

May 2005 Edition

Important notices on the back page!

Swimming Competitions

Some words of explanation:

Speed Awards and Time Trials

Biggleswade will be running speed awards for the junior and development squads. Achieving a certain time for an event will bring you to a certain level in the speed awards structure, and you will be able to purchase the appropriate badge.

Swimmers in youth, senior, masters and MBSS purple will be able to put your name down for time trials. There will be a poster on the board in advance, but you will also be able to put your name down for events on the night.

The first Speed Award/Time Trial night will be on a Sunday in July. Then swimmers can qualify for their flashes at any gala or time trial that is shown on the Biggleswade fixtures list.

Kim Ulmer and Irene Millard will be in charge of selling and distributing the speed awards - these look good sewn onto your t-bags! On SA/TT nights they will be found near the gate to poolside. You will be told about Speed Awards earned in galas by notes in your wallets.

Club Galas

These team competitions are aimed at all members of the club and range from novice galas, set up to introduce children to competitive swimming, to A grade galas.

Selection is done by the coaching team. Your selection slip can be found in your wallet in your squad folder.

To confirm your availability for the gala you need to return the slip to the gala manager, Debbie Mallet or your squad coach. This must be returned by the confirmation date or you may lose your place on the team. As a back up the Biggleswade coaching team asks you to tick the board as well. Please do this in good time, as chasing you all up to check is a lot of work!

Please remember to pay the Away Gala Fee of £4 to Debbie Mallet or Vix in advance or to the parent collector on the night.

Open Meets

These meets are picked by the coaching team to allow swimmers to enter a wider range of events. For Biggleswade swimmers these will

be aimed at all levels. Sometimes only some squads target a Meet – your coach will advise you. Ones to look out for in particular are:

- Thetford Open in February (not graded)
- CMK Open in July (level 3)
- Bedfordshire Counties in March (level2)
- Club Championships in July and October/November (not graded) (see details below)
- Biggleswade Open meet in January (level 2)
- West Suffolk Open in May (level 2)

Forms can be found on the notice board.

- check if the meet has any entry criteria – qualifying times or cut off times
- check you PBs An update of your personal best sheet can be found regularly in your squad folder.
- Remember your ASA registration number If you do not have an ASA registration card then please ask Sonia Stokes to see if the ASA has returned it after processing your membership information.
- Check the event number
- Entries, with cheques payable to BWSC, must be returned to your coach or Martin Aust by the date indicated.

Vix would like to see more people entering these types of galas. We are taking quite a big team to Milton Keynes but would like more people to enter meets from Development, Youth and Senior squads. Remember you are part of a competitive swimming club and are training to compete! Also you don't get many chances to get you County qualifying times so you need to practise!

Regional Competitions

In order to qualify to go to the East Championships you will need to achieve the qualifying time in a level 1, 2 or 3 Open Meet. If your personal bests are near the qualifying times, or you think you could get them then you need to look out for these meets on the BWSC fixtures calendar. If there are no forms on the board then please ask Vix Metcalf (Head Coach) or Martin Aust (Open Meets Secretary) for details.

National Competitions

In order to enter the National Championships you will need to attain the qualifying time in a level 1 or 2 meet.

Club Championships 2005

This year we have decided to try spreading out the Club Championships and the Long Distance night will be held in July. Entry forms and rules are now in your wallets.

Vix would like every member of the club to enter the championships, as it will help boost team spirit, and give everyone the chance to get to know each other. More importantly it will give everyone the chance to race and try to get new personal best times.

If you are unsure of what to enter or do not have any entry times then please speak to your squad coach or Vix.

Recent results:

Midland District Youth Championships

Six Biggleswade swimmers represented Mid Beds at the Midland District Youth Championships. To qualify for these Championships the swimmers had to achieve the entry times, or better, in a Level 2 Meet. The championships were held in the Olympic size 50m pool at Coventry.

Nikki Newell acquitted herself well in the 50m free at her first Midland District championships finishing in 53rd place out of 79 competitors. Louise King competed in the 400m, 800m and 1500m freestyle gaining significant personal bests and 10th place in the 1500m. Kirsten Farthing competed in the 100m and 200m breaststroke as well as the 200m Individual medley, finishing 11th in both breaststroke events and 12th in the IM. Hannah Raine had qualified for 10 events and recorded some outstanding long course swims finishing in the top half of the field consistently achieving 10th place in the 200m butterfly and PBs in 100m fly and 50m free.

David Dowsett made it to three finals out of three. He finished a creditable 4th in the 100 breaststroke and was 4th again in the 200m breaststroke both with an excellent PBs. David and Nick Metcalf were both 6th in their age group in the 200m freestyle, with David achieving another PB, Nick collected a medal in the 50m freestyle - he both qualified and finished joint third in a new personal best; and was 7th in the 200m IM, 3rd in the 200m Butterfly heats but could not swim in the final.

Adam De Caul (50m freestyle) and Karen Patman (1500m freestyle) also qualified but could not attend.

Jeff Cook Memorial Gala at Hitchin

A team of young swimmers, many at their first gala. finished a commendable 7th, only 4

points away from 5th place in this 12yr & under gala. Of 39 swims, 28 provided personal best times. Abigail Lavallin won the 50m Breaststroke in a time of 39.20 and there were wins for the U11 Boys in both the Medley and Freestyle Relays. Not to be outdone, the U13 Girls won the Medley Relay. The highlight was the final squadron relay, where a fingertip touch edged BWSC into second place.

The team spirit was fantastic and the cheering deafening. A special mention should go to Jessica Martin and Emma Jones who postponed birthday celebrations to swim for BWSC – great dedication. A big thanks also to the BWSC coaching team, officials and parents, who gave great support to the swimmers.

Ivor Connell, Junior Squad Coach

West Suffolk open meet

Biggleswade gained four more Midland District and one National qualifying times at the West Suffolk open meet held at Haverhill! Christian Stokes qualified for the 200m Individual Medley, Emma Jones bettered her 200m freestyle in a time of 2.25.28 and Abigail Lavallin qualified in her 100 and 200 breaststroke in outstanding PBs. Harriet Brettle achieved her NQT in a 2 second PB for 100m Freestyle

Newcomers to the open meet scene, Nicole Tilbury and Helen Davey swam big PBs in their 50m events and Charlotte McConnell stormed home to take first place in the 50m Butterfly. Among several other good results, David Dowsett won the Senior Boys 200m Breaststroke for the third year in a row and took 7 seconds off his 400m freestyle time. Paul Titley swam an outstanding 200m Backstroke taking 3 seconds off his PB and earning his District time for the next two age groups. By then we'll be in East region!

Forthcoming meets

21st May – Huntingdon Novice (team lists on board)

29th May – Fenland Open

29th & 30th May – Sheffield No frills (MBSS)

4-5th & 11 – 12th June – Midland District Age Group Championships

25th June – BWSC Summer trophy Gala (team lists on board)

2nd & 3rd July – City of Milton Keynes Open

9th July – Club Champs Round 1

Good luck to all swimmers!

Good luck to all swimmers competing at the following events:

Huntingdon Novice Gala

No Frills Meet in Sheffield

Fenland Open

CMK Open Meet

And to

George Lavallin who has qualified to compete in the IAPS (Independent Association of Preparatory Schools) National Finals. These will be held at Millfield School on the 3rd July. Despite being only 9 years of age, George has qualified for the U10 50m Backstroke and is part of the U10 Medley Relay team-he is doing the backstroke leg! Good Luck George!

Social events

– BWSC Summer Ball

There are still some tickets available for the Summer Ball to be held in September. This will be a great night out for parents and their friends. Apply to Lee Tavener for your tickets.

-Swimmers' Disco

A summer disco is being organised on Friday 15th July at Edward Peake School. More details later – but parents please note: we will probably be looking for contributions to the buffet.

Jordan's Scholarships

Applications for the Jordan's scholarships are now due. Every swimming member is eligible for scholarships. We therefore invite all swimmers in the club to submit a letter of application for a scholarship for the year April 2005 –March 2006. This should indicate what you hope to achieve in swimming during the year and how you plan to spend any money you might be awarded. Applications should reach the scholarship committee by Tuesday 31st May.

Email addresses

We are looking into the possibility of using email for notification of training cancellations, urgent news and possibly the distribution of the newsletter (although we cannot send the newsletter by email until we get a web link in the office.)

If you wish to be contacted by email please notify Vix on the following address: { HYPERLINK

"mailto:biggleswadesc@hotmail.com" }
or { HYPERLINK
"mailto:coach@biggleswade.org" }. Unless you supply your email address I have very little information to go on! Please rest assured that your email address will be treated confidentially and will not be abused in any way.

Parent Buddies

If you feel that you could be of help to new parents that join the swimming club, dispensing information about training and competitions and to help them settle into the

club please see Vix. I remember how little my parents knew when I first started swimming, and now look at them - my dad is a qualified starter, judge and time keeper as well as being Bedfordshire ASA County President, and my mum is an ASA Level 1 teacher, qualified time keeper, and the treasurer at Biggleswade Swimming Club! **Vix**.

Calling all swimming enthusiasts!

Biggleswade is looking to expand its current coaching team - if you feel that you would like to help the swimmers progress then please see Vix. No experience is necessary, you just need to be patient, committed and willing to learn. Biggleswade Swimming Club will help you get qualified too in return for your commitment!

Standard Drills

All swimmers please note that the following drills are the ones that the coaching team wish you to be practising when you are told to do 'standard drills':

Butterfly:

1. Single arm breathing to the side
2. mixed fly as 3 left arm; 3 right arm; 3 full stroke
3. one left arm, one full stroke, one right arm, one full stroke

Backstroke:

1. Single arm with the other arm by the side
2. catch up by the side
3. roll drill waiting for 6 kicks on each side before pulling (head stays still looking at the ceiling)
4. Hungarian catch up (in the air, rolling shoulder out of the water)

Breaststroke

1. two kicks to one pull
2. breaststroke pull with **ONE** dolphin kick as the hands recover forwards
3. timing drill

Freestyle

1. Catch up with lots of kick
2. Ripple with lots of kick
3. Roll drill with lots of kick
4. hip-shoulder-entry

Reminders

- Please remember to check your swimmers wallet in your Squad folder every week. Some of you are not collecting your paperwork regularly.
- Squad folders are kept in the club room in a green crate and if they are not brought onto poolside for your session you should ask to see them.
- Lost property – as usual we have a vast stock of bottles, fins, pull buoys etc that swimmers have forgotten. Strange how we never seem to have the items you come

and ask us for. Please check that the kit you are carrying round IS yours and return any stray items you find to their rightful owners.

Training Cancellations

Monday 30th May - no training due to the Bank Holiday opening hours at the Saxon pool.

Friday 15th July - no evening training due to the Disco at Edward Peake School.

Volunteers for equipment sales on Sundays

The committee is looking for volunteers to sell equipment on Sunday evenings. Vix will open

up when she is not at a gala from 4.30-5.30, but we would like some volunteers to sit during the next two squad sessions please! Please approach any committee member if you can help!

New Website

Nick Metcalf has been having trouble uploading the website and would like to thank everyone for their patience during this troublesome few weeks. During this time he has been working on providing a better website that is more easily accessible. Any comments please contact him via the webmaster link!