

BIGGLESWADE SWIMMING CLUB



Have **YOU** got the potential to become a competitive swimmer? If you are interested in joining Biggleswade Swimming Club please contact Jo McConnell, Head Coach.

Entry Criteria

Swimmers aged 7-10 yrs should be able to swim at least 50m in 3 out of 4 strokes with good technique and incorporating recognised starts and turns and show an interest in progressing towards competitive swimming and/or Water Polo.

Swimmers aged 11 and over should be able to swim at least 100m in 3 out of 4 strokes and 25m fly with good technique and incorporating recognised starts and turns and show an interest in progressing towards competitive swimming and/or Water Polo.

An initial assessment in line with the ASA Teaching Plan for swimming will be conducted by one of our experienced coaches with the first few week's attendance being FREE of charge on a trial basis in a suitable squad.

The Club formed in 1966

Biggleswade Swimming Club was originally formed in 1966 at the outdoor pool in Playfield Close.

In January 1997 we moved to the Saxon indoor pool with the support of Mid Beds District Council. The aims of the club are to enable keen swimmers to improve to their full potential in two different aspects of the sport: Competitive swimming and Water Polo.

Our current membership of about 130 spans 7 to 70 year olds from all walks of life with each member having their own aims, aspirations and dreams to inspire them.

We are now recognised as one of the leading clubs in Bedfordshire and compete in local and National Leagues and competitions. We regularly feed competitive swimmers through to the elite Mid Beds Squad and have swimmers competing at District and National championship level. Our Notice Board displays recent press reports.

We are extremely fortunate to receive kit sponsorship and selective swimmers' scholarships from W. Jordan (Cereals) Limited as well as partial water sponsorship from the pool's management contractors, Stevenage Leisure Limited (SLL).

Training Structure

Wet and Dry competitive swimming training is undertaken at the club at various times dependent on the squad.

The Club's swimmers are assigned to different squads according to their ability and commitment. This allows each swimmer to progress through the squad ladder in the most appropriate way. The current squad structure is:

Masters ----- Red ----- MBSS Purple
| | \ /
Orange ----- Blue ----- Navy
|
Green

All swimmers should be changed and ready on poolside at least ten minutes before training starts in order to warm up and stretch adequately. All relevant equipment should be ready for use before the session.

All swimmers are expected to give a good, honest effort during training whilst enjoying their swimming and to encourage and support others

within the club at all times in order to be proud of their own and the club's achievements.

Training Times

The Club trains in the water at Saxon pool in the evenings on Mondays, Fridays and Sundays, with sessions on Friday mornings as well. There are land-training sessions associated with water time and an additional pool session at another pool on Wednesday for several squads.

Water Polo

We have a Senior Water Polo team that trains from 8.30pm –10pm on Mondays and we are actively looking to build a junior water polo team.

Coaching

Head Coach – Jo McConnell, UKCC L3

Squad Coaches:

Ivor Connell (ASA Club Coach)
Zena Connell (ASA Teacher)
Caroline Connell (ASA Teacher)
Bernie Catterall (UKCC L2)

Contact: if you require further information about our club please contact

Head Coach, Jo McConnell: 07748 153434

**Above all -
Happy Swimming**

**CLUB WEBSITE
www.biggleswadesc.org**

**CLUB E-MAIL ADDRESS
admin@biggleswadesc.org**

