

125
Years
1894 - 2019



Bridgwater Swimming Club

SUMMER NEWSLETTER

JUNE 2019

DATES FOR YOUR DIARY

- June 8th
BASC Level 4
Time Trials
- June 16th
BASC Long Distance
- June 29th + 30th
Clevedon & Chard
Level 3 Open Meet
- July 3rd
Quantock Lodge Fun
Swim and BBQ
- July 7th
Regional Fast Five
Meet
- July 13th and 14th
City of Bristol Long
Course Meet
- September TBC
County Development
Meet
- Oct TBC
BASC Club Champs
- November 2nd
Carnival Collection



Chair Gin Towells welcomes you to our first club newsletter and invites you to send any ideas to be included in future editions to bridgwaterswim@gmail.com

Celebrating 125 years!

Welcome to our Club newsletter. We are aware that there's often lots of information flying around, and thought it would be helpful to try & collect some of it in one place. If you have anything you'd like to see included next time please let us know,



We've got a busy time coming up with events at home and away, as well as our 125th Anniversary BBQ. Please do get involved, these things can be a lot of fun

Thanks to all involved in the organisation of them, and to Ricky & Ange for giving your time over & over again.

Happy reading, Gin



Quantock Lodge Fun Swim and BBQ July 3rd

BASC is proud to have celebrated its 125th anniversary on May 23rd 2019. Swimmers have been issued with anniversary hats (pictured above) and new celebratory T shirts are on their way.

On Wednesday July 3rd there will be a Fun Swim and bbq at Quantock Lodge starting at 6pm. We would love any former members to join us for the bbq (present members only for the swim).

Tickets are £3 each to be bought in advance, please email bridgwaterswim@gmail.com for more information.

Jo Frith, former club swimmer, coach, and awarded Silver and Gold in Archery at the Rio Paralympics, is going to attend the BBQ as our guest of honour.

CAKE SALE AND RAFFLE –
ALL DONATIONS WELCOME

We hope to see as many of you as possible here.



SCHOOL'S out for SUMMER

Quantock Lodge

Last swim session is on Wednesday 17th July

Trinity Sports & Leisure

Junior/Squad:

Last swim session is on Monday 29th July

Performance:

Last session is on Tuesday 30th July

The club will restart the first week back in September.

"The strongest people aren't always the people who win, but the people who never give up when they lose" TYR



South West Regional Championships 2019

Congratulations to the following swimmers who qualified for this years South West Regional Championships. What a brilliant achievement!

- Isla Bennie
- Leon Crawley
- Jazz Forsey
- Max Head
- Ben Towells
- Theoni Kane

There were three full on weekends of competition taking place at various Olympic venues across the South-west (Plymouth, Bristol, Millfield).

Most notable performances came from Max Head and Theoni Kane. Max pushed his age group all the way making multiple finals and achieved loads of personal best times often setting a pb in the same

event twice in one day (heat and final).

Theoni (Minehead SC) who also trains with Bridgwater made a final in the 200 breast-stroke.

All the swimmers did brilliantly representing the club and really did the club proud.

BASC Time Trials & Long Distance

A HUGE well done to all swimmers who were brave enough to attempt the 400m freestyle and 1500m freestyle events on Friday 31st May. There were some great swims, with lots of loud encouragement from the sidelines.

Good luck to all those who are taking part in the Time Trials on 8th June and the next long distance event on 16th June.

Thank you to everyone who volunteered and helped make the event run smoothly.

If anyone feels they would like to help after seeing how the first session ran, we would be more than happy to hear from you. We cant run these events without your support, and it's a great way to get to know other parents.



Congratulations to Charlie Glassup and Malakai Prothero for being selected for the County Pathway Programme.

And to Max Head for being selected for the Regional Pathway Programme.

Codes of Conduct—update

We have compiled the Club Rules which are now available on bridgwaterswim.co.uk. Essentially, they say about following the Codes of Conduct and Behaviour Policy, along with:

- Friday night is Club night and swimmers should make every effort to regularly attend (unless a pre squad swimmer). If there is a reason a swimmer is unable to do this please discuss with the Head Coach.
- A swimmer who is with a Swim England affiliated primary Club during term time may swim with us in the holidays as a Non Local Resident if that Club does not offer training in the holidays. This is dependent on there being space in the session. Please chat to a coach to find out more.
- Pre-squad swimmers who also have lessons with I610 or SASP are eligible for reduced monthly fees. Once they stop with I610 or SASP the full fee must be paid. Evidence of current lessons will be asked for twice a year.

We have also updated the Swimmers’ Code of Conduct so that poolside behaviour and safety before the start of a session are more detailed.

- Junior, Squad and Performance swimmers should arrive at poolside 15 minutes before the start of their session (no earlier than this). They should complete their warm up stretches whilst ensuring they are out of the way of coaches/teachers already using the pool and don’t disturb an existing session. They should be stretching right up to the start of their swim session. Pre-squad swimmers should sit/stand safely away from the poolside. At all times swimmers must be aware of the safety of all. Please take the time to go over it with your swimmers so that they understand what is expected of them, and to help ensure a safe environment for all.

Please be reminded that you can find the Swimmer Journey and guidelines on Facebook, these have been emailed out previously and parents and swimmers should be familiar with these. We are in the process of updating our website.

Other News.....

Judge Roles

Would you be interested in gaining a qualification and helping our club? If so please speak to a member of our team to find out what might be suitable for you.

This year we have seen 2 parents complete the Judge Level 1 course —Well done to Ian Head and Allen Robins.

Courses

The Starts & Turns Course starting 6th June is fully booked.

Fundraising

BASC will be collecting money again at this years Bridgwater Carnival on Saturday 2nd November. If you and/or your swimmer would like to get involved please let us know, Facepaint and friendship in abundance!

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.



Regional Volunteer of the Month — Alex Towells

Alex Towells of Bridgwater Swimming Club has received the award of Regional Volunteer of the Month for June.

Alex has been a member of Bridgwater swimming club for many years and an excellent role model to our younger members. He is very polite and respectful towards the coaches, committee members, parents and pool staff.

Alex is always prepared to go out of his way to help with fund raising events. This was demonstrated when the club were asked to walk behind the Bridgwater carnival collecting money,

During our home events Alex will always arrive early to help set up and ensure that swimmers know where they should be and when.

During his time, he has been vice captain and captain of our club and has now taken some coaching qualifications and as a volunteer, coaches our younger swimmers.

Alex is very patient and will always make a swimmer feel at ease and build their confidence in new situations such as taking that first dive off the blocks or entering their first meet.

Congratulations Alex on your achievements.



INFO FOR SWIM COMPS



Steps to success 🏆🥈🥉🥇

- ◆ Swimmers should train fully the week before competition. Missing training or getting out early in most cases is counter productive and will slow a swimmers progress. The coaching team will advise which meets swimmers will benefit from missing training or getting out early.
- ◆ Eating healthy at meets will help swimmers swim fast. Eating chocolate and sweets at meets will make swimmers swim slower.
- ◆ Swimmers should not eat at all during galas as this will make them swim slower.
- ◆ Arrive for meets in plenty of time and before the first warm up of the session, not just the swimmers age group warm up, so you can get a spot.
- ◆ Bring plenty of costumes - a dry costume for each race will make swimmers swim faster.
- ◆ Bring plenty of fluid, plain water as well as sports drinks (isotonic) or squash. No energy drinks (red bull or monster).
- ◆ Being a team will help us all be successful, so swimmers are expected to sit with the team and cheer on our swimmers.
- ◆ After each race swimmers need to swim down straight away.
- ◆ Swimmers need to speak to the coach before and after each race.
- ◆ Ensure that pre-pool exercises are done before the warm up and swimmers go to the correct warm up unless told otherwise by the coach.
- ◆ Bring plenty of spare towels, goggles and swim hats...

Once you've finished your last event at a meet don't forget to let us know your going. We like to say bye 🙋

During galas swimmers must remain until the final result has been announced so we can finish the gala in true Bridgwater fashion with the oggy oggy oggy 😊

Coaching Team

Head Coach: Ricky Hayes

Deputy Head Coach: Ange Robertson

Lead Pre squad coach: Jenny Smith

Coaches:

Jackie Parker, Amy Smith, Becca Locke,
Alex Towells

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

We are always on the look out for willing volunteers to join our supportive team.

Contact us: Bridgwaterswim@gmail.com