



BWSC NEWSLETTER

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April/May 2009 Edition

Bank Holiday training

Remember that there will be no training on the two Bank Holidays in May.

Head Coach – Jo says:

Well done to all our masters' swimmers who attended the Bracknell Open Meet at the beginning of March. Plenty of medals were brought home and a great day was had by all.

Another successful County Championships! Well done to all those who qualified and swum. The trophy cabinet is looking very impressive. Work now begins for qualification for next year's championships.

COPS Open meet proved as successful, an impressive haul of PB's with most improving on their swims from the week before at Counties. Keep up the hard work!

It will soon be time to fill out new goal setting sheets for next season, please start thinking about what you want to achieve. Hard work and commitment pays off, don't lose sight of this, set yourself goals for each training session and work to achieving them.

Good luck to all those going to swim at Regional Champs.

Jo

Jordans scholarship payments

Almost all the 2008-09 scheme payments have been completed – although a few people have not made a claim! If you HAVE claimed but have not received your cheque please speak to Nicholas Titley. If you have not claimed you might have run out of time!

We are currently negotiating with Jordans for another year of sponsorship. If this is successful we might be able to run another year of scholarships. Unclaimed scholarships will be used to augment any future scholarship scheme fund.

Social events

Work continues on social events with research into the ideas forthcoming from members as well as some of our own. Watch for notices about them.

Gala Helpers

We ask for helpers at all galas held at Saxon pool and over the last year or so many of you have volunteered to help both during the gala and during set up and set down afterwards. It has been great having so many.

Congratulations go to all who volunteered for the Splash Night on 9th May, for at the last minute we found that illness caused us to lose our AOE operator so we ran on manual timings. All our novice time keepers – expecting to gain a flavour of being an official, found themselves instead in the front line as the sole providers of the evidence! Well done to all. Perhaps they'll all undertake the timekeepers course?

Welcome, too, to Kevin Gourlay, who took up the microphone at the last moment and made it his own with an excellent rapport with the refs. Magnificent! That is also the right description for Mark McConnell – a regular on the tekkie gallery – who this time ran the gala single handed on the balcony – a great performance.

Oh, yes, - the swimmers. Well done to Robert and David who demonstrated the start procedure to all the novice swimmers. Then, well done, to all of them who performed like pros at the start of each race. Many gave outstanding performances as the evening wore on.

Good wishes for swift recovery go to Nicholas and Yvonne Titley who were unable to attend.

Next Splash Night is 18th July so put it in your diaries and prepare to volunteer again.

AGM

This will be held on Sunday 17th June in Studio 1 at 4.45pm.

Nominations for the 2009-2010 committee should have reached the Secretary by 4pm on 10th May. However although some have we shall still have vacancies on the committee, so nominations will be accepted until the 24th May. Please consider this as we need more committee members.

Any resolutions members wish to bring to the AGM also had to reach the Secretary by 4pm on 10th May – resolutions must be proposed and seconded in writing.

We urgently need more recruits to the committee as the workload shared is the best way to carry the club forward and improve it still further. Please consider joining the mad fools prepared to stand again.

Club Committee

- **Press coverage** now being written by our resident English graduate, David. Many thanks

- **Welfare officer** This is an important role that we are required by the ASA to fill. Please consider this role.
- **A more non-committal role** is available for new committee members if you want to let yourselves in gradually.

We would be happy to talk to you. There are potential spaces on the committee and we welcome volunteers.

NEW GEAR

You might have seen Head Coach, Jo, wearing her new Club track suit – cool navy with the club name in yellow. Well, these are now available in sizes 7/8, 9/10/ 11/12 & 13/14 for a very reasonable £26.

Presentation Night

Presentation night on **Friday 17th April** at Edward Peake School was, sadly, poorly attended. Those who did come for the presentation section were delighted with their certificates and awards – and many stayed to enjoy the disco afterwards. Certificates have since been filed in swimmers folders.

The report of the evening has been splashed across the Biggleswade Chronicle Sports pages together with some photos. Peter Stoke took the photos again and copies may be obtained through Sonia for a small price.

Much of the disco dancing was filmed for a project in a media course – Izzy Dowsett has told us it came out well and thanked all the film stars!

Forthcoming competitions:

Copley Cup, Huntingdon 16th May – team selection list already on notice board. Coach details are also on the notice board.

ER Age Groups 6/7th & 13/14 June Good Luck to all from BWSC and MBSS squads

Summer Trophy gala 27th June This is our own Team gala and the selection list will be going up soon.

St Neots Open 4th July entries are already in.

City of Coventry 11th July entries are already in

Splash Night 18 July Entry forms will soon be on the web site and in wallets.

National Age Groups 23rd–26th July
National Youth 28th July to 2nd August

Good luck to all who swim at these competitions.

Recent Competitions

Beds ASA County Championships Feb and March

Well what can we say? There are reports from the Chronicle that we will put on the notice board

Bracknell Masters – 7th March

The small group of Masters who went to Bracknell excelled themselves with PBs across the board. We now have two masters who have qualified for the European Masters Championship!

COPS Open April 4th and 5th

As Jo says above, the group who went to Peterborough also did extremely well – just swimming in the zone.

East Region Youths 2nd, 3rd & 4th May Good performances from the 5 Biggleswade swimmers who made these Championships as well as all from MBSS. The MBSS swimmers made some 20 finals and won 6 medals – 5 of them gold. The Biggleswade swimmers also managed to claim 2 finals places. Well done!

Splash Night 9th May – see the report above. An excellent demonstration that the club pulls together and makes our galas work whatever the obstacles. Results are on the notice board.

RAF Henlow

Remember – if you already have a pass, check when it expires and ask at the guardroom for forms to renew it in good time – around three weeks before expiry.

If you are coming to Henlow for the first time: Take some photo ID with you and ask at the guardroom for the security and social pass forms and the one for your car; as well as a temporary pass for the day. Completed forms should be left with Jo or Pat at Henlow, who will arrange for the PE Flight to countersign them. Temporary passes should be left in the white box by the exit gate as you leave.

Swimmers over 18 have to have their own pass – but most passes are issued to parents and the responsible adult must remain at the pool for each swimmer brought into the camp. Please also remember that visitors who accompany you will also need passes.

All drivers are responsible for keeping to the road rules: speed limit, seat belts etc. It is a good idea to drop from headlights to side lights as you approach the barrier – it helps the sentries to see you clearly; and they appreciate it.

Swimmers must remember to remove their shoes and leave them in the cubby-holes before they climb the step up into the changing rooms. When mud is trailed into the changing rooms, it is our coaches who clean up after you! Nor should you leave the changing rooms messy in any other way – festoons of loo paper are not fun to clear up. If you are identified as the one who leaves such mess we might have to consider banning you from Henlow!

Swim the Channel

You have the chance to swim the Channel as you train and earn sponsorship for the Multiple Sclerosis Trust. Stephen Thom started the ball rolling – and has already logged the required distance in his training sessions. So all he has to do is persuade his sponsors to pay up. If you would like to swim the Channel too – please ask in the office for the sponsor form and log sheet.

Summer long course training

This is advance notice that we plan to offer outdoor long course training at Hitchin again this summer. Watch for more news.