



# BWSC NEWSLETTER

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## April 2008 Edition

### Congratulations!

#### ADAM BROWN IS GOING TO BEIJING

Adam started swimming when he was 5; he belonged to a non-competitive club in Melbourn near Royston until he was 10. When his family moved to live near Biggleswade, he joined Biggleswade Swimming Club and it became obvious that he had talent as frequently he returned from open meets with a haul of gold medals. In 1999 he became the youngest member of Mid Beds Swim Squad and worked really hard there. At 12 he qualified for the ASA National Age Group competitions and won two gold medals.

He was then invited onto the British Swimming Start Programme. To stay on this programme he had to improve year on year at specified levels and to do this in 2003 he left Biggleswade and Mid Beds to join Hatfield SC. This meant long days with training before and after school and massive support from all his family to get him to training, to feed him and give him a life!

In 2006 Adam earned a scholarship with British Swimming which took him to Australia where he did the equivalent of A-levels at Southport School, and graduated from there in 2007. He is now based in Swansea and still training hard.

At the recent Olympic trials in Manchester Adam was swimming in both the 50m and 100m Freestyle. In the 50m event he was up against the great Mark Foster and Adam came through the heats to qualify as fifth fastest, and held that position through the final. In the heats of the 100m freestyle Adam swam 49.50 which qualified him for the finals as second fastest. In the final 7 swimmers finished in under 50 seconds – and Adam held his position and won 2<sup>nd</sup> place in 49.64.

Adam heard a few days later that he is selected for the Olympics in Beijing and he is an excellent prospect for London 2012!

We are sure you would all like to join us in congratulating Adam on his selection and wish him success in August.

#### Head Coach – Jo says:

Well done to all those who qualified and swam at the County Championships, where we saw three weekends of impressive swimming. The targets were well and truly smashed, as well many East Region and National qualifying times being achieved. A special “well done” to those achieving these qualifications for the first time.

Please make sure your entry forms for Robin Hood are in no later than the 29<sup>th</sup> April as this is a first come first serve meet.

Look out for entry forms for Splash night – (out this weekend!) Please can everyone that is able to swim them, enter the 200 FR and an IM. Please check with your squad coach before handing in forms.

We have had a quite a few new swimmers join in the last couple of months; I hope you are all settling in and enjoying your swimming.

Keep up the good work.

Jo

#### RAF Henlow

The pool at Henlow was closed for repairs in early April and again on 23<sup>rd</sup> April. They have also had a problem with their chlorine levels but this has now been rectified. Swimming should start again on April 30<sup>th</sup>.

#### Annual General Meeting

The Annual General Meeting of Biggleswade Swimming Club will be held on Sunday 22<sup>nd</sup> June at 4.45 p.m. in Studio One. Draft minutes of the 2007 AGM are available on the club notice board.

Members must advise the Secretary in writing of any business to be raised at the AGM by 4p.m. on 10<sup>th</sup> May; motions must be proposed and seconded.

Nominations for Officers and Committee must also be submitted to the Secretary in writing by 4p.m. on 10<sup>th</sup> May. Nominations must be proposed and seconded and should have confirmation that the member is willing to stand for the proposed position.

Nomination forms are available on the notice board – note that only the honorary and executive officers should be nominated for specific roles; all other nominations should be for “committee member”.

The list of committee roles and the current holders of the various positions – President and Vice Presidents – has been posted on the Club Notice board to help members in the process of nominating candidates for election to the 2007-08 committee.

P V Dowsett, Secretary

## About the Committee:

The Committee has 3 officers: Chair, Treasurer and Secretary and up to 12 elected members and the Head Coach. The role of the committee is to ensure the club develops in an appropriate way. The committee also provides the official face of the club to the rest of the world both in swimming and outside it – so committee members can become delegates to Beds ASA, or to the Saxon User Forum where we meet other centre users and the councillors; we also have meetings with SLL the pool management contractor.

In addition, the club needs various tasks to be undertaken and often committee members take on some of these roles, but it is not essential to be on the committee to help with, for instance, volunteers for competition nights or the website.

It is helpful if anyone taking on one of these roles can keep the committee informed by reporting prior to the regular committee meetings in the second week of each month (usually the second Tuesday).

Please think about taking your opportunity to undertake either a task or become a committee member and talk to one of the current committee to find out more.

## Land Training

This was the original session Anne gave you:

### CIRCUIT SESSION - 1

Back raises – mat	2 x 10secs
Squats – against wall	2 x 12
Throw and catch ball	2 x 10 straight legs
Hamstring curls	2 x 10 both legs 2 x 5 one leg each
Roll-overs – backwards	2 x 10 slow and controlled
Press ups	2 x 8 -10 females 2 x 10 – 15 males
Hedgehog rolls (backside up in the air; head down between arms)	2 x 10
Ball balance	3 tries

Remember to engage tummy muscles at all times to maintain a neutral spine.

Now Anne has given you this second circuit, which is the one currently used in the land training session:

### CIRCUIT SESSION – 2 (Develop a six-pack)

Back raise	15 x 2
Oblique Curls	15 x 2 (on each leg)
Curls with knee lift	15 x 2
Ball roll on elbows	Hold for max time x 2
Reverse curls	15 x 2

Extended leg hold at 45° 10 sec x 2

Ball balance (to do back stroke

To be done every day for maximum effect. All exercises are advised but be sure to feel the effects if your muscles are to get stronger!

## Presentation Night

Now that we have completed the Club Championships for the season, we are currently trying to fix the date of Presentation Night in June or July so that our sponsors can come and hear about all your achievements.

You too can help us prepare by cleaning and then returning the perpetual cups we awarded those who won age groups or squad improver awards. Please bring them to the club room as soon as possible. And no later than the end of May.

## Printer cartridges

Did you know that the club sends its spent cartridges and toner cartridges for recycling to Tommy's Baby Unit charity – benefiting St Thomas Hospital. You can add your HP and Lexmark (not Epson) inkjet and toner cartridges to ours if you bring them to the club room.

## Forthcoming competitions:

### City of Milton Keynes – 26<sup>th</sup>/27<sup>th</sup> April

Coming up very soon – cards have been issued.

### Inter-County– Kingerlee Trophy Gala – May 10th

Several Biggleswade swimmers are involved in this – Good Luck to all!

### Splash Night – May 10<sup>th</sup>

Entry forms and schedule for this are out – please return them quickly for processing.

## Recent Competitions

### County Championships

What an outstanding result! Biggleswade did really well – not only with our experienced swimmers collecting medals galore. But also many of our newer members gaining their first experiences of the County Championships and pulling out good results.

### Club Championships

There were some excellent swims in the last round of club championships among all age groups and across all events. Some Regional qualifying times were achieved too – congratulations!

Now the number crunchers will process all the results from all four rounds and work out the age group winners – ready for Presentation Night.

## Committee Nominations

Have YOU put yourself up for Committee yet? We would welcome some new blood!