

BUNTINGFORD SWIMMING CLUB

RIPPLES IN THE POOL

SUMMER 2009

I thought it was about time for another 'newsletter' update for you all. As usual, flooded with ideas about what to write !!! Just have to read on to see what emerges.

Tuesday training

This has been a terrific success since it started, with up to 26 swimmers training hard from 8 pm until just before 9 pm each week at the Freman pool. We do have a good mix of older and younger swimmers, and they really do have to work hard. We will be continuing throughout the summer at that time, seeing as this is the first year we have had the luxury of extra training. The cost is still £2 per week or £7 per month if paying by standing order. What a bargain !!

Training at St. Edmunds has now stopped for the whole of the summer holidays. We will be continuing there after they return to school in September. The training starts at 6.30 until 7.30 and **anybody** is welcome to attend. We do use it mainly for the younger swimmers, to improve their strokes and stamina, and we could do with a few more swimmers attending. The cost is just £2 per week - another great bargain!!

Club Championships

This year the Club Championships will be held using a different formula for getting our champions. We will be holding them as 'heat declared winner' events - basically the fastest on the night wins. There will be heats where required but NO FINALS will be swum. This should encourage all the children to really have a go when swimming, because there is only one chance. It should also have the effect of making the evening shorter for the swimmers [and parents!], since they will not have to hang around waiting for finals.

Entry forms will be on the desk very shortly, and it would be great if everybody entered at least 2 events, if not all of them within your own age group.

Age groups will be:-

- Under 10
- Under 12
- Under 14
- Under 16
- 'Open'

There are also 4 new trophies to be won this year for 50 metre sprint events. The age groups for these will be under 13 and 14 and over. There are trophies for boys and girls.

Provisional dates are Thursday 24th September and Thursday 1st October with a closing date for entries the week before (ie Thursday 17th September). That doesn't give you long after returning from the summer break, so please look out and get your entries in promptly.

Galas

We had a great set of 3 galas in this years 'Peanut' competition. We ended up in eighth place after the final round, which is our best ever finish. The last round was terrific with the club finishing just 1 point behind the joint winners on the night. There were so many personal best times recorded during the races, which is pleasing to note. We obviously easily stayed in the second division for 2010.

The gala at Letchworth was another good evening for the Club. The pool is fifty metres long, which was a shock for the younger members of the team. We came second behind the host club, with quite a lot of wins and loads of seconds and thirds. We ended up just 21 points adrift of the winners but about 50 points ahead of third place. We also had a lot of tired swimmers.

If we go next year, we can hope for an earlier start time and a warm sunny evening !! We will be entering the 'Brocks' gala early in September at the Fanshawe pool. This is a gala organised by the Broxbourne Swimming Club, with some of the races 'time banded'. It is always a good evening, with a lot of close races.

The Club will also be sending teams to the County organised event called the Daplyn Trophy. We always enter a boys and a girls team for this enjoyable occasion, normally held at the Venue at Borehamwood.

We will also be inviting swimmers to take part in the County Development meet later in the year. We did very well last year picking up several medals, so we hope to repeat that effort again this year.

Bits and pieces

Congratulation to Kieran Watkins on being invited by the County to attend a special training day, hosted by the Olympic swimmer, Chris Cook. This was his 'reward' for finishing third in the County in this year's Bagcats events in his age group. No doubt he learnt a great deal from the day. Only 44 swimmers from all over the County were invited to attend.

Steve Coote has again done a fantastic job with all the 'Swim 21' requirements and has submitted our file for our new accreditation and Sport England Kite mark to the ASA. I dread to think how many hours he spent doing the work, but it really is appreciated. To achieve this re-accreditation, your committee had to attend lots of different courses between them, covering child welfare; child protection; a team manager course; coaching the disabled to name but a few. We have now completed what we set out to do, so we are keeping our fingers crossed about the outcome.

We offer congratulations to Steve for passing his Level 2 Teaching exam and also his life guarding exam.

We will be looking for volunteers to take a 'timekeepers' course in the very near future. I understand that the Royston Club will be trying to organise it and hopefully we can take advantage. It is not a very onerous task, and will help the Club out. If you want and details, please speak to Alan.

Our Triathlon went very well indeed again this year. We had 125 entries and it was run with a proper qualified Triathlon referee!! We got a copy of her report to the national federation, and she scored the event 10 out of 10 in every category apart from 2, when she gave us a 7 and an 8. We know why we slipped a little on those 2 sections, so we expect to get across the board 10's next year!! Dave Carr please note. In actual fact, I know that Dave has received many emails thanking him for the great organisation of the event from a lot of different clubs. We are getting quite well known now, but we want to keep the numbers down around the 125 mark, which is quite manageable.

If any of you know of any 8/9/10 year olds who might be interested in joining the Club, please get them to arrange a trial swim. We are always short of those ages, as are most clubs, but we do need them in order that we can put out a full team at galas.

Just a quick plug for the pool manager Matt and 2 of his staff. They are doing a 1 mile swim followed by a five mile run and then a 10 mile bike ride for charity. As a Club we have chipped in a sum for the charity and the 'donation' book is on the desk, should any of you want to help boost the total. It is for a good cause and they deserve your support.

We try on a regular basis to get articles in the Mercury, and these are added to our own website as and when we are successful. Please log on to our website (www.buntingfordsc.co.uk) - it is well worth it. It is always up to date with all sorts of information on it about the Club.

We also put articles in the Buntingford Journal and the 'PS' in Standon & Puckeridge. Finally, a little bird has whispered to me that one of our swimmers is taking part in quite an important athletics meeting at Cosford, where they will be running the 800 metres I believe. You know who you are, so good luck from us all. If we have a winner, maybe I will let on who it is !!

Have a good summer, enjoy your holidays wherever you may be going. Do some 'proper' swimming if you are going away - it will help to keep your fitness level up (if you're stuck for a decent swimming pool, find out if there is one where you are going by going to <http://www.swimmersguide.com/> where you'll find an easily searchable database to see what's nearby).