



Bridgwater Swimming Club

AUTUMN NEWSLETTER

SEPT 2019

DATES FOR YOUR DIARY

- 5 & 6 October County Development Meet
- 12 October National Arena League gala
- 18-20 October City of Glos Level 3 & 2 meet
- 1-2 November South-west Regional Winter Championships
- 2 November Carnival Collection
- 9 November—National Arena League Gala
- 16 & 17 November Plymouth Level 2 meet
- 23-24 November Bristol Henleaze Level 3 meet (hutton moor)
- Friday 29 November BASC Club Champs
- Saturday 30 November Somerset County Long Distance Qualifier
- Sunday 1st December BASC Club Champs
- 7-8 December West Dorset Level 3 meet
- 14 December—National Arena League Gala
- 11 January Cotswold League Gala
- 19, 25, 26 January Somerset County Champs
- 1, 2, 8, 9 February Somerset County Champs
- 15 February Cotswold League Gala

Welcome back everyone

I hope you've had a lovely summer.

Thank you Ange, Jenny, Steph & Alex for running the Monday extra sessions, I hope everyone enjoyed them.



This year's Club Champs will be at the end of the year. This is a great event for ALL swimmers in the club, and is always great fun. **Please can we have all the trophies back by the end of October so we can get them all sorted out.**

I look forward to seeing you at the AGM on October 11th. We are still looking for a new Chair Person. It would be really helpful if we can find someone this year as I will still be around to be a helping hand. We also need a Secretary to replace Jane. As always, if you have any questions about anything at all please just ask.
Gin

BBQ Fun and Games

It didn't matter what the weather was going to do, we were well prepared for our annual fun swim and BBQ. As it happens the weather was kind, and we have received some lovely feedback making all the hard work worthwhile.

A huge thank you to all the parents who helped ensure the event ran smoothly—from organising tickets, tables, bbqs, food, lots of donations of raffle prizes, cakes, cooking..... the list is endless.. Most importantly to the swimmers for setting a shining example of our clubs team spirit and getting involved in not only swimming, but circus skills, football and plenty of eating!

The club thoroughly enjoyed getting to meet Jo Frith, with many photos being taken with her Olympic medals, helping to make this year a special event for all to remember.

Again, thank you to all of you for coming, without you we wouldn't have such a successful club.



Anniversary Tshirt

If you would like to order a Tshirt—we need a minimum of 20 for the next order.... We are half way there so let us know if you want to add your child to the list. £15.49 or £16.49 with name.



This years AGM will be held at Trinity Sports & Leisure on Friday 11th October 2019 at 6.30pm

Please come and find out more about your club and what we have done this past year, from Gala success, celebrating swimmer progress, finances, meet the committee members and coaches for q & a. We try to hold the meeting whilst squads are swimming to try and encourage parents to attend—no excuses..... There will also be Coffee and Cake !

Remember we are looking to appoint new members to the committee, the club is run by voluntary members and your input and support is ESSENTIAL for the club to continue. If you feel you can contribute in any way please do let us know,.

Last of the Summer Meets

2019 has been a wonderful year for the club.

Clevedon and Chard
Bridgwater Top Club!!!

South West Region Fast Five

Max Head takes 1st Place
Jazz Forsey 6th Place

Welsh National Summer Meet

Well done Theoni for representing yourself and the club so well —you did yourself proud.



Before the summer holidays the club saw a lot of swimmers promoted from Pre Squad to Junior Squad to Senior Squad to Performance Squad —well done to all and we hope you are enjoying the sessions, keep up the hard work.

We also welcome lots of new swimmers to Pre Squad. Don't forget, parents or swimmers, if you are unsure of anything please feel free to ask any questions no matter how small or big.

We hope you have all had a look at and shared our Swimmer Journey with your child so they know what and where they are aspiring to go within the club. (This can be found on the website).

Exams are over!!!

Finally, a big sigh of relief and a huge well done to all our swimmers who have completed their exams! We hope you had a nice summer and are looking forward to your next chapter.... Whatever that may be. We hope you continue to swim and enjoy all the benefits this can bring.

The club would also like to give a special mention to Alex Towells, who has been with the club for 10 years and is heading off to York Uni this September, I think you will all agree Alex has been a huge asset to the club, as Team Captain, Coach, Swimmer and friend to many. He has inspired lots of swimmers and will be greatly missed. We certainly hope he will pop in from time to time when at home and in the meantime we will be updated by Gin!

**DON'T
WISH
FOR IT
WORK
FOR IT**

Long Distance Training Opportunity @ Bristol Hengrove



Ricky has been able to secure training opportunities for those who want (and those who meet the criteria—please check with Ricky if not sure), to train with City of Glos at Bristol Hengrove Pool with Coach James approx once a month. This gives swimmers an opportunity to practice in a 50m pool with an experienced coach alongside national swimmers. Somerset County Championships and South West Regionals all take place in a 50m pool and our swimmers will benefit in the longer term having this resource and training available to them. There is a small charge of £5 per swimmer. If you would like to find out more please come and have a chat. Next date Sat 21st September 2019. Swimmers make their own travel arrangements but many have been sharing lifts (there is a nice café).



Club Champs



You may have noticed that Club Champs is slightly later this year. This is down to the growing success of the club and trying to find more open meets to help develop all of our swimmers ready for competition whilst avoiding half term dates. This year we are planning to host our annual club champs on **Friday 29th November and Sunday 1st December**—SAVE THE DATE and look out for forms from Debbie in the near future.

We hope ALL our swimmers can attend—remember there are ample of medals and trophies to be won for boys and girls in every age category, as well as trying to beat the Bridgwater Club Record holders.

The annual presentation night will be March 14th 2020.

FUNDRAISING

Carnival Collection - Helpers needed

This years Bridgwater Carnival is fast approaching on Saturday 2nd November. If you and/or your swimmer would like to get involved helping to collect money for the club, please let us know,

Easy Fundraising

Have you signed up to www.easyfundraising.org.uk ?

Select Bridgwater Amateur Swimming Club as your cause and every time you shop through them the club earn money. It does **not** cost you a penny more than it would if you were to shop direct . So far the club has raised £5.58 and we only have 6 members signed up.

50 Club

The club runs a 50 club, For £1 a month you get a chance to win 50% of the 50 club takings, every month. The other 50% goes direct to the club. See Front Desk on Friday for more details. Membership is £12 every December, in time for the first draw in January.

The club needs your support and any fundraising helps us to keep the costs of not only our fees down, but the cost of our annual club champs, presentation night & bbq.



Other News.....



Annual Membership

Don't forget, annual membership renews every January. This year, we have introduced a "pay by installment" system for those that wish to spread the cost. Please GET IN TOUCH NOW if you wish to do this. Fees need to be paid by the end of December to give us time to submit all the information.

Pre Squad £25 (Category 1)

Junior / Squad / Performance £35 (Category 2) **PLUS** Parent/Volunteer member £10 (Category 3) TOTAL £45

Strength and Conditioning Training

Rich Hill will continue with the S&C training at 1610 on Tuesdays from 6.30—7.30pm. This session is free of charge and open to all Junior/Squad and Performance swimmers.

AM training

Don't forget Ricky and Ange coach on Tuesday and Friday mornings at 1610 from 6-7.30 am. There is a £5 cost per session (payable to 1610) or you can sign up for a monthly 1610 membership for £24 which also gives you access to the gym (age 12 and over) and unlimited swimming at the pool.



Judge Level 1 & 2 course

Thank you Steve Coulson, Martin Kemp, Lisa Wright, Alistair Wright and Ian Head for signing up to the next J1 and J2 course—the club and Somerset ASA always need officials to help run galas and meets, without you these events wouldn't happen. It's not daunting, and if you have a swimmer participating at a meet then why not volunteer and get a poolside view? Chat to the committee if you want to find out more.

Team Manager Course

Thanks also to Heather Prothero, Martin Kemp, Debbie Robins, Liz Kane and Alana Head for volunteering to attend the next Team Manager Course in September in order to help keep our swimmers safe when at meets and galas.

Sponsorship

Are you able to help?

Do you have your own business, work for a company or are you a parent who is willing to make a financial contribution to the club? With ever increasing costs, the club is finding it difficult to fund the cost of transport to galas and we would welcome any support that may be offered. Alternatively, perhaps you are aware of any grants or funding that the club could apply for? The cost of a bus trip is anything between £300 and £600 per journey, and we are hoping to hear from anyone who may be able to sponsor a trip so that our swimmers can travel to a gala together and enjoy the benefits this brings. Want to find out more about our finances? Come to our AGM 11th October. Fingers crossed and we look forwards to hearing from you.

New Committee Members

As you should already be aware, a number of our committee members are stepping down this year for personal reasons.

Gin Towells—Chair

Jane Bennie—Secretary

We would love to hear from you if you feel you can offer your support and some of your time. We meet approx once every 6-7 weeks. None of the roles are too demanding or daunting we promise! If you would like to know more please speak to any of our committee members to get an idea of what is involved.

Coaching Team

Head Coach: Ricky Hayes

Deputy Head Coach: Ange Robertson

Lead Pre squad coach: Jenny Smith

Coaches:

Jackie Parker, Amy Smith, Becca Locke,

Assistant Coaches:

Steph Blake, Gin Towells

Poolside helpers: Scott Wilkins

Strength and Conditioning Coach: Rich Hill

Committee Members

Chair: Gin Towells

Vice Chair: Helen Kirk

Secretary: Jane Bennie

Treasurer: Alana Head

Competitions Secretary: Deborah Robins

Welfare Officer: Kelly Short

Membership Secretary: Heather Prothero

General: Martin Kemp, Rich Hill

Contact us: Bridgwaterswim@gmail.com