



# BWSC NEWSLETTER

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## February 2008 Edition

### A busy start to the New Year

Wow! After the break at Christmas and New Year we seemed to be launched into the most hectic round of competitions ever, including the build up to our own Open Meet as well as all those we go to elsewhere.

We are already in the second half of February and have just finished R3 of Club Champs – where has all the time gone?

### Easter Training

Biggleswade will take a break over Easter weekend – 21<sup>st</sup> March to 24<sup>th</sup> March. So our last training session will be Wednesday 19<sup>th</sup> and we shall restart on Wednesday 26<sup>th</sup> at Henlow.

### Head Coach – Jo says:

We have had a busy couple of months and I have been particularly impressed with the level of commitment and attitude to training from most. Keep it up!

It is still cold outside, please make sure you are all wrapping up after training, wearing a hat will help reduce body heat escaping from your head and reduce the risk of illness.

Well done to all those who competed at the BWSC Open, fantastic results across the board. Also those who swam at Thetford (some competing for the first time), we had a great day with more PB's set.

County Champs are almost upon us and with such a huge medal haul last year we are going to have to work hard to match it. Well done to all those that qualified, it looks to be a great couple of weekends. Targets are: 140 Gold medals, 100 Silver and 70 Bronze, a total of 310!

Keep focused, support each other and keep that great Biggleswade team spirit going!

Jo

### Henlow - reminders

The Henlow sessions are going well, so just a few reminders:

- If you are attending for the first time remember to collect the forms for your pass application (grey security, white A4 social, and postcard size for car) from the guardroom when you get temporary passes; then return them completed to Pat Dowsett or Jo – who will arrange the countersigning by the PE Flight.
- Remember that the RAF have now ruled that the responsible adult who takes a child in must stay with

them for the session – (a change over is permitted provided there is an overlap)

- No outdoor shoes should go up the step to the changing rooms or loos. They should all be left in the pigeon holes provided.

### Land Training

Land Training has continued to be a successful activity but Anne says that now you have experienced all the exercises with her, you will reap most benefit if you do them at home **at least two** if not three times **each week**. So she recommends that you get your own mats and balls to work with at home and perhaps bring with you on Sundays.

Anne has provided the following session for you to work on by yourselves:

#### CIRCUIT SESSION

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.

In addition to providing our land training sessions, Anne is a qualified Sports Therapist. If you want to contact her about this please either speak to her at our land training session or ask a committee member for her details.

### Jordans Scholarships 2007/8

The end of the scholarship year is approaching. Those who had awards in 2007 -2008 should ensure that they

- Submit all claims by 29<sup>th</sup> February so that they can be processed before the end of March.
- Provide an end of year report of their achievements for the Jordans folder by 14<sup>th</sup> March.

### Jordans Scholarships 2008/9

All members of the club are invited to apply for a Jordans Scholarship for the year April 2008 – March 2009. To do this they should hand write a letter to the scholarship committee describing their achievements and ambitions in swimming for the forthcoming year.

This letter should be received by the scholarship committee no later than Friday 14<sup>th</sup> March. Please note that this is a separate letter from the achievement report and will go into the next folder for Jordans!

### **Medical information**

Diane says that the flow of medical forms has dried up – please make sure you have returned yours!

### **Rotary Swimathon**

Four swimming teams plus some from water polo – and several of you swimming for other organisations too! BWSC was well represented in this fun and fundraising event.

### **East Region Disability Championships**

The first East Region Disability Championships was held in early February at Saxon Pool and several members of Biggleswade SC supported it as part of the Technical team or as technical officials. ER acknowledged this invaluable help and club chairman Nicholas Titley adds his thanks for those who came to support the event.

### **East Bedfordshire Middle Schools gala**

The first East Beds Middle School gala was also held in Saxon Pool in early February. BWSC had several swimmers in the teams from the six Middle Schools involved and it was great to see that we were represented in most of those teams! Technical support from Jo McConnell, Pat Dowsett, Paula Durrant and David Dowsett was much appreciated – thank you all! It was a fun event – and there are hopes that it will be repeated later in the year.

### **Equipment**

Hurray! The new stock of club swimming hats has arrived!

### **Committee elections and volunteer post holders**

The current committee will serve until the AGM in June - but it is a good time to start you all thinking about whether you might stand for election at that time.

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.

### **Forthcoming competitions:**

#### **County Championships – 23<sup>rd</sup> February 1500m**

Lots of interest for Biggleswade in this event

#### **County Championships – 1<sup>st</sup>/2<sup>nd</sup> and 15<sup>th</sup>/16<sup>th</sup> March**

All the other events and relays.

#### **Club Championships R4 – 12<sup>th</sup> April**

The last round for this season – let's finish it off with another good night! Warm up 6.20...for 7 pm start.

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

Entries for this have now gone in.

#### **Inter-County gala – Kingerlee Trophy Gala**

This intercounty fixture for junior swimmers is in May and invitations will be issued after the County Championships.

### **Recent Competitions**

#### **Luton LD Open - January 5<sup>th</sup>**

The press report for this already on notice board – some excellent results and CQTs achieved.

#### **Biggleswade Open – January 26<sup>th</sup> and 27<sup>th</sup>**

A stunning performance with Top Club, Top Boy, Top Girl and the majority of competitors in both male and female Skins events! Lots of new club records too!

#### **Thetford – 3<sup>rd</sup> February.**

Good performances especially from novice swimmers with 50% PBs.

#### **Club Championships R3 – 16<sup>th</sup> February.**

Some exciting races – including the 800m with particularly tight finishes from Aydin Berki and Robert Baldrance! More Club records and PBs in abundance, Terrific stuff!