



# BABBLE

BISHOP'S STORTFORD SWIMMING CLUB NEWSLETTER



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## HAPPY NEW YEAR

[COMMS@BSSWIMCLUB.ORG.UK](mailto:COMMS@BSSWIMCLUB.ORG.UK)

After a well-earned Christmas break the season is starting to heat up. This edition we look forward to our Hertfordshire County Championships as well as enjoy some great reflections from Paul Palmer and Sally Winter. We profile some more of our great swimmers, meet one of our club captains and Meet the Benjamins Squad. We're also sharing some of the great successes from our Senior and Junior squads in the run up to Christmas. Enjoy!

Six months in, we sat down and had a look at how the new Communications team is working ... these are our reflections:

## **What's gone well?**

Well we have had a terrific amount of positive comments and support since we launched our newsletters, along with some brilliant constructive feedback. We have been completely bowled over by the children's input, they have been funny and really keen to support, and think we have lucked out with a couple of our feature pieces, such as this month with Paul Palmer. We have also (dare I say it) had quite a lot of fun.

## **What have we learnt?**

Running a bimonthly newsletter, regular website & newspaper articles and a social media presence takes much more work than we had all anticipated and as we all have full time day-jobs, fitting it in is a challenge, particularly for this newsletter, which is late out!

We are balancing getting volume of output out in a quick a timely manner with getting it right and including everyone. We have now learnt we cannot get it right all the time and children will sometimes be missed. There is no bias or desire to leave anyone out, but as there is no single repository of all of our swimmers achievements, we will drop the ball sometimes. We appreciate that parents are by and large supportive of this approach. Our individual contributors, whether it be recipes for Bubble and Squeak, or the feature pieces are what make this viable.

We have a much deeper respect for many of our club volunteers such as Pam (Competitions Secretary), Linda (Membership Secretary) and Shereen (Team Manager), who have to manage with some pretty cumbersome systems and lots of admin often at the last minute to get anything done. We've realised we have all become a lot prompter in our own club administration, and would really encourage other parents to do the same.

## **What could be better?**

We'd like to have more of a multimedia presence, most of our time is allocated to Newsletter and Website/Newspaper articles, with ad hoc Tweets and Facebook updates. We would like to see more stuff coming through. Also, the different squads have very different needs and we want to address those better.

# What do we need?

We really really do need some more input from parents:

- Write us a feature, or just suggest one!
- Write up a meet/gala report. There are plenty of examples and templates available and if you are sat by the pool there is normally lots of time.
- Suggest a recipe or write a squad profile.
- Join the Comms team, we could do with another couple of contributors to share the load.
- Let us know about your child's achievements. Anything that falls under the Swim England banner we would like to try to feature, this will include skills badges and swimathons. We cannot promise, but we will try to cover everything, particularly to ensure representation of our junior swimmers. If its not a Club Meet however, we won't know unless you tell us.
- Complete your social media photo policy declaration and let your child know what you have said, so that they don't end up in a photo when we don't want them too!

We would also like to see if any of our swimmers are aspiring journalists and would like to join the team or contribute to an article or two?

Wishing all our brilliant swimmers every success in the upcoming County Championships and Open Meets that they will be attending during Jan and Feb! We look forward to reporting on your successes via Twitter, Facebook and Instagram and through our website, the local newspaper and of course, the March edition of this newsletter!

The Comms Team  
Mel, Kat, Una & Gemma

**[comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)**

# REFLECTIONS



Hello again,

For all you budding Olympians out there, the amount of training and preparation you need to do is something that non-swimmers will never really understand. The before and after school sessions that you need to put in week after week are pretty relentless and incredibly tiring. As you progress through the age groups, this becomes more and more intense and only your fellow team members will truly appreciate how demanding it is – both physiologically and psychologically. It does set you apart from those other schoolies for whom spare time is a chance to play even more Playstation or Fortnite etc and I personally think it is worth it. It may seem a long way away for some / most of you, but the extra-curricular experience you gain is as important to potential employers as your exam results and being able to prove how hard-working you are is always a big plus.

So, whilst training techniques have undoubtedly changed since I was a competitive swimmer, the unavoidable hard work most certainly has not. I therefore thought it might be interesting for you to read about a couple of swim sets I did that stand out in my memory. One was at the start of my international career and the other at the end and the suffer factor for both was something I'll never forget...

“ This was done at a training camp in France about 6 weeks before the 1992 Olympics, when I was 17.

## SET 1:

This was done at a training camp in France about 6 weeks before the 1992 Olympics, when I was 17. Outdoor 50m pool in glorious sunshine.

**10 x (400m free on 5 mins holding whatever I could manage; 2 x 50 free easy on 1 min)**

I remember this set vividly because it was the first time I had easily beaten 4.10 for a set of 400's in a 50m pool. The aim was to help the body adapt to fatigue and teach it how to respond and fight back.

As was usual for me, the first couple of reps were the slowest as it always took me a couple of swims to get into the correct rhythm:

- 1) 4.15
- 2) 4.12

From the 3<sup>rd</sup> one onwards, I started to hit the zone.

You swimmers all know what I mean – that feeling where you seem to be just that bit higher in the water, where your shoulders are incredibly loose and free and swimming fast seems the most natural thing in the world:

- 3) 4.07
- 4) 4.04

When I started to get down to 4.04 or faster, I knew there were maybe only 3 or 4 other people in the world that could hit these sort of times for so many reps and that in itself gave me another lift.

It's a great feeling when the pain really starts to set in, but you're going so fast that the pain doesn't matter – it's something to be accepted, expected and, strange as it may sound, even enjoyed. The more you train at a high level, the easier it is to go fast and to accept and control the pain and fatigue that set in. I ended up getting slightly quicker for the last 6:

- 5) 4.03
- 6) 4.03
- 7) 4.02
- 8) 4.04
- 9) 4.02
- 10) 4.03

There wasn't anything left in the tank after the 10th one, but to hit those sort of times consistently throughout a 5km set was the sort of session that gave me genuine belief in what I could do

**SUFFER SCORE - 9/10**

## **SET 2:**

This was done a couple of months before the 2000 Olympics at Bath University sports complex when I was 25. Indoor 50m pool.

**5 x 200 freestyle @ race pace from a dive.  
8 minutes rest in-between each 200 (i.e. each 200 on a turnaround time of 10 minutes).**

This was a very different type of set as the aim was to replicate race speed, or as close as possible, whilst shocking the body (and mind) with a huge overload of lactate acid and fatigue. I was almost a little edgy on the first one and swam a conservative 1.54 (equal splitting both 100's). The second one I gave it everything and squeezed a 1.52. After this, I was in trouble! My race PB was a 1.48, so these times weren't a million miles from that. The thing I remember most is how quickly 8 minutes can pass when you're seeing stars and before I knew it, number 3 was up.

This one was a case of fighting to the last, knowing that the 4th and 5th were lost causes. I turned in a 1.54 and promptly had to be pulled out of the water. It's at this stage that the mind can either walk away and call it quits, or find another reserve of stamina, power or whatever it is. I found something, but 3 maximum 200's in 30 minutes takes its toll and I limped home with a 1.56. 8 hours' recovery by this stage wouldn't have been enough and the lactate testing that we were doing was off the charts. The final 200 saw me sink lower and lower into the water over the 4 lengths and I just manage to break the 2-minute mark with a 1.58. The pain on something like this cannot be described.

I never repeated the set throughout the remaining 18 months of my swimming career!

**(but worth it).**

**SUFFER SCORE - UNQUANTIFIABLE**

There's no substitute for hard work, but it is something that everyone is capable of doing and it is the ability to work hard repeatedly that determines who wins the race and who doesn't. Talent is important, but the right mental attitude is the differentiator.

Enjoy your next training session...!

By Paul Palmer

# HERTFORDSHIRE COUNTY CHAMPIONSHIPS - INDIVIDUAL QUALIFIERS



**Huge congratulations** to 46 of our fabulous swimmers who will be heading to The Venue, Borehamwood on the weekends of 19th/20th January, 26th/27th January and 2nd/3rd February 2019 to compete across 248 individual events at the Swim England Hertfordshire County Championships. Good luck, swim well and we'll be watching live on YouTube and doing our best to keep up with the results as they happen (we'll circulate the link once it is published!)! **Don't forget to check Swim England Hertfordshire for warm up times.**

**10/11 years:** Catherine Clune, Eliza Andrews, Leo Suo-Saunders, Oliver Gisborne

**12 years:** Alice Longman, Ellen Millar-Bond, George Grimwood, George Taylor, Imogen Tang, Jacob Hayes, Kirsty Neill

**13 years:** Amy Chada, David Badcock, Fergal Barry, Grace Mason, Jago Derrington, Jaymee Wardell, Jessica Fields, Kaia Phillips, Lauren Gore, Lilian Opiyo, Roman Artamonov, Samuel Carter

**14 years:** Evie Smallbone, Freya Reilly, Isabella Good, James Gisborne, Laura Hull

**15 years:** Adam Hazlewood, Aoife James, Freyja Somers, Mehdi El Mansar, Millie Fields, Thomas Ogden

**16+ years: 2003:** Alexander Catton, Eleanor Mason; **2002:** Anya Fletcher, Bryn Couser, Callum Harold, Jessica Penkul, Nellie Eastland, Nicholas Botha, Sarah Carroll;

**2001:** Daniel Chada, Niamh James; **2000:** Callum Davis

We are particularly proud of swimmers for whom this will be their first experience of 'Counties'. Many of you will remember Paul Palmer's talk at our awards night where he referenced Counties being his first step on his illustrious swimming career, so, here are the Comms Team's top tips for those who are new, or are just interested:

**- Get your friends and family to watch live.** Swim supporting is much more fun when you are rooting for people! As well as a Live results page, Swim England Hertfordshire also live streams all of the events on YouTube, so please let friends, grandparents, team mates know and share the link to the live feed. They can stream the events and watch your performance as it happens. (ED, this is where my parents finally started to understand why our child spends so much time at the pool). It's also really good for our younger swimmers to watch the older club members to gain a bit more understanding of what to aim for next year. We will send out the links for Live results and Live stream when we have them nearer the time.

# MORE TOPS TIPS FOR COUNTIES

- **Get a flavour of the event in advance.** You can find recordings on YouTube from last years champs to watch and get a feel for how it all works. Lots of features e.g. heats and finals, and the lights down and swimmer announcements are designed to give swimmers the experience of more formal competitions. Last year it gave a lot of swimmers in the finals the chance to display their 'Flossing skills'!

You can find the live site for the 2019 Championships here:

[https://www.youtube.com/channel/UCyauND2jzg-iU\\_-XQvgJHYA](https://www.youtube.com/channel/UCyauND2jzg-iU_-XQvgJHYA)

A good 2018 session to watch is Session 8 Heats and Finals (Girls and Boys 50M freestyle) or Session 10 Heats and Finals where BSSC performed pretty well - click on VIDEOS.

- **Follow us on Twitter (@BSSwimClub1) and Facebook (BSSC Members Only).**

We will be posting results, as well as session and session finals start times. We are also looking for Parent volunteers to help post during different sessions, we will re-tweet your posts. Use **#BSSCCounties2019** and **#GoStortford**

- **Don't forget the merchandise.** As well as hats, there are various other items of clothing and drinks bottles available to commemorate the event. Do make sure you check in when the suppliers are there. Last year they weren't available on all dates and we would not want you to miss out.

- **And finally, ...** this is a much more extended event than most of our swimmers normally swim at. During some sessions there will be a full squad of BSSC swimmers and in others we may only have 1 or 2. This can be a great opportunity to get to know members of other squads. With extended quiet periods, make sure you have music, a book or whatever suits you to relax and fill your time.

Have a look at the top tips for competitions we published in the last newsletter. Our senior swimmers are the experts here and have some really good advice.

(We are happy to get more tips from those who've been to Counties before. Just email [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk) )



*All the best at Counties everyone!*





## CLUB PRESIDENT: SALLY WINTER

**Squad:** Masters

**Swimming history:** I swam for Shiverers Swimming club in Hove from the age of 9, swimming at Counties, Regionals and Nationals until I joined the Metropolitan Police in 1981. I swam for the Met and for the British Police and then had a break from swimming until my children joined BSSC in 1998. I joined Masters a year later and have been training and competing ever since. I also coached the younger swimmers at the club for 15 years. In 2015 I broke the British and European Long Course (LC) and Short Course (SC) record at 200m freestyle and the British record at 100m freestyle. In the 2016 European Masters Championships I got a bronze in the 200m freestyle and gold in the 100m freestyle.

**Favourite stroke/event:** As a child my event was 100m and 200m back. I took to 50m sprints when I first did Masters and then a few years ago (when I started training a bit more!) I moved onto 100m and 200m free. 200m free (SC) is now my favourite!

**Proudest swimming achievement:** As a child making the national final with my 12 year old relay team. As a Masters swimmer, breaking the 200m free European LC record in Manchester in 2015. My goggles broke as I was behind the block and I managed to fix them seconds before the race. Stu Clarke was my coach at the time, I think he was more nervous than me and gave me such a great pep talk before my race. It was so emotional when I finished, we were both jumping up and down on poolside!

**If I could change one thing:**

No early morning training!  
Pools should be open for serious swimmers all day.

**Best poolside snack:**

Sainsbury's granola from the bakery section.

**Poolside playlist:** Too busy nattering to old friends!

**Hat and goggle etiquette:** BSSC hat and racing goggles done up really tight and tried out in the warm up.

**Hero:** Katinka Hosszu (Hungarian Olympic Champion) and Helen Shingler because she attends more sessions than any other master!

**Why I continue to swim:** Friendship, camaraderie, banter, adrenaline buzz, all round fitness, seeing the young club swimmers go through the club and onto uni. Setting and (hopefully) achieving new targets each year.

**Favourite things about being in the squad:** Saturday morning breakfast meets and friendships.

**Best swim hack:** To stop goggles misting up put a tiny smudge of baby shampoo on the inside, quick dip in the water and don't remove them all session.

**Best piece of advice:**

“ If you believe in something great,  
you can achieve something greater!

(In the next page she talks about being Club President.)

## SWIMMER PROFILE(S) OF THE MONTH

Fancy being our next profile?  
Email [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)

# CLUB PRESIDENCY & WHAT IT ALL MEANS

## **Proudest swimming moments:**

Being asked to be President of BSSC.

I was asked to be President of the club back in 2012. I was extremely honoured to accept and have enjoyed my role thus far. (Although I am a bit upset I haven't got a chain of office!)

When I was asked to take on the role we contacted the ASA to find out if there was a job description for the role, and here is the reply...

*For some it is purely a status symbol, they really do nothing at all, being usually an elder statesman you may use them as a sounding board and also to present the odd trophy. You may even get some money out of them, but often they are old and dodderly and are just a name, even though they, when appointed quite active in the club. The problem is that nobody wants to take the 'position' from them in case it upsets them. The only way forward then is for them to die!*

I have tried to take a rather more active role than detailed above and regularly attend committee meetings, support and liaise with the coaching team, help at swim meets, compete at club champs, follow all the results of swimmers young and old and feed as many youngsters as I can into our junior squads and learn to swim from my swim school.

My aim is not to be 'just a name and not too old and dodderly'!

I want BSSC to continue going from strength to strength and I will keep working towards this goal.



# CLUB CAPTAIN: CALLUM DAVIS

Thanks to Callum Davis, our male Club Captain, for sharing his profile with us. **Watch out for Niamh James' profile (our new female Club Captain) in the March newsletter.**

**Swimming History:** Swimming has always been a huge part of my life. I've competed at British Nationals, English Summer Nationals, Summer and Winter Regionals, County Championships & represented Herts.

**What does being Club Captain involve?** It involves motivating swimmers and being a role model for the younger ones. In my experience everybody swims best when they're having fun and love the people they're surrounded by. So an important part of being captain is making sure everybody has a great time, either in training or racing, and races at their best.

**Do you have a highlight from last year?** Competing in Buhl Germany with the team. We won the 8x50m mixed freestyle race for the first time and everybody beat their PB's In the process. Some swimmers didn't believe they'd do well or hit certain times, but they went for it, and smashed their times by over a second each. Was an amazing race in an amazing place.

**What's your ambition for BSSC this year?** To keep swimming strong and PB. To improve myself as a swimmer and as a captain.

**Favourite stroke / event:** 50 Butterfly.

**Hat and Goggle etiquette:** Goggles over hat.

**Best poolside snack:** Carrot Sticks.

**Proudest swimming achievement:** Making nationals in 50, 100 and 200 Butterfly.

**Best thing about being a swimmer:** Being able to blow bubble rings under water. But on a more serious note, being able to train alongside your friends every day is undoubtedly the best thing. Through pain and through laughter, training hard with your friends makes everything easier for sure.

**If I could change one thing...** Practice more kick when I was younger. I never trained hard in kick. I'm now having to put 250% extra work into my kick to improve it. If I could go back, I'd definitely kick harder.

**Poolside playlist:** I don't listen to music. I focus on my surroundings before my race.

**Hero:** Cody Miller. At the Rio Olympics in the 100 Breast final, he came 3rd. He didn't win the race, but he celebrated like he had won. Watching the race reminds me that everybody should be proud of their achievements no matter what place they came.

**Best swim hack:** When doing underwater fly kick, to get more power and momentum, start with big kicks and, when speeding up, make the kicks smaller and faster over time. This helps you increase your power, extremely effective on sprints.

**Best quote/piece of advice:** Every race is an opportunity. Lane 4, Lane 5, Lane 2, Lane 1. It doesn't matter. If you've got the chance, go for it. Nothing can you stop you if you want it the most.

**Do you have any advice for younger members of the club?** In every session, really focus on the important parts of your technique. Your kick and pull are essential to swimming fast. Better technique means more power. The best swimmers in the world aren't just the most powerful, they also make the most out of their turns. Practice fast turns, keep streamlined and do your underwater kick. If you're a long distance or short distance swimmer, the saying still stands, practice makes perfect. Combined, seconds will fall off.



## KAIA PHILLIPS

**Squad:** Elites

**Swimming History:** Learned to swim, met Benoit, then went to Regionals & Nationals

**Favourite stroke / event:** 200 Butterfly

**Proudest swimming achievement:**

Winning 50 back at Regionals

**Best thing about being a swimmer:** you can eat whatever you want and the swimming burns it off!

**If I could change one thing:** My lung capacity.

**Best poolside snack:** grapes

**Poolside playlist:** Loads of songs no one really knows... On my side, Take me back, Getaway...always room for a bit of K pop too (thanks Jess P)

**Hat and Goggle etiquette:** Just 1 hat and 1 pair of goggles over the top but take 5 spare hats.

**Hero:** The Brownlee Brothers, Millie Fields!

**Best swim hack:** In training, push off 2 seconds before you are supposed to, to look faster.

**Best piece of advice:**

“ Pain is just weakness leaving the body.

## JAKY HAYES

**Squad:** Benjamins

**Swimming history:** I have swum here for around 4 years. I have done many competitions

**Favourite stroke / event:** Backstroke 50 M or 100 M

**Proudest swimming achievement:**

Getting County Times for 2019 in 200m freestyle at my second attempt at the distance.

**Best thing about being a swimmer:**

The friends you make and the competitions.

**If I could change one thing:**

more people to accept that climate change is real and not continue to destroy the environment.

**Best poolside snack:** Flapjacks

**Poolside playlist:** I like a wide range of music

**Hat and Goggle etiquette:** One hat. Goggles over.

**Hero:** Michael Phelps.

**Best swim hack:** Breath less in 25m and 50m.

**Best quote/piece of advice:**

“ Swim Hard  
Train Hard!



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



## DAN CHADA

**Squad:** Elites

**Swimming History:** Club, County, Regional, Nationals competitions

**Favourite stroke/event:** 50/100 backstroke

**Proudest swimming achievement:** 100 Back Gold & 3 Bronze Medals at Nationals / Multiple County & Regional Champion

**Best thing about being a swimmer:** Friendships with club and other club swimmers

**If I could change one thing:** Ban morning swimming

**Best poolside snack:** Protein Bar

**Poolside playlist:** Eminem

**Hat and Goggle etiquette:** goggles under the hat, always have spare hat and goggles

**Hero:** Liam Tancock  
(ex GB 50 back record holder)

**Best swim hack:** Be happy before the race

**Best piece of advice:** Train hard / Focus before the race / see yourself swim and win / believe you can win ...

“ Focus on what you are best at

## TIA WARDELL

**Squad:** Poussins

**Swimming history:** completed ASA to honour level, have just turned 9 so can start competing

**Favourite stroke / event:** front crawl

**Proudest swimming achievement:** getting my first ever medal and recently completing the Aspire Channel Swim with my sister Jaymee.

**Best thing about being a swimmer:** because I get to see my friends.

**If I could change one thing:** backstroke would be replaced!

**Best poolside snack:** sweets

**Poolside playlist:** Taylor Swift

**Hat and Goggle etiquette:** goggles first and then hat over the top.

**Hero:** Aimee Willmott as she used to train me in London.

**Best swim hack:** to always have good technique.

**Best quote/piece of advice:**

“ Try hard and never give up!



# MEET THE SQUAD

A little sneak peak into...



## BENJAMINS SQUAD

**Squad Name:** Benjamins

**Age range:** 8 - 13

**Swim Locations:** Bishop's Stortford College and Herts & Essex

**Hours:** Benjamins train every day of the week except Wednesday, with 8 hours of training available and an aim of 5 hours a week (with some doing more).

**Main squad aim:** Just like our age range, we have a fair mix, our top swimmers are aiming for their first East Regional Championships, but we also really value our club swimmers who swim for fun and fitness..... oh and to perform the best Macarena at Open Meets!

**Events you attend:** Mainly level 3 and 4 events with key aim being to qualify for Herts County Champs each year. However the fitness gained from our swimming is often supporting a much broader range of sporting interests, including Aquathlon, Hockey, Triathlon, Netball, Football, Cricket, Rugby, Athletics, Running, Dance, Gymnastics, Skiing, Sailing, and Dog Walking (to name a few!).

**Things you never knew about our swimmers/squad:** Strangely, the majority of the squad are backstrokers. We are starting to understand the benefits of being fitter than most of our friends!

[Oh, and we do have boys in the squad too - it's just tough to get a photo of us all!]

## YOUR CLUB NEEDS OFFICIALS!

[Dominic.mason@ntlworld.com](mailto:Dominic.mason@ntlworld.com)

To run our galas and fulfil our obligation to supply officials at team competitions, BSSC needs qualified officials.

We particularly need the following:

- \* Those who are officials in training to complete their training and qualify; and
- \* New officials to begin training

If you are an official already in training, the next stage, the Judge Level 1 part 2 course, is available through Herts ASA at the University of Hertfordshire in Hatfield in February .

**PLEASE MAKE SURE YOU SIGN UP.** Then, it is a case of completing the required online module, training areas and getting assessed.

If you are interested in becoming an official, please contact Dominic Mason at **[Dominic.mason@ntlworld.com](mailto:Dominic.mason@ntlworld.com)**.

We will be looking to organise a timekeepers and J1 part 1 course once we have sufficient numbers. It's not difficult, you will learn more about swimming and it passes the time at galas. You will also have free entry at galas and the thanks of all the swimmers as galas cannot be held without volunteer officials!

## A MESSAGE FROM THE MEMBERSHIP SECRETARY

[membership@bsswimclub.org.uk](mailto:membership@bsswimclub.org.uk)

**Annual Membership renewal** is taking place right now - you should have received an email during December with instructions on how to renew.

Whilst renewing, please remember to check that the details the Club holds on the database are correct. Have you changed your email address, or telephone number? Are the emergency contact details correct? And, most importantly, are there any medical issues that we need to know about?

**If your child is swimming at Counties, you must renew by Friday 18th January.**

Also, please complete the **Photography Consent form** and **return a hard copy to your squad coordinator** for each swimmer in your family. The current consent form has no specific mention of social media, which the Club would like to use to share our successes, promote ourselves and hopefully attract more new swimmers to join us. If you have any concerns over social media please contact the Comms team.

Many thanks,

Linda



Any Questions?

# LEVELS 1-4

# MEET??!

BY COMMS@BSSWIMBLUB.ORG.UK

## WHAT'S THAT ABOUT?

Here's our mini guide to the four levels of licensed meets. Licensed Meets are swimming events where the license has been granted by Swim England (or one of its regions), which means they have to meet certain standards to ensure fair competition.

All licensed meets are subject to the Amateur Swimming Association (ASA) laws and regulations and the ASA Technical Rules of Racing. The meets are graded into four levels. Swim England has a detailed description of each level on their website (<https://www.swimming.org/sport/licensed-meets/>) but the basic details are:

**\* Level 1 Meets are long course (50m) only and cover National, Regional and County Championships.** Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships.

**\* Level 2 Meets are short course (25m) only and cover National, Regional and County Championships.** Their purpose is to enable athletes to achieve qualifying times for entry into short course National, Regional and County Championships. The upcoming Herts County Championships is a Level 2 meet. The Guildford City Swim Club Winter Open that our older squads attended in December was a level 2 meet.

**\* Level 3 Meets can be long or short course events.** They enable athletes to achieve times for entry into Regional and County Championships and other Meets at Level 1 or Level 2. Both the 25m Open meet at Borehamwood in March and our 50m Open meet at Luton in June are Level 3 events.

**\* Level 4 Meets are entry level events in pools 25m or greater.** They are for inexperienced athletes and swimmers seeking to compete outside their club environment. If times are good athletes progress to Level 3 Meets. A single club competition that is restricted to its members such as Club Championships would be a level 4 meet.

With County Championships coming up, we thought a quick energy bar recipe would be good, like the one below from Sam Gisborne.

Try adding lots of different dried fruits, apricots, dates, cranberries or candied peel. You can also add a bit of nutmeg, or cinnamon or the zest of an orange or lemon. Just adjust the amount of oats or add a bit more honey

**MAKES 9**

**PREP & COOKING TIME :  
35 MINUTES**

*Ingredients:*

- 250g butter
- 200 g soft brown sugar
- 2 big tablespoons honey
- 200g-250g (approx) porridge oats
- 50g seeds - any type of seeds, i.e pumpkin, sunflower, sesame, chia, etc or raisins

- 1) Preheat the oven to 160°C and line a 20cm baking tin with greaseproof paper.
- 2) Melt the butter, sugar and honey in a pan.
- 3) Take off the heat and add the oats and seeds or whatever you are using and stir well until everything is coated, it should be quite sticky and not too dry.
- 4) Pour the mixture into the baking tin and press down.
- 5) Pop it into the oven for 10-15 minutes until golden.
- 6) Cut into squares in the tin as soon as you get it out of the oven, then leave to cool (if you can wait that long!).

Enjoy and swim fast!!!

# FLY-POWERING FLAPJACKS

BY SAM GISBORNE



## RECIPE OF THE MONTH

Have a family favourite recipe to share?  
Email [comms@bsswimclub.org.uk](mailto:comms@bsswimclub.org.uk)



# BSSC SUCCESSES SO FAR

## **BSSC SWIMMERS TAKE HERTS & ESSEX TO NATIONAL SCHOOLS CHAMPIONSHIPS**

Sarah Carroll, Eleanor Mason and Anya Fletcher, along with Celeste Andrew from Harlow Penguins, formed the four-woman Hertfordshire & Essex High School Senior Age Group team who travelled to the London Aquatics Centre on Saturday 17th November for the national finals of the English Schools' Swimming Association (ESSA) Secondary Schools Team Relay Championships.

Outstanding swims from the team saw them match their short course qualification times in the long course pool, finishing 15th nationally in the Freestyle relay and 21st in the Medley relay, making them one of the very top state schools in the country, headed only by specialist public schools with swim programmes! Well done to our swimmers for this super performance!

## **SWIMMERS SPARKLE AT BBSC & DASC CHRISTMAS CRACKER OPEN**

A large squad attended the Braintree & Bocking and Dunmow Atlantic's joint Christmas Cracker Open Meet on the 24/25 th November, in search of some quick times and some rather sparkly Christmas medals. They had a cracking meet with some outstanding individual performances resulting in large amounts of PBs and County times across all ages, and a whopping 47 medals (15 Gold, 17 Silver and 15 Bronze) brought home by these super swimmers!



## **LAST CHANCE SALOON AT THE GUILDFORD CITY SWIMMING CLUB WINTER OPEN**

On the weekend of 17th & 18th Nov, fourteen of the older Bishop's Stortford Swimming Club swimmers travelled to Guildford to compete at the Guildford City Swimming Club Winter Open Meet. This was the final opportunity for swimmers to qualify for the Swim England National Winter Championships in December, so the calibre of swimming was high.

Competing were Kaia Phillips (12 years), Millie Fields, Mehdi El Mansar and Tom Ogden (14 years), Alex Catton (15 years), Sarah Carroll, Nellie Eastland, Jessica Penkul, Nicholas Botha, Bryn Couser & Callum Harold (16 years), Niamh James & William Picton (17 years) and Callum Davis (18 years).

Our swimmers had a very successful weekend with numerous PBs being swum and medals coming from **Millie Fields** (Gold in the 100m 200m & 400m freestyle, Silver in the 10/15 years 100m & 200m freestyle final and 100m IM),

**Jessica Penkul** (Gold in 200m butterfly),

**Thomas Ogden** (Silver in 50m, 100m & 200m backstroke),

**Sarah Carroll** (Silver in 100m IM),

**Niamh James** (Bronze in 50m, 100m & 200m backstroke),

**Kaia Phillips** (Bronze in 50m butterfly) and

**Bryn Couser** (Bronze in 50m breaststroke).

Special mention should also go to **Mehdi, who achieved the qualification time for the Swim England National Winter Championships in the 400m IM.**

## **CHRISTMAS STARTED EARLY AT THE XMAS NO FRILLS MEET**

The festive season started well for around 80 of our swimmers, who took part in 2 evenings of great swimming at the Xmas No Frills gala run by BSSC at the College on 1st & 2nd December. It was 2 nights of fun, lots of PBs and County times and was an opportunity for many of our 8 and 9 year olds to experience their first official meet. There were anxious moments and a few tears, but they performed brilliantly. Thanks again to all the officials and team members who organised and ran both nights, and the army of volunteers who were wonderfully coordinated by Lorraine Hayes.

## MASTERFUL SELECTION FOR SWIM ENGLAND EAST REGION INTER COUNTY COMPETITION

On 17 th Nov, Ashley Meerloo, Helen Shingler, Matt Barton, Lizzie Bellinger, Pete Kelleway & Callum Davis, headed to Basildon to represent Herts in the Swim England East Region Masters Inter County Competition. They were competing against Beds, Norfolk, Suffolk and Essex.



Leading the way with some spectacular fly swimming was Lizzie impressively showing the youngsters how it's done by coming 1st in the Womens 25 Yrs/Over 50m Butterfly & Womens 140+ Yrs 200m Medley Team, and 3rd in the Womens 140+ Yrs 200m Freestyle Team. Shaking off the rust to race after time away, Ashley delivered a great 3rd in the Mens 55 Yrs/Over 50m Butterfly & 50m Freestyle. Callum showed the youngsters weren't slacking with 3rd in the Mens 18 Yrs/Over 50m Butterfly. Callum & Matt coming 3rd as part of the Mens 100+ Yrs 200m Medley Team. Matt also swam a scorching 27 seconds in his 50m free. Helen and Pete swam the races no one else wants to and made the best jokes. Well done to all swimmers! Although Herts came 5th overall it was the first time they've managed to field a team for a number of years.



**The National Arena  
Swimming League**

## BSSC RETAIN PLACE IN NATIONAL ARENA SWIMMING LEAGUE'S LONDON PREMIER DIVISION

On Saturday 8th December, our Arena team were on fantastic form in the third and final round of the National Arena Swimming League. After a 5th place finish in November's Round 2 gala, we were joint 9th out of 16 clubs in the London Premier Division league table and narrowly missed out on the London Premier Final. It was an exciting, loud, fun night with lots of red warpaint and some brilliant performances across all ages, resulting in a 4th place finish on the night behind Colchester, Chelsea and Romford, and an overall 11th place in the division!

A huge thanks to Shereen for organising the team and also to all the officials (and trainees), Pam, the coaches, poolside helpers and our parent cheering squads – this couldn't happen without the support of you all. Well done to our team who swam out their skins to help us retain our place in the London Premier Division!

## CLUB MEETS GB ELITE AT THE SWIM ENGLAND NATIONAL WINTER CHAMPIONSHIPS

Congratulations to Millie Fields, Mehdi El Mansar, Tom Ogden, Alex Catton, Niamh James and Elinah Phillip who all headed to Sheffield on Dec 14-16 for the Swim England National Winter Champs (25m). The National Winter Champs offered a Christmas feast of fast swimming with a range of historic and prestigious swimming trophies being handed out to event winners. This year, the fastest club swimmers (around 900 of them!) were joined by a number of GB Elite members, to battle for the honour of being the fastest swimmers in England. What an amazing opportunity for our super six to be in the same meet as elite swimmers such as James Guy, James Wilby, Max Litchfield, Luke Greenbank and Siobhan O'Connor!

All our swimmers performed well, but special mention must go to Tom and Mehdi for breaking 3 all time short course BSSC records in the 14/15 age group. Tom achieved the records for the 100m backstroke (59.60) & 200m IM (2:14.22), whilst Mehdi achieved the 400m IM (4:49.25) record.

Many of the events mentioned above have larger write-ups on our website, so take a look for more details. Don't forget to connect to our club Facebook and Twitter accounts to get more live-time reporting on events and keep an eye out for articles and photos in the Bishop's Stortford Independent and other local magazines.

New for 2019 will be our Instagram account, so get ready with those photos!

### UPCOMING EVENTS

- **Herts ASA County Championships Wk 1**
- Herts ASA County Championships Wk 2
- **Herts ASA County Championships Wk 3**
- Sudbury Masters Meet
- **Major League Round 2**
- Enfield Swim Squad Meet

See the website for full details.

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



# WHAT ARE "MAJORS"?



So Oct-Dec each year we have a team competing in the **National Arena League**, Jan-Mar we have a team competing in the **Herts Major League**, and Apr-July we compete in the **Herts Peanuts League**. Are you keeping up?!

Hopefully you know all about the National Arena League from our last newsletters and Facebook posts (if you don't, please go back and do some homework!), so now it's the turn of the **Herts Major league**, or "Majors" as they are often called. Peanuts (the League, not the snack!) will be covered a little more in the March newsletter.

The Hertfordshire Swimming League is a non-profit organisation founded in 1979, whose aim is to provide competition for as many clubs as possible in Hertfordshire. It operates three distinct leagues:

- **Major League:** running from Jan to March, aimed at older swimmers
- **Peanuts League:** running from April to June, designed for younger swimmers (9-12 years)
- **Senior League:** aimed at Master Swimmers 25+

In 2019, the Major League has two divisions with promotion and relegation between divisions for the top and bottom two teams. There are three galas per season, this year running on 5th January, 23rd February and 23rd March, and in the third and final gala in Divisions One and Two, the top 6 teams swim against each other and prizes are awarded to the overall winner and runner-up in each Division.

We have a team competing in Division One and swimmers will be selected by the coaches and Shereen (Team Manager) into Under 12, Under 14, Under 16 and Open age groups, based on age on day of the final gala.

This is a great opportunity for a broader spectrum of swimmers to experience inter club competitions and congratulations to all those who have been selected.

Swim fast and have fun!

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



# 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**

## CHANGING ROOM ETIQUETTE

We would like to remind child/adult members and parents of the following changing room considerations:

- Outdoor shoes should be removed before entering changing rooms.
- Parents should not be in changing rooms whilst children are changing, unless their child is of an age where help is required or if the child requires additional specific assistance.
- Adult members are encouraged to use their own area, wherever possible, when changing at the same time as children. Where this is not possible adults are reminded to change in an appropriate fashion, and to be mindful that they are changing with children.
- Child members, especially those in Poussins, are reminded to have respect for other people's property. It is not appropriate to throw belongings on the floor or into the bin.

More information on Changing room etiquette can be found in the Wavepower document on the Swim England website.

## EASY FUNDRAISING & PRO SWIMWEAR

This time of year make your online holiday planning go even further by launching websites like Booking.com, Thomas Cook, Expedia, Virgin Atlantic, Emirates etc. through **Easy Fundraising** and raise money for the club as you book. Just choose BSSC as your charity to raise donations every time you shop online through this link:

<https://www.easyfundraising.org.uk/causes/bsswimclub/>

The ProSwimwear club specific website page is up and running again. Any purchases made through this page raises money for the club:

<https://www.proswimwear.co.uk/swim-clubs/swim-clubs-b/bishops-stortford-swimming-club.html>