



BWSC NEWSLETTER

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AUGUST 2008 Edition

Summer Training

Long Course Training at Hitchin outdoor pool on for five weeks has been a great success despite the cooler than hoped for weather.

Normal training will resume at Saxon and Henlow in September.

Calendar

A copy of the current calendar for the season is attached – please keep it somewhere safe where you can refer to it. If an amendment becomes necessary we will try to issue it in good time.

Head Coach – Jo says:

Well – July brought us to the end of an amazing season. We ran Club Champs over four sessions for the first time in order to fit in all the swims in all the events. We've welcomed lots of new members and continued to offer early competition experience in the Splash Nights. We've had our first qualifiers for East Region events who train exclusively with Biggleswade – while the successes of those members who train with partners MBSS continue apace. We had the highest medal count ever at the County Championships. Our visits to open meets have been consistently rewarding

Next season we shall have more: Club Champs starts in September and entries will have to be in by the first week – so look out for the forms and schedule which will come out soon. We go to Biggleswade's first 50m Open meet in October and also to a 50m gala in Norwich.

Our land training will continue but change – see below. So have a great summer, enjoy your holidays, come training on the summer programme and keep up the good work.

Jo

RAF Henlow

We are renewing the licence for the pool at Henlow and training should start there on the first Wednesday in September.

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. They are also responsible for keeping to the road rules: speed limit, seat belts etc. Please also remember that visitors who accompany you will also need passes.

New Committee

At the AGM the following officers and committee were elected:

President	Peter Pettitt
Vice president	Martin Humberstone Yvonne Humberstone
Chairman	Nicholas Titley
Treasurer	Vacant
Secretary	Pat Dowsett
Committee members	Martin Aust Anita Bradbury Steve Constant Philip Dean Paula Durrant Diane Gibson Peter Newell Stuart Pedder Sonia Stokes

The first committee meeting was held in mid July and we shall update the rogues gallery with three new names! Welcome aboard.

Note: the post of **Treasurer** remains vacant and we would welcome a volunteer who wished to talk to us about helping in this area. Meanwhile a small group from the committee are keeping things rolling and making sure we pay our bills!

Jordans Scholarships 2008 -09

After all the publicity surrounding the Jordans merger with ABF, we eventually received our scholarship grant from Jordans in August but it was not quite the same amount as we had last year.

The scholarship committee has met to consider all the applications – and there were the greatest number yet! They agreed an allocation for each applicant based on performance, attitude and dedication. Letters should be

issued during August – but of course there are always summer holidays to delay them!

The lower total, combined with the larger number of applicants, means that awards for this year are also lower than they have been for some swimmers in the past. Please accept that this is merely because of the smaller total and greater numbers and does not suggest a reduction in your worth.

Olympic Flag in Biggleswade

Biggleswade SC had a place in the procession of the Olympic Flag for 2012 when it came to the town on 24th August. Swimmers wore their club/Jordans shirts and did the club proud in the procession to the market square. Pictures will be posted on the notice board.

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.

Anne's second circuit:

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)

One session to be done two or three times each week for maximum effect. All exercises are advised but be sure to feel the effects if your muscles are to get stronger!

Anne has decided to leave our land training sessions in September BUT we have plans for another trainer AND we hope to run a second session each week. More details in September.

Presentation Night

As usual, Philip led us through a review of your spectacular successes over the past 18 months. Well done all of you! Most of the cups have already been engraved and either returned to the appropriate winner or are in the office for collection. Please make sure the list is ticked off if you collect it when pat is not there. There also some medals from presentation night unclaimed – if your certificate has G, S or B on the back – and you have not had your medal – please collect it from a committee member; the medals and tick lists are in the office!

Forthcoming competitions:

Robin Hood – October, Sheffield.

Have you booked your hotel yet? This should be a fun introduction to 50m competition.

Club Champs- September, October, November and February for all events. Entry forms for September available soon. Remember the Championships are run on BAGCAT lines; the GB points for each swim are recorded, then the best results from each category of event are added together to find each swimmers' points total.

Recent Competitions

Splash night July 26th A fun finish to season – with the 10m IM and all four 50m events we saw some super swims from our novices and some good PBs as everyone else relaxed into summer. Then the Cannon Relay: 4 teams of 11 swimmers – and the masters trounced the rest! Well done, the Wrinklies: some very good swims in your team!

CMK July- more subdued end of season meet although there were some good PBs for several swimmers.

East Region Youth and Age Group – some good results here too (see Jo's comment above) but special mention to Caleb who took a clean sweep of 13 gold medals to claim the 12 year Boys BAGCAT award

Nationals – Age groups results are coming through as this is prepared with splendid results for Caleb who seems to be winning or medalling everything in sight! Also good results for Shauna Lee, Alex Raine and Emily McConnell. Well done all.

Press reports giving the details of these excellent performances are on the notice board.

ADAM BROWN at the OLYMPICS

Did you all see the men's 4x100m freestyle relay? Adam Brown, our erstwhile member, swam second leg in the heat where the team beat the British record by 5 seconds and earned a place in the final; then again in the final where they beat the British record again, taking another second off it.