



BWSC NEWSLETTER

Sponsored by



September 2011 Edition

Zena Connell

Many of you will have noticed that Zena is not currently on poolside. She has to undergo a serious back operation and will be recuperating for the next few months. We send our best wishes to her at this difficult time and hope her recovery goes well.

Zena, Get Well Soon!

Head Coach's section

I would like to welcome every one back. I hope you all had a nice break over the summer. Also welcome to any new members that have recently joined us.

We are now into week 8 of this season's program and already I have been impressed with the level of effort that is being made in the water. This part of the program will see us up to the end of the year and it is important that you continue with this effort as we will be targeting meets to enable you to achieve County qualifying times.

Please make sure you get your entries in on time to enable you to enter these meets, also keep an eye on the notice board for selection to team events.

Please remember that I am available on a Friday evening, by prior arrangement to talk to any parent or swimmer.

Lastly I would like to welcome Rachel Hyde onto our coaching team. You may have already seen Rachel on poolside. She will be covering Zena while she is away and hopefully developing her skills as a coach within the Club on Zena's return.

Keep up the good work and don't forget those turns!

Jo

Chairman's Update

It is with great pleasure that I have taken on the role of Chairman of the club from Nick Titley, who served the club brilliantly over the last few years. We have a number of important matters that are ongoing at present and I would like to outline what we have set out to achieve before Christmas.

Firstly, there are ongoing discussions with Central Bedfordshire Council to revise the terms under which Mid Beds, Flitwick and Biggleswade can use the Saxon and Flitwick pools, I am very pleased with the cooperation there has been from all parties involved and we are hopeful that an agreement can be reached soon. We will let you know what this means in due course.

The finances of the club do require some attention as I outlined at the AGM. We have agreed that we want to

continue with the levels of coaching cover and the amount of pool hours we currently have, it is felt that this provides a great platform for our swimmers to develop their skills. In order to do this and keep the finances sustainable we are considering options for the fees structure for 2012. I expect to be announcing the outcome in October.

Zena's absence does put more pressure on the rest of the coaches so planning is essential, especially with all of the additional activities on top of training for administration, galas and team events that need to be undertaken - in particular this time of year as there is an event each weekend up to the middle of December for Club Championships, National League, Masters events and open meets. In addition to Jo we have Ivor, Caroline, Nicola, Rachel, Jon and Kim as senior coaches. Jo is poolside on Monday, Wednesday, Thursday and most Sunday evenings with John and Rachel working on Friday morning and Rachel on Friday evenings, they are supported by our Level 1 coaches Alex, Harriet and Steven. Jo will be available for parent consultations on Friday evening. Finally, Jo has a week holiday at the end of October and cover has been put in place and she is also entitled to one Sunday off each month. So please give the coaches your full support and for any further clarification please contact me directly.

The club relies heavily on volunteers to ensure we run effectively. At present we only just have enough people to undertake the roles required so if there are any of you out there who could give your time to help out, especially parents of new swimmers, please contact any Committee member and we will find you something to do!

Last but not least, I wish all of our swimmers good luck for the upcoming season. Work hard in training and take pride in your performance in the pool.

Julian

New Committee

The new committee elected at the AGM in June – with a couple of changes:

Chairman	Julian Wase
Treasurer	Stephen Fleming*
Secretary	Pat Dowsett
Committee members:	
Nikki Ashwin	Alison Butler (membership)
Sharon Castle (equipment)	Jo Doland (office support)
Kevin Gourlay** (IT)	Jo Hancock (volunteers)
Ash Hancock (officials)	Sarah Jones (welfare)
Gill Lillywhite (competitions and recording)	
Jane Lowrie (newsletters)	

*Steve Fleming was elected to committee but is taking on the treasurership

**Kevin Gourlay was co-opted onto the committee in July

Jordan's Scholarships

We are delighted to report that Jordans-Ryvita have promised to continue their support of the Club and we shall therefore be issuing an invitation for swimmers to apply for Jordans scholarships for the forthcoming season very soon.

Sainsbury's and Tesco tokens

We sent off all the vouchers collected in July. From the Tesco vouchers we were able to get some more land training equipment which is now in use. However we decided to bank the Sainsbury's vouchers so that next year we can "buy" something bigger such as a video camera to help the coaches record swimmers and show what needs to be changed or developed.

Swimming Kit

Counties 2011 - All swimmers who were eligible for Counties last year might be interested in having a second County 2011 swim cap, for only £2- please ask Sharon or any committee member.

The new pool bags £6 and rucksacks £17.50 are great and selling well. Also new in are some Speedo Endurance swimsuits and trunks – both in a range of sizes.

Did you know that we sell basic swim gear such as pull buoys and kick boards, goggles, fins – and even swim suits. We also have a range of Club clothing: hoodies, a few fleeces, beanie hats and tracksuits available from the club room. Could make good Christmas ideas.

ASA membership

Just a reminder to parents to ensure that they are registered with the ASA, along with their children. Parents are entitled to one free additional adult registration per child. Parents should register as belonging to Biggleswade SC and all helpers should be members of the ASA.

RAF Henlow

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. Completed forms are left at Henlow for our sponsor to sign them and put them into the system.

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, Pat or Sharon at Henlow, who will arrange for them to be countersigned and returned to the guardroom.

Temporary passes should be left in the white box by the exit gate as you leave.

Swimmers over 16 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. Please also remember that visitors who accompany you will also need passes. [*this is so that if the RAF need us to evacuate the pool we know who can take each swimmer.]

All drivers are responsible for keeping to the road rules: speed limit – 20mph, seat belts etc. It is a good idea to drop from headlights to sidelights as you approach the barrier – it helps the sentries to see you clearly; and they appreciate it.

Swimmers must remember to remove their shoes and leave them in the cubby-holes before they climb the step up into the changing rooms. When mud is trailed into the changing rooms, it is our coaches that have to clean up after you! Nor should you leave the changing rooms messy in any other way – festoons of loo paper are not fun to clear up. If you are

identified as the one who leaves such mess we might have to consider banning you from Henlow!

Upcoming Fixtures

24/9/11 **County Development Meet**

1/10/11 **ER Masters**

8/10/11 **National League R1 at Saxon**

16/10/11 **ASA Inter Counties**

22/10/11 **ESSA Inter Div**

22 & 23/10/11 **Flitwick Dolphins Open Meet at Saxon**

29/10/11 **Club Champs R4**

6/11/11 **Club Champs R3**

12/11/11 **National League R2**

19 and 20/11/11 **CMK Open Meet Bletchley**

27/11/11 **Hitchin Open Meet**

3 and 4/12/11 **ER Winter Champs**

10/12/11 **National League R3**

See also the calendar of events sent out separately with this newsletter.

Competitions

General information especially for new members – welcome aboard – but also to refresh the memories of longer standing members.

Home competitions

Splash Nights

These are an entry-level gala – designed to give our novice swimmers a chance to find out how a competition works. They are like an open meet – so that each swimmer is competing for themselves. Each event they swim will give them their Personal (Best) Time (PB) which they should record to use in filling in entry forms for later competition.

We hold these events open only to those swimmers who train with the Biggleswade SC squads. **These galas also offer training opportunities for parents to learn about galas and how to make them run well. Do volunteer – everyone who does so says they enjoy the involvement.** There should be a list of job descriptions for the various tasks needed to run a gala on the blue club notice board by the sofas.

Club Championships

These galas are normally designed to offer **all** club members an opportunity to swim any of the ASA events from 50m free to 1500m free and 50m to 200m across all strokes and the three Individual Medleys – 100m, 200m and 400m. The results of club championships can be used in qualifying for Beds County Championships. We now license club champs at Level 4 and the results are added to the ASA National Ranking List!

Biggleswade Open Meet

A licensed Level 3 meet; the results go to the ASA National Ranking List and can be used to provide qualification for entry to East Region competitions. This meet has qualifying times and cut off times so that swimmers must be able to swim between the two limits. The Open meet offers all events up to 400m except the 100m IM.

Team galas

Biggleswade runs the **Summer Trophy gala** in June; a team of around 30 swimmers is selected for this event, which has specific races for each age group. We introduced cut off times a few years ago and swimmers who swim faster than allowed earn speeding tickets rather than team points.

Parent volunteers

As a members club we cannot emphasise too much that all the tasks of running our home galas have to be done by parent volunteers – without them we cannot run the events. Jo Hancock always puts up on the notice board a list of the tasks and required helpers for each gala. These include manning the entry door to take payment and issue programmes, warm up marshals, competitor stewards

getting the swimmers ready for each heat, timing operators and recorders.

You may not know that we hire the AOE equipment to MBSS, Flitwick and Beds ASA for their galas held at Saxon and the income helps to cover the costs of buying it. We need volunteers for these events to set up and set down this equipment. We welcome volunteers to learn about the two tasks up on the gallery: timing operation and result recording.

Officials

At your first gala you might notice people dressed in white working all round the pool. These are the Technical Officials – time keepers, judges, starter, referees – that are needed to run the gala and volunteers are needed to fulfil these roles too. Training can be provided through Beds ASA and we hold a few stopwatches to let new volunteers try out timekeeping!

Other competitions

Open Meets at other clubs

BWSC attends other meets at other venues or run by other clubs – these provide similar opportunities to the home competitions but with different swimmers in the competition.

County Championships

These are held over two weekends and an evening; the evening session is used for the long distance event[s 800m &]1500m freestyle; all the remaining events spread over the two weekends. There are awards for each age group and also Junior and Senior County Champions.

East Region Championships

Like the County Championships, This is a competition that provides all events but has qualifying times to enter. Awards are by age group and Junior/Senior. These are a stepping stone to the National Championships.

National League

Biggleswade enters a team in this competition as a member of the East Midlands League; there are some six regions in the National League. So far we have won East Midlands Div 2; and reached the top 6 in Div 1 each successive year!

Other team galas

These are few and far between these days. Again only about 30 swimmers to the team.

Licensed Meets

Open meets can be licensed by the ASA. This is intended to help swimmers select meets of the right level for them to enter: **L1** meets are held in 50m pools and have fixed qualifying times – they are meant for swimmers trying to achieve National QTs. **L2** are very similar but held in 25m pools. **L3** are designed to give swimmers the chance to qualify for Regional Competitions and County Championships – the BWSC Open Meet is L3. **L4** meets are meant to be at a novice level but to allow qualification for Counties; also Club Championships can be L4 whatever the standard of swimmer. Licensed meet results are sent to ASA Rankings and appear on the National Ranking lists. Entry to Regional and National Championships **MUST** be with results from licensed meets. Clubs can hold unlicensed meets but the results will not be valid for some entries nor will they be held on the ASA lists.

How to enter open meets

These meets all have entry forms which ask for personal details – name, DoB, ASA ID, etc and then asks for entry times to be inserted for the event the swimmer wishes to enter. All of this is important for the organisers of the meet – they need to know who you are; and they need to know how fast you swim to seed the events appropriately. Please use your PB sheets or your own records of your times to indicate your times for any event you wish to enter – do **NOT** leave it for your coach or the meet organiser to do! **DO** consult your

coach in selecting the events you choose; and **DO** check that you meet any qualifying time restrictions. **Finally, please ensure that all cheques state on the reverse what competition and which swimmer the cheque is for.**

GOOD LUCK
to
EVERYONE
In their competitions this season