



# BWSC NEWSLETTER

Sponsored by



## OCTOBER 2008 Edition

### Head Coach – Jo says:

The season has started well – with club champs R1 going really well although some swimmers were away at ESSA. R2 forms are out so get them in quickly please.

The first long course experience for the Biggleswade squads at Robin Hood in Sheffield was a great success with lots of PBs both long and short course.

The weather is definitely autumnal now so remember to wear hats and scarves after training to keep yourselves, especially your heads, warm.

Jo

### Injuries and accidents

If you have a minor accident during a club training session or competition, you **MUST** report it to a coach or a lifeguard, even if it is not during your squad session. Even a nose bleed that you deal with yourself must be reported as the pool may need to clean up after you and blood can spray everywhere! This applies at all pools we attend. Saxon and Henlow for training and others for competition.

### Travelling to training sessions and competitions

Some of our members find that it is difficult to get to all the sessions they are offered, what with parents who work unreasonable hours and other activities both for themselves and for other members of their families. We wondered if there was any way we could help – but all we have come up with is encouraging some form of buddy or lift sharing system. If **YOU** are one of those whose life just does not quite fit around swimming – and everything else – then let the committee know where and when you have the problems and we will try to identify other members travelling to the same or similar sessions, with whom you might share.

### Officials

There is a drive on to bring our officials list up to date and to recruit new officials. If you are a qualified Time keeper or judge – please confirm this to Paula Durrant, one of our newer committee members. She is currently trying to arrange a course for **TIMEKEEPERS** and will shortly be looking at **JUDGE Level 1 or 2**. We need between 6 and 10 candidates for each of these courses, although there may be people in other clubs who could join us to bulk up the numbers.

If you have recently joined the club and bring these skills with you – Paula would be especially pleased to hear from you.

### Competition entry forms

We have several new members of the club and I guess we threw them into the deep end with the club champs entry forms. But some of the longer serving members of club should know better than to submit forms such as some of the ones we received.

Entry forms are designed to give **YOU** the best chance of competing against the most appropriate opposition – the swimmers nearest you in performance. They therefore ask for your Name and Date of Birth, your ASA ID number helps to ensure that your results are credited to you on the National ranking lists.

To get the seeding right – more simply, to put you into the right heat, - the techies need to know your entry time, which is normally your PB, recorded on the sheets that are frequently issued in your wallet. Please put the appropriate time – in full – in the box against your chosen event; those 1/100ths do matter! Please don't just put a tick and expect "them" to look up your PBs and make the entry. "They" don't have either the time or the energy to do it for you.

If the competition has qualifying times, please make sure that you have qualified for it; if you are very close to the QT (within a second or so) then speak to your squad coach or Jo, who will be able to offer a time trial or advise you. If there are cut-off times, which you should not have swum faster than, please **DO NOT** enter inappropriate times slower than you normally swim. This leads to embarrassment all round as the club and its coaching team is asked to verify that swimmers are entering valid times for competitions.

Payment: this is normally by cheque to Biggleswade SC. If you are entering a home event, that is obvious. If you are entering an Open at another club, it is usual for each club to collect the entries for their swimmers, then to write one cheque to the other club. Cheques are **ALWAYS** easier for the club to manage as cash can be mislaid and, if not recorded, can lead us to miscalculate the income from an event.

### Entry forms for Club Championships R3 to R4 and Biggleswade Open meet in January 2009

We are going to try a new system of asking you for entries to club championships and the Open meet in

January and we will extend it to other meets if we can. Instead of copying all the entry forms and putting them into each swimmer's wallet in the squad folders, we will put the entry forms onto the web site and merely ask you to download them and hand them in after completion. (R2 has gone into the wallets but if you lose it...try the web)

All the necessary information is already on the club website for the Open Meet. Your squad coaches will tell you – and there will be notices on the white board – about other competitions they want you to enter.

If you have difficulty accessing the web, please let a committee member know as soon as possible and we will ensure that you get hard copy forms.

### Competition procedures

Another quick guide for our newer swimming members: Once you have gathered in the whipping area (an out dated term that everyone still uses) you will be told which heat you are in and which lane to go to.

Once the heat before yours has been completed

- The ref will give a few (3?) short blasts on their whistle to say they are ready,
- The announcer will say what the next heat will be
- The ref will give one longer blast to tell swimmers to get onto the blocks or enter the water (for backstroke); a further blast in a backstroke race tells the swimmers to prepare to take their marks; when ref is satisfied that the swimmers are ready, they will hold out their arm to signal the starter
- The starter tells the swimmers to "take your marks" and sets off the start signal.

### Forthcoming competitions:

**Club Champs- October 25th,  
December 20th and  
February 14th** for all events.

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.

**J Basher 18<sup>th</sup> October** team gala at Norwich. The availability list is already posted. Please tick if you are available. Please be at Saxon for 2.30pm for 2.45pm departure.

**ASA Intercounties 19<sup>th</sup> October** Sheffield  
Good luck to all taking part for Bedfordshire!

**National Swimming League R2 8<sup>th</sup> November**  
Team list will be going up soon. Please check your availability. It would be great to come at least 2<sup>nd</sup> again next time - that would take us into the regional final again!

**CMK November 15<sup>th</sup> & 16<sup>th</sup>**

**East Region Winter Championships** at Norwich 22<sup>nd</sup> & 23<sup>rd</sup> November

**Hitchin November 30<sup>th</sup>**

### National Swimming League R3

#### Biggleswade Open Meet 24<sup>th</sup> & 25<sup>th</sup> January

Run in association with MBSS. Biggleswade squads - please download your entry forms from the web site and return them to your coaches by the end of October. MBSS squads - Vix & Ash will confirm the date by which they want your forms.

### Recent Competitions

#### Club Champs Round 1 20<sup>th</sup> September,

A good evening – some great results. Sorry there was a mix up in the girls 50m breast results – those affected have been issued with revised PB sheets

#### Robin Hood – October, Sheffield.

A great experience for all in their first long course meet and staying away, too! Some excellent results – everyone generated long course PBs and most achieved short course PBs on conversion, too. Well done to Eleanor Wase, Stephen Thom, Daniel Pedder, Sally-Anne Gibson and Roger Mallet who took top places in their age groups in various events.

#### National Swimming League 11<sup>th</sup> October

Another Stunning result – you guys are really amazing. 2<sup>nd</sup> place when we were seeded 4<sup>th</sup>. An exciting night for all concerned. Keep up the good work.

### Social event

Vix Metcalf has arranged a special concessionary rate for all swimmers from BWSC, MBSS and FDSC at the Oasis Pool in Bedford for Thursday 27<sup>th</sup> November from 5pm to 7.30pm. Responsibility for swimmers will lie with the adult who takes the swimmers – not the clubs – and she is currently checking on whether you will need to pay at the door or in advance.

This sounds as though it will be a good time to have fun with other swimmers from the District.