

**125**  
Years  
1894 - 2019



# Bridgwater Swimming Club

XMAS NEWSLETTER

DEC 2019



## DATES FOR YOUR DIARY

- 20 December last swim. Return 6 January 2020
- 11 January Cotswold League Gala
- 18 January Fourseasons Gala
- 19, 25, 26 January Somerset County Champs
- 1, 2, 8, 9 February Somerset County Champs
- 15 February Cotswold League Gala
- 7 March Cotswold League Gala
- 14 March BASC Annual Presentation Night
- 28 March Cotswold League Gala
- 4-5 April City of Wells Level 3 Meet
- 11-13 April Plymouth Level 1 Meet
- 25 April Cotswold League Gala
- 25-26 April South West Regional Championships
- 2-3 May South West Regional Championships
- 8-10 May South West Regional Senior Championships
- 9 May Fourseasons Gala

## Welcome from Jess

Hi all

To introduce myself, my name is Jess (my daughter, Mabel, swims with Junior Squad) and have the unenviable task of following in Gin's shoes in taking over the chairmanship of BASC.

It's an honour to take on this position and I am already hugely proud of the Club, its swimmers, coaches and all the wonderful committee members and parents/carers who help out giving their time voluntarily to make it such a big success. It's already been a fabulous couple of months, with BASC winning SASP's Club of the Year Award and with significant progress in the Arena League, as well as a fabulous Club Champs. I can't wait to see how all this energy leads to further success in 2020. Mainly though I want to use this opportunity to say an enormous thank you to Gin Towells, who has been an incredible chair, utterly wonderful volunteer and truly the heart and soul of BASC for many years. I have been involved in many voluntary organisations over the past few years and it is rare to see such dedication and determination from someone for so long, and always so far as I can tell with energy, enthusiasm and a great big smile, so thank you Gin, for everything you've done and continue to do for the Club, from all of us!

Over the next couple of months, we'll be working out a medium-term plan for how the Club might evolve and develop in the coming years, how we can ensure that swimmers are challenged and rewarded, what parents and supporters need from us and what it is that will mean trophies and medals keep rolling in! Please do come and find me if you've ideas, insight or suggestions to share (I'm usually at 1610 on a Monday and QL on a Weds) and please also let us know if you'd like to help out by volunteering in any way - there's always something that needs doing, no matter how little time you can spare.

Jess

## SASP Club of the Year

The Club had the honour of being nominated SASP Club of the Year 2019. We went along to the Presentation Evening on Friday 15th November at Somerset County Cricket Club. We were one of 3 nominees, in a roomful of people who work hard to bring sports and wellbeing to a variety of people in Somerset. To our great surprise we won. Ricky and Ange went up to receive the award and Ricky did a good job of answering the questions! The award goes to show the progress being

made by the Club, and the hard work & dedication of all involved. Our President Don Symes also came, but he missed the pic! Go Team Bridgwater!!

Gin Towells was also runner up for Volunteer of the year—we all know how much time Gin puts into the club, she fully deserved this recognition, well done Gin.



## Our new look Committee

As many of you are aware at the AGM several new members were appointed to the committee.

We now look like this (check us out on the website):

Chairperson—Jess Prendergrast

Vice Chairperson—Helen Kirk

Secretary—Alison Coulson

Treasurer—Alana Head (Basctreasurer@hotmail.com)

Welfare Officer—Ellie Patten

Competitions Secretary—Deborah Robins

Membership Secretary—Heather Prothero

General members: Gin Towells, Kelly Short, Kirsty Darlington, Martin Kemp, Martin Kane, Rich Hill

Contact us at [bridgwaterswim@gmail.com](mailto:bridgwaterswim@gmail.com)

## Meets

**5/6 October SOMERSET ASA COUNTY DEVELOPMENT MEET – MILLFIELD** Personal best times, medals, county times and great swimming, we are all very proud of every member of BASC who competed and did our lovely club proud. Brilliant to see some first time competitors from our club experiencing a meet and being part of the success over the weekend.

**18 October GLOUCESTER LONG DISTANCE LEVEL 3 OPEN MEET** This was an evening meet starting around 5.30pm and ending just before 9pm. BASC had one swimmer take part in the 1500m Freestyle plus 4 swimmers in the 800m Freestyle. All swam brilliantly and between them gained some excellent new personal best times, medals, county times and a speeding ticket. There was a great team atmosphere both with the swimmers and their biggest fans!

**19/20 October GLOUCESTER AUTUMN LEVEL 2 & 3 OPEN MEET** Everyone swam brilliantly with countless new personal best times, lots of medals, speeding tickets, county qualifying times and two swimmers also gained regional qualifying times at this meet. There was a great team spirit and atmosphere both from the swimmers and the cheering parents! Well done one and all, a great meet.

## Four Seasons Gala

On Sunday November 17th a team of pre squad and younger Junior squad swimmers took part in the first Four Seasons gala at Hutton Moor. For many it was their 1st competition so they were very nervous. Everyone swam really well, and they got a chance to experience the great feeling of swimming as part of a team. As the gala went on the nerves disappeared and everyone had a great time. Thank you to Jenny & Jackie who were there as coaches, Ian and Gin as officials and Ben, Daisy and Orlana as Team Managers.

These galas are for our younger swimmers aged up to 12 years old. The aim is to change the team around over the series to give as many swimmers as possible the opportunity to take part. Well done everyone and thank you parents for your support.





## TOP BOY & TOP GIRL AWARDS

**Plymouth Leander Winter National Qualifier Level 2/3 Meet in November** saw 2 of our performance squad swimmers Max Head and Theoni Kane win overall top boy and top girl across all age ranges —what an achievement!

A total of 9 swimmers from Bridgwater went the distance and took part in this competition and delivered some terrific swims and many pbs—you all did yourselves and the club proud., well done.



## More Meets...and CLUB CHAMPS

### 30 November SOMERSET COUNTY LONG & MIDDLE DISTANCE DEVELOPMENT MEET – MILLFIELD

A total of 7 BASC swimmers took part in this morning only meet which was purely 400m IM & Freestyle, 1500m & 800m Freestyle. We had some great personal best and county times.

**23/24 November BRISTOL HENLEAZE AUTUMN LEVEL 3 OPEN MEET** A total of 21 BASC swimmers attended this meet and it was also lovely to see some of our younger swimmers take part. Everyone did a fantastic job, a great team spirit, loads of cheering and our swimmers gained some personal best times, county times and regional consideration times. There were medals, lots of medals and BASC finished as the **SECOND top visiting club** based on points earned.

**CLUB CHAMPS** What a phenomenal turn out for our annual club champs 2019! It was terrific to see how big the club has grown, some of our newest swimmers took part and what a wonderful feeling watching them overcome their nerves, bond with other swimmers and race for the first time. This friendly event provides a great experience for swimmers to see what goes on at a competition, helping them prepare for when they are ready to enter their first open meet competition. As always, great team spirit from all, capturing the essence of our club! As always a huge thank you to all the coaches, team managers, officials, helpers and of course swimmers and parents who make these competitions such a success.

## Coaches Corner

As we head to the end of the calendar year it's another great time to reflect on how we are doing as a club and 2019 has been full of plenty of highs. I won't recover previous stats but hopefully you will have seen the impressive results our swimmers have done so well to achieve. These have been covered in reports through our emails, social media channels and in the local press. We had a brilliant season last year and the swimmers have really finished off 2019 in a superb fashion and I am sure this momentum will be carried forwards into 2020 and beyond.

As the club grows, we need adapt to new challenges. As a result you will notice that not all the coaches are always at all of the open meets. This isn't because our coaches are doing less but because as a club we are having to do more to cater for all of our swimmers and help them achieve their full potential. Over the next 12 months the coaches will be sharing attendance at meets more and you will most likely see a larger variety of coaches.

We are extremely lucky to have some brilliant coaches within the coaching team and all of them are not just well qualified but also very experienced in a myriad of ways. I would like to extend my thanks to the coaching team who do such a great job in supporting me as Head Coach and of course all of our swimmers.

If you have not read the clubs Swimmer Journey which includes the squad guidelines or have but not for a while please could you re-refresh on these? They are available to read on our Facebook group and our website. They are designed to help the swimmers develop as rounded athletes and help aid the coaching teams planning so it's vital everyone is aware of them and follows them. If you have any questions about these please come and chat to me, I am always willing to discuss swimmers progress and swimming in general.

I hope everyone has a very Merry Christmas and Happy New Year. Ricky

Believe  
in yourself  
— & —  
you will be  
Unstoppable

# Bridgwaterswim.co.uk has had a facelift

Check out our newly updated, user friendly website!

We hope you can find all the information you need about the club, events we take part in and results. Thank you Martin for your time and effort doing this for the club. Any ideas or suggestions always appreciated.

## Annual Membership Renewal

Its that time of year again—we need all swimmers (and parents if applicable) to complete a membership form and code of conduct please—forms can be found on our website <http://bridgwaterswim.co.uk/forms-documents/> or hard copies are available on the desk on Fridays. Please pay by BACS or cash by the 20th December to ensure we have time to submit renewals:

**Pre Squad £27 (Category 1)**

**Junior / Squad / Performance £37 (Category 2) PLUS  
Parent/Volunteer member £12 (Category 3) TOTAL £49**

## 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.

