



BABBLE

BISHOP'S STORTFORD SWIMMING CLUB NEWSLETTER



WELCOME BACK!

COMMS@BSSWIMCLUB.ORG.UK

The early mornings have started, as have the hours sat by a hot sweaty pool, so we thought we'd give you something to read to help the time go more quickly! Welcome to the first newsletter of the 2018/19 season. We plan to share them with you every two months and have lots of new ideas for regular articles.

This is our first publication so we would welcome any feedback on the newsletter, suggestions for content and contributions, or questions you have that you would like us to address. Also, we would be really delighted if you would like to join our team. Just get in touch at comms@bssswimclub.org.uk

Kat, Una, Mel & Gemma

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EXCITING TIMES FOR BSSC!

BSSC Chairman's Welcome to the New Season

I hope you had a nice rest over the holidays and are looking forward to the new season as much as I am. There is so much happening with the club that we just had to kick off our new newsletter by sharing it all with you!

Coaching Team

First let us start by welcoming Laure and Mathieu as our new coaches. We look forward to getting to know them more over the coming months.

Benoit and his team have done a great job last year. Not only for the success they are harvesting at all levels, but also for coming in on short notice etc., sprinting from one pool to the other AND, for the big improvement of all our swimmers across the board.

Benoit is in his third year and has brought a lot of positives to the club. He has certainly changed the way we do things and all for the better. With the new coaching team in place they are certainly capable of producing yet more champions.

Success in the Pool

I am sure you are aware during the '17/18 season we had enormous success in the pool at Counties, Regionals and Nationals. At the start of 2018, Counties again went well with lots of qualifiers, finalists and medalists, but it was Regionals where we did really well with 16 medals, of which 5 were gold, and BSSC achieving 11th place in the Medal Table. We had 6 qualifiers this year for the British Summer Nationals and over the six days of racing BSSC were the second most improved Club in Britain!! Ten swimmers also qualified for the English Summer Nationals and all did brilliantly, especially Nick Botha who struck Gold!!

The Masters have continued to be another strong side of the club, achieving great successes during the '17/18 season with Barry Chandler, Lizzie Bellinger and of course Sally Winter leading the charge.

Well done to Elinah Phillip as she continues to put Stortford on the international map, whilst competing for the British Virgin Islands in major competitions. We wish her good luck for the Junior Olympics in Argentina next month.

Next month we take our place back in the top division of the London Arena League

after an amazing final round last December, when we managed to climb from 4th to second to secure promotion.

Common questions from parents

I thought I would share some questions I have been asked recently.

Can BSSC create champions?

I believe we can, and will continue to, develop champions:

Our training and coaching program is world class.

We offer lots of good pool time early evenings etc. for our squads.

We race within high level London Arena, Herts Major and Peanuts Leagues.

We had 13 qualifiers for the recent British and Swim England Summer Nationals

Our swimmers have been picked for all levels of competition

Our club is also here to develop fitness and a love of our sport at all levels within our membership.

What more can I do as a parent to support my child and the club?

The club is owned by its members, so it is up to us to make things happen. There are over 200 swimmers in the club. Parent volunteers are therefore the lifeblood of our club. Outside of coaching, all of our administrative activities from competition entry and Swim Mark applications, through to putting together the raffle prizes and sweets for the tuck shop at our meets, are undertaken by volunteers.

Please consider giving some of your time to help the club in some way:

- Volunteer at Club Champs or our Open Meets – jobs such as running the medal table or selling tickets are really straightforward and for others we will ensure that you are paired with an old hand to learn the ropes
- Become a squad coordinator
- Become an official
- Help us fundraise, donate funds or sponsor events

Can the club do a certain activity? E.g. fun swims, socials, etc

Yes, we would love to and I am entirely supportive of such ideas if volunteers are forthcoming and we can find have the resources to support. Any idea is more likely to happen if you can support it with the time and effort to make it come to fruition.

Why did X go wrong? Why was Y pool closed at short notice?

Things do go wrong, but quite often things such as short notice pool closures are entirely beyond our control. Of course we all want to improve, but please bear with us when issues happen, and remember that ultimately we all want the best for our swimmers.

The way forward...

With Benoit we are attracting new swimmers to our club and having increasing success in the pool certainly helps, but there is still plenty to do and we ask for your help during the coming season:

- Respect the volunteer nature of most roles within our club, and in particular the committee, and work with us accordingly, particularly when unexpected and short term challenges arise.
- Please volunteer. Any steps you make will be warmly welcomed!
- Be mindful of coaches' time as they can't spend all day replying emails. Before contacting them, please consider if the information you need is on the Website or Facebook, or if you can chat to your squad co-ordinator.
- Provide as much support on all our fundraising activities as you can. The club works within a tight budget, which we do well from, but we could do with some help from members sponsoring events at our meets or making a donation to the club.
- Recommend us to your friends! Let's bring in as many new members to the club as we can. Actively promote our Learn to Swim classes at the College and Leventhorpe to your network as we provide some of the best swimming teaching in the local area and its success benefits us financially and provides an excellent pipeline of future swimmers.
- We recognise that there is still work to be done with the younger squads, but Benoit and the committee are focussing on improvements.
- And finally, we realise that communication within the club hasn't always been great, but we have a new Comms team who will focus on making it work across all squads.

Finally, and most importantly.

Thank you and well done! It is stunning how far as a club we have come in the last few years.

Our magnificent success this year is down to efforts from everyone – Benoit and the coaching team, our super swimmers, supportive and patient parents, and dedicated and energetic volunteers who support our events. We are particularly indebted to our committee and club officers. They really do a lot of vital work behind the scenes and deserve appreciation and gratitude.

I look forward to sharing continued success with you all during the coming season!

Thanks,
Tony Chada

MEET THE NEW COACHES



LAURE JORION

Laure has joined us from the Lille University Club in France, where she has been training the competitive Young and Masters groups for the past 3 years and working towards her Masters degree in Training and optimisation of sports performance (physical, mental and nutritional aspects).

Her swimmers have had great success at French National Championships and she has a special focus on the mentorship, performance improvement and competition preparation of young swimmers.

MATHIEU LEROY

Mathieu has joined us from the Chartres Swimming Club in France. He personally competed for 20 years, with the last 3 years at the French National Championship level and has been coaching for 11 years.

Most recently at Chartres he has been the sports coordinator for the swimming school program and the Elite age-group swim coach, where he has supported swimmers in reaching the French age group National Championships.

He is keen to share his experiences with the younger generations of swimmers and continue his passion for coaching in a new country.

”

***Swimming:
The one sport where the
coach yells at you for
breathing.***

“



[HTTP://BSSWIMCLUB.ORG.UK/](http://BSSWIMCLUB.ORG.UK/)



GET READY FOR CLUB CHAMPS

Dates have been set, races have been chosen, club records are waiting to be broken, medals are ready and trophies are being dusted off – it can mean only one thing ...

It's very nearly time for our annual Club Championships!

For those of you new to the club, this annual meet is run by the club, for the swimmers of the club and is the perfect

opportunity for our experienced swimmers to showcase their talents and our younger squads to have their first experience of competitive swimming. All swimmers compete to determine **who will be Club Champion for their own age group in each stroke** – medals are presented to the first six in each age grouping, with a trophy for the winner that is held for a year and then returned to the club.

Those of you with trophies from last year, please get ready to relinquish them and fight for the opportunity to show them off for another 12 months! Don't forget to get your name engraved for posterity!

As Tony mentioned in his introduction, we need help from our members to enable meets like this to run:

* If you are a qualified official or an official in training, please let **Dominic Mason** (officials@bsswimclub.org.uk) know (if you have not already done so) if you are available to officiate at any of the sessions of Club Championships

* If you would like to help poolside, on the door/raffle, or with refreshments on any of the nights please let **Linda** (membership@bsswimclub.org.uk) and **Kat Gore** (comms@bsswimclub.org.uk) know of your availability.

Thanks in advance for your help in making Club Championships a fun event for all our swimmers.



SEP 21-23 / 28-30

FRI-SUN

WARM UPS START
5:30pm / 5:45pm / 6pm

CANCELLED TRAINING SESSIONS DURING CLUB CHAMPS

Note that on the evenings of our Club Championships there will be no squad training other than **Masters and Senior squads**, whose **session on Sunday at Grange Paddocks will run as normal.**

SUIT UP, ARENA LEAGUE IS COMING



**The National Arena
Swimming League**

The [National Arena Swimming League](#) is the top ranked national inter-club competition, consisting of 400 teams participating in three rounds of competitions (October, November, December), all hoping to secure their place in the top divisions and maybe even a National Final (held in April).

The teams are split across six leagues and last year, BSSC regained our rightful place in the Premier Division of the London League with a great final gala performance.

This year we will be competing against 15 other clubs to remain in that division and who knows, we might even make the final! We definitely need our top swimmers across the squads to bring their A game this year!

If you are in the younger squads, keep your eyes peeled for some emails from us walking you through the selection process and what is expected from selected swimmers and parents!

Good luck to all who take part!

COMPETITION KIT CHECKLIST

Club polo shirt
Black shorts / jogging bottoms
2 swimming caps
2 goggles
2 swimming costumes
Towel
Kit bag
Drawstring bag
Non-fizzy drinks
Poolside shoes
***A great attitude and
bucket-loads of team spirit***

BSSC SUCCESSES OVER THE SUMMER '18

This summer we had a record 13 swimmers take part in 30 races (18 finals!), achieving 19 PBs and securing 3 medals, all in the space of 11 days of racing at 2 separate National level meets!

We managed to get some of them together for a photo!



Tom Ogden, Millie Fields, Henry Baker, Bryn Couser, Mia Carter and Elinah Phillip were in the top 24 in Britain (for their age/event) and qualified for the British Summer Championships at Ponds Forge International Pool in Sheffield (24-29 July). All six swimmers battled into at least one event final and achieved an amazing ten PBs from fourteen races.

Henry Baker won a fabulous 3rd place bronze medal in the 50m free final and the club was named the second most improved club in Britain at the meet!

Just 2 days later, Millie, Bryn and Mia returned to Sheffield, along with **Kaia Phillips, Alex Catton, Nicholas Botha, Callum Harold, Daniel Chada, Niamh James and Robin Turner** for Swim England's biggest domestic swimming event of the year.

The Swim England National Summer Championships invites the next 20 eligible swimmers in England. All swam brilliantly, but **special mention must go to Millie for her fabulous fight to secure a joint 2nd place silver medal (and a PB) in the 200m IM final** (14 years) and **Nick for battling to win the 200m breaststroke final (16 years) with another great PB.**



ELIZABETH CLUNE

Squad: Benjamins

Swimming History: Started at the age of 14 weeks and never looked back.

Favourite stroke / event: 100 IM

Proudest swimming achievement: Making 4 County times in 2016/17

Best thing about being a swimmer: That the best things in life are free..... back, breast and fly!!! :)

If I could change one thing: you wouldn't feel like your foot has been amputated every time you kick the lane rope. Man, that kills.

Best poolside snack: Popcorn (although I just steal other people's, thanks Lils)

Hat and Goggle etiquette: Always Donald Duck method: hat, goggles, hat

Hero: Lilian Opiyo (she pushes me harder every day!!!)

Best swim tip:

Don't stop when you're tired, stop when you are done.

Best quote/piece of advice:



Forget the glass slippers, this Princess wears flippers

Lizzie and Catherine's Poolside playlist:

(Is this the way to) Amarillo, Macarena, YMCA, Time Warp, Power (ft. Stormzy), Witch Doctor, Sweet Caroline, Cotton Eye Joe, Conga, Halo, The Lion Sleeps Tonight, Day Dream Believer, Sing, Hey Baby Will You Be My Girl ...



CATHERINE CLUNE

Squad: Poussins

Swimming History: Started 14 weeks old, Started fun events age 3, Started Galas age 7, still going aged 10

Favourite stroke / event: 100 IM

Proudest swimming achievement:

Representing the County on September 16th, 2018

Best thing about being a swimmer: The pride when you achieve your goals.

If I could change one thing: Less pain when cutting yourself on the lane ropes.

Best poolside snack: Pepperoni stick

Hat and Goggle etiquette: one hat, goggles first, then hat.

Swim hero: Adam Peaty

General hero: Maggie Smith

Best swim hack: Steamed up goggles - spit in them!

Best quote/piece of advice:



At the start of each day I remind myself my toughest opponent is in the mirror.

**SWIMMER PROFILE(S)
OF THE MONTH**

Fancy being our next profile?
Email comms@bsswimclub.org.uk

HOW CAN YOU HELP?

There are a number of ways that you can raise money, volunteer and be a great help to the running of the club.

Fund raising through your online shopping

Hopefully you haven't finished all your Christmas shopping yet (!) & can help the club raise a few quid as you shop online:

- Head to **Easy Fundraising** (www.easyfundraising.org.uk) and **choose BSSC as your charity** to raise donations every time you shop online.
- Visit the club page at **ProSwimwear**, the largest swim shop in Europe, and earn the club 10% commission. They stock competitive swimwear and training equipment and also carry the largest range and stock of competitive FINA approved race suits (<https://www.proswimwear.co.uk/swim-clubs/swim-clubs-b/bishops-stortford-swimming-club.html>).



Help out at club events like the upcoming Club Champs this September as:

Announcer: Makes safety announcements, announces the results and can also provide running commentary during races at a competition.

Poolside Stewards: Arranges the swimmers in each event into appropriate heats according to the start list and supervise the conduct of competitors.

Runner: Relay start lists to the officials and results to the Announcer and Medal Table, and post results for the spectators and poolside swimmers.

Refreshments: Provide pre-meet and poolside drinks to officials and helpers.

Door: Man the entry door selling tickets, programmes &/ raffle tickets.

Fundraiser: Gathers sponsorship for the meet.

We also have to fill the following roles at many of our Open Meets:

Promoter: Has overall responsibility for the running of the meet and ensuring that License conditions are complied with.

Warm up Marshalls: Supervise the pool and swimmers during warm up, principally to ensure correct lane rotation and continuity of swimming. Not responsible for coaching.

Medal Table: On confirmation of results hand out medals to swimmers.

BECOMING AN OFFICIAL



All the people dressed in white that you see at galas are volunteers (mainly parents / carers of current or past swimmers) who have qualified as or are training to become officials. So that galas can run efficiently and swimmers' performances are recognised, all clubs need to have a substantial group of officials who can help out when the club's swimmers are competing. The need for officials is obviously even more crucial at galas organised by our own club. At our annual club championships we only have BSSC swimmers, so must be able to draw on enough officials of our own for the competition to be licensed.

Becoming an official is an interesting way of learning more about the technicalities of swimming and is not nearly as daunting as it might look from the gallery! The training route includes excellent courses, mentoring and experience. What better way of contributing to the sport in which your children are participating? It makes the hours spent at galas speed by!

If you are interested in finding out more, please register your interest with **Dominic Mason (officials@bsswimclub.org.uk)**.

AS THE SEASON KICKS OFF

QUALIFICATIONS & SELECTIONS

Congratulations to the following swimmers:

- **James Gisborne, Kaia Phillips, Alice Longman, Catherine Clune and Leo Suo-Saunders** have been selected to swim for the Swim England Hertfordshire Junior County Team at the Swim England East Region Junior Inter-County Competition on 16th September at Inspire Luton.
- **Mia Carter, Josie Pretious-White, James Gisborne, Alex Catton and Daniel Chada** have been selected for the Swim England Hertfordshire County Team at the Swim England National County Team Competition at Sheffield on 7th October.
- The following swimmers have qualified for Swim England East Region Short Course Championships 4th - 6th November at Inspire - Luton Sports Village: **Nicholas Botha, Alex Catton, Daniel Chada, Bryn Couser, Callum Davis, Callum Harold, Thomas Ogden, William Picton, Elizabeth Bellinger, Sarah Carroll, Mia Carter, Nellie Eastland, Millie Fields, Anya Fletcher, Niamh James, Jessica Penkul, Elinah Phillip, Kaia Phillips, Josie Pretious-White.**
- To date **Elinah Phillip, Mia Carter, Alex Catton and Thomas Ogden** have qualified for the Swim England 2018 Winter Championships, 14-16th December at Sheffield.
- And finally, well done to **Eleanor Mason** who has been selected by British Triathlon to represent Team GB (Under 20) at the 2019 Aquathlon World Championships.

UPCOMING EVENTS

- 16 Sept '18 - Junior Inter Counties at Inspire Luton Sports Village, LU2 8DD
- **21-23 & 28-30 Sept '18 - BSSC Club Champs at Bishops Stortford College, CM23 2PJ**
- 7 Oct '18: Swim England National County Team Championships at Ponds Forge International Sports Centre, S1 2 PB
- **13 Oct '18 - National Arena Swimming League Round 1 at Becontree Heath Leisure Centre, RM10 7FH**
- 27 Oct '18 - Cheshunt Swimming Club 14th Annual Autumn Open Meet at Harlow Leisurezone, CM20 3DT
- **2-4 Nov '18 - East Swimming Regional Champs at Inspire Luton Sports Village, LU2 8DD**

Please check the Events Calendar on the BSSC website for more information

FINAL NOTES

WELFARE OFFICER

The club welfare office is **Lorinda Pieteron**. If you have any concerns over a child's welfare, Lorinda can be contacted either by calling 07885 370843 or by emailing **welfare@bsswimclub.org.uk**

CHANGE OF PRIVACY POLICY

Swim England have **updated their privacy policy** during the summer holidays. Full details will be emailed out to all members.

SQUAD FEES

As there have been changes made in several squads, the Committee are reviewing squad fees to ensure they reflect the training sessions available. Any changes that need to be made will be communicated to all members.

WANTED

Are you a whizz with words, a budding journalist, or just someone with a passion for writing? We need volunteers to help us report from galas and contribute to future newsletters, so if you are interested please get in touch with the comms team (comms@bsswimclub.org.uk) whatever your age, be you a swimmer in our younger squads, a teen with journalistic tendencies, or a grandparent cheering squad!

COMMUNICATIONS TEAM

Keep an eye out for more emails and articles from our newly formed Communications Team. Current team members are Kat Gore, Mel Longman, Una Opiyo and Gemma Wardell, with Saffron Craig as our roving Masters reporter! If you are interested in joining us or have suggestions for areas of improvement in internal and external club communications please get in touch via email on **comms@bsswimclub.org.uk**