Club members including Associates.

We currently have limited training or do not train at Easter, Christmas, Bank Holidays and during the month of August, although this may change in the future.

Current training fees

| | | |
|--------------|----------|--------------|
| | 12 m/ SO | 10 month chq |
| Senior squad | £33.33 | £40.00 |

| | | |
|------------------------------------|--------|-----------------|
| Intermediate squad | £32.50 | £39.00 |
| Development squad | £29.58 | £35.50 |
| Club squad | £26.25 | £31.50 |
| Junior Club | £25.41 | £30.50 |
| Masters/MBSS Juniors & concessions | £15.00 | £18.00 |
| University students & MBSS | | |
| National & District squads | | £46.50 per year |

Membership cards

The club provides free of charge passport size photographs of all members which are required for club membership cards. Please see a committee member who will arrange for your photo to be taken. **Cards must be shown to Saxon Pool Reception at every training session.**

Equipment

The club buys in bulk a variety of swimwear and accessories and these are on sale from the club room on most Club training nights at Saxon pool.

Additional Information

If you need any general information, a MEDICAL FORM, ASA REGISTRATION FORM (one to be completed by each swimmer), MEMBERSHIP FORM (one to be completed by each family), please speak to the Membership Secretary, a committee member or see our website.

Parents are welcomed into the Club as Associate members and their support for the swimmers and contribution to the operation of the Club is appreciated.

Appropriate training to become swimming officials can be arranged and reinforces parents' enjoyment.

Water Polo

We have a Senior Water Polo team that trains from 8.30pm –10pm on Mondays and we are actively looking to build a junior water polo team.

Standards Of Conduct

All members shall comply with the Amateur Swimming Association Code of Ethics

Do:

- Remember all of your kit and equipment
- Arrive at each session in good time
- Undertake your land training – it gets you fit and helps prevent injury
- Obey lane rules: swim to side, give way, listen to instructions
- Wear a hat after training to keep your head warm and yourself healthy
- Pay your fees regularly and on time

Don't:

- Be anti-social
- Break the ASA behaviour guidelines

Comments & Complaints

In order to develop our club even further we need comments from **YOU**. These can be praise, observations and criticisms. If you want to speak out in any way please leave your comments and contact details at the club desk or in the suggestion box at Pool reception. We will endeavour to discuss them at the next committee meeting or publish in your newsletter (if appropriate) or both!

Coaching

Head Coach – Vicky Metcalf, ASA Coach (FISTC)

Coaching Team:

Ivor Connell (ASA Club Coach)
Tricia Dear-Neville (ASA Club Coach)
Wendy Million (Canadian Club Coach)
Kim Tuck (ASA Teacher & lane coach)
Graeme Downes (ASA Teacher & lane coach)
Kim Ulmer (ASA Asst. Teacher & lane coach)
Jo Mc Connell (ASA Asst. Teacher & lane coach)
Caroline Connell (ASA Teacher)
David Dowsett (ASA Asst. Teacher)
Mandy Donellan (ASA Teacher)
Kat Igle (ASA Asst Teacher)
Lucy Johnson (ASA Helper)
Steve Constant

Committee and Post Holders

President - Mr J Jordan

Vice President - Peter Pettitt

Chairman - Martin Humberstone

Secretary - Nicholas Titley

Treasurer - Yvonne Humberstone

Membership Secretary – Yvonne Humberstone

Welfare Secretary – Vicky Brettle

Equipment – Wendy Jones

Marketing/PR/Grants - Philip Dean

BWSC Open Meet - Pat Dowsett

Away Open Meet co-ordinator – Martin Aust

Fixtures – Sylvia Patman

Officials – Roger Mallet

Committee Members:

Steve Constant, and Paul Raine.

Contact: if you require further information about our club please contact

Head Coach, Vicky Metcalf on the Club mobile:
07791 674508 or

Club Secretary, Nicholas A Titley, 0797 0923314.

**Above all - Happy
Swimming**

Sponsored By



BIGGLESWADE SWIMMING CLUB



INFORMATION LEAFLET

CLUB WEBSITE

www.biggleswadesc.org

CLUB E-MAIL ADDRESS

coach@biggleswadesc.org