



BABBLE

The Bishop's Stortford Swimming Club Newsletter



COMMS INTRO >>

By Comms Team
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It's Spring, children are growing, and the swimming season is hotting up! We have swimmers at many different meets, including our own, plus senior squads travelling to Spain, so things are definitely getting busy in the pool.

In this issue we cover our usual squad and member round ups, and a recipe to feed our hungry swimmers. Our main features include a particular focus on the fantastic performance of our swimmers at Swim England Herts County Championships.

We are delighted to introduce Barry, our new coach, although if you read his profile, you will find this is not so much a hello, as a welcome back! Paul Palmer has taken the time to share some more of his insights, this time on how to get through training and set targets, and we very pleased to welcome a new feature from local Physios and Masters Swimmers Geoff and Katy of Choice Physio. This edition they are covering Injury Prevention. Thanks to Barry, Shereen, Lizzie and of course Paul for all your help this month.

As ever, we will have forgotten stuff and missed swimmers for which we apologise in advance! Please do share with us particular achievements, or, as Geoff and Katy have done, get in touch with some ideas or content. We would really like to hear from parents of younger swimmers or those new to the club to ensure our content appeals to everyone. Please get in touch!

SPORTING PSYCHOLOGY PART 1

by Paul Palmer

So... I was lucky enough to be invited to train with some of the Elite squad a few Wednesday's ago. It was (for me) a tough session and special credit should go to three very capable 14 year olds who proved too quick for me on a number of swims – take a bow Thomas Ogden, Mehdi El Mansar and Mille Fields.

The main set of the session was as follows:

12 x 100m freestyle hard, followed by 100m easy.

Total turnaround time was 4 mins. Whilst individual times fluctuated, in general, Tom and Mehdi averaged 63-64 and Millie 65 seconds. It was a great effort and I enjoyed being part of it.

One thing I did notice was a comment made by Tom after we had completed 3 reps: “Only 9 more”, he said, with a heavy hint of sarcasm. This instantly took me right back to my days of full-time training and how I dealt with the numbers of reps I was often asked / ordered to do. Often a set would be 4km long, split (for simplicity's sake) into 40x100's or 20x200's or 10x400's etc.

Sometimes when faced with such a large number of reps and a seriously lengthy overall main set, it can become a bit daunting. My way of handling this was to break it down into more manageable psychological chunks. Therefore, my approach to the set I did with the Stortford swimmers went something like this:

After 3 reps, we only had 3 more to do and then we were already “at least” halfway through. That is a much better way of thinking than trying to deal with the fact you still have 9 more to do. Once you're halfway through, you're on the home straight.

“

When you only have 3 more reps of a set left, there is no possible excuse for not finishing.



Therefore, after only 3 reps (when still relatively fresh), I could already envisage the finish line. I said “at least” halfway through, because I would always mentally lower the number of reps I needed to do. Thus 12 became 9. I could then assess the situation after 9.

When we had all finished 6 and were halfway through the set, I could then kid myself that I only had 3 more to do, as I had set the minimum target at 9 reps. What’s another 3 reps to take me from 6 to 9? Nothing, that’s what, just a few minutes of pain.

Easy.

So, you’ve done 6, now do another 1 to make 7. Then, once you complete rep 8, suddenly there is only 1 more to go, so you can fight that bit harder. Then, boom!, you’re at 9 reps completed and this is where it always got interesting for me... I was always faced with two simple options – quit after 9 as I had kidded myself I could do, or dig deeper and push through for the last three. Psychologically, way back when we had done 3 reps, I knew I would do the full 12, but by offering myself a little “get out” after 9, it helped me mentally deal with the workload. When you reach 9, there is no way you can stop – that’s for people who fail. When you only have 3 more reps of a set left, there is no possible excuse for not finishing. And, anyway, rep 10 is the penultimate rep really, as the very last rep simply doesn’t count as there is nothing to save yourself for. So rep 10 is suddenly the penultimate rep and rep 11 becomes the last rep. Once you have done 11, then there is nothing to lose – just drain yourself of every last bit of power, speed, stamina, energy and fight during rep 12, right up until you hit the wall.

And then you’re done!

This outlook is exactly the same as having an Olympic ambition. As a 12-year-old, the Olympics are pretty much unattainable, so you set yourself more manageable and immediate goals. Club champs; county champs; districts; nationals; selection for the English team, European Juniors and so on. It is all about breaking the big goal down.



2019 COUNTY CHAMPIONSHIPS

2019 Championships Overall Medals Table				
CLUB				Total
Hatfield	145	90	75	310
City of St. Albans	45	52	46	143
Bishops Stortford	38	32	32	102
Watford	27	46	58	131
Berkhamsted	12	1	1	14
Potters Bar	9	17	15	41

Across the weekends of 19/20 Jan, 26/27 Jan & 2/3 Feb 2019, more than 50 BSSC swimmers aged 10 to 19 competed in the Swim England Hertfordshire County Championships in Borehamwood. Only the top swimmers across the County had been selected for each age event, so it promised to be an exciting event and it did not disappoint! Places in finals and battles for medals came down to hundredths of a second and lengths of fingernails.

Eleven super talented swimmers bagged 55 individual medals (22 Gold, 22 Silver and 11 Bronze) and our relay teams won another 6 medals – Silver for the Mixed Open Free Team and Bronze for the Womens 15/Under 200m Medley & Free Teams, Mens 15/Under 200m Medley Team, Mens Open 200m Medley Team and the Mens Open 200m Free Team. When you add in Junior and Open Championship medals, BSSC ended up third on the overall medals table, a great achievement, behind the huge clubs of Hatfield and CoStA! **You can read more about the facts and figures and see some of the photos in the News article on our website, but in this article we wanted to celebrate the other stories of Counties.**

Chatting to Laure, she highlighted that the swimmers swam very well even given the stressful competition environment; that there was a very good atmosphere between the swimmers, with a lot of support from everyone either for individual events or relays, but especially the older swimmers supporting the youngest. As a club we had very good results and the swimmers can be proud of themselves!

There were outstanding performances across every age group, but let's highlight our 10-11 year olds competing in their first County Championships (see front page photo). With all events being streamed live on YouTube and individual finalists brought one by one onto poolside, it was a nerve-racking affair, but they all stepped up magnificently showing great promise for the future. Leo Suo-Saunders gained five PBs in six events, and raced in two finals, coming 7th (50m Free) and 8th (100m IM); Eliza Andrews gained six PBs in seven events, raced in two finals and had four top 8 finishes (5th 200m Back, 7th 50m Back, 8th 100m Back & 200m Free); Catherine Clune got PBs in both her events and came 7th in the 50m Breast final; whilst Oliver Gisborne got PBs in both his events. The support they got from the older swimmers was superb, but the best moment award has to go to Callum D for organising the support squad for Leo in his very first Counties race, 100 Breaststroke.



2019 COUNTY CHAMPIONSHIPS CONT'D

George Grimwood (12 yrs), Kirsty Neill (12 yrs), David Badcock (13 yrs) and Grace Mason (13 yrs) gained PBs in every race they entered. There was some particularly big PBs, starting with Alice Longman, our opening swimmer, knocking 12 seconds off her 100m Fly time and scoring her first regional qualification at the same time, Ellen Millar-Bond taking 6 secs off 100 Breast, Jakey Hayes putting everything in to take 5 secs off his time in 200 Free, Issy Good knocking well over a second off her 50 Fly time to score a place in the final, Freya Reilly getting into the 50 Back final with a PB and then doing it again in the final to take 6th, Jayme Wardell & Jago Derrington both removing 7 secs in the 200m Back, Kaia Phillips managing to knock 4 secs off her 100IM performance between Heats and Final in 100IM, Nellie Eastland responding well to her cheering squad with a 3 sec 100IM PB in Heats and Final, James Gisborne sneaking under the one minute mark in 100 Free final, and Jessie Fields who managed a PB in 100 Fly after 3 months away from the pool.

All the medallists were involved in battles for the top spots, but two of the biggest comebacks in a final that had us all screaming poolside and at the TV were displayed by Kirsty Neill. In the 100m Breast she stormed through the field from 5th at the final turn to out-touch 2 others for the Silver medal by .06 seconds and repeated it all again in the 50m Breast, where a 2 sec PB got her into the final and beating that again in the final she touched for Bronze, 0.03 seconds ahead of 4th! She also knocked a full 16 seconds off her 200m IM PB.



Two races stand out in particular, where our swimmers were in a class of their own. Kaia showed how to swim your own race in 50 Back where she outclassed the field by more than 2 seconds, and Millie beat the 10/15 year field by over 6 seconds in the 200m IM!

Battling through awards go to Fergal Barry, who was in his first competition since having knee surgery only a few weeks before and still managed a PB in the 100m Free, and Amy Chada who was ill throughout but desperate to swim and could be found asleep in the car in between races!

The overall sense of camaraderie positivity and fun in the squad was added to by Nick Botha's presence at poolside, especially when Beyonce was playing!

Matt and Laure waved on each swimmer in every race and made sure that everyone got some helpful feedback however well they had just done and there were even rumours that Benoit told a couple of our swimmers he was 'impressed'!

Well done, well swum everyone!

CLUB CHEERLEADER PROFILE !

We couldn't celebrate our amazing achievements at Counties without also giving a special mention to our best supporter throughout all 3 weekends, whose voice could be heard loud and clear across the pool and on all live feeds! She even brought her fluorescent gel pens to start noting down times - future coach in the making?!



Our inaugural **Club Cheerleader Award** has to go to ...

ZOE OPIYO

Squad: Poussins

Swimming History: I started swimming when I was 4 years old, a whole 2 years after Lilian. And when I was 8 years old I did my trial with Chris to join BSSC. I've competed in club champs and got loads of medals - but mostly trophies. My favourite thing at swimming competitions is eating the snacks. Nom nom 😊

Favourite stroke / event: 50m Breaststroke

Proudest swimming achievement: Being able to dive! When I watched my first dive...Oh my gosh! (face in palm)

Best thing about being a swimmer: You get to have fun with your coaches.

If I could change one thing: I'd change the order of IM to Free, back, fly and breast.

Best poolside snack: Lucozade & caramel rice cakes.

Poolside playlist: Little Mix songs.

Hat and goggles: Hat then goggles, but when I'm older I wanna start putting hat - goggles -hat.

Hero: Can it be Elinah Phillips? (yes) Yes!

Best swim hack: I don't have one.

Best piece of advice: Put your arms near your ears to streamline properly.





choicephysio

INJURY PREVENTION TIPS FOR COMPETITIVE SWIMMERS, BY CHOICE PHYSIO LIMITED

Well done to all who competed in counties throughout January! As competitive swimmers ourselves (two of our team both competed for BSSC for over 10 years), we understand that the training intensity can increase and reduce at certain times throughout the year. This helps the body prepare and then taper for competitions.

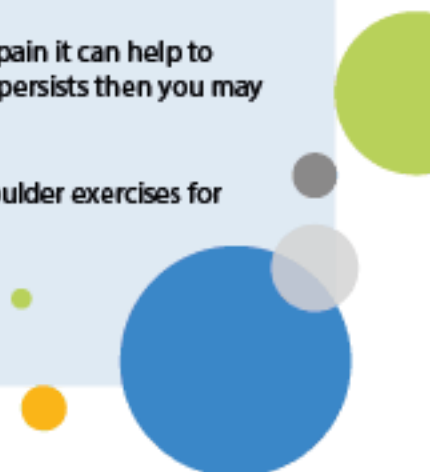
Due to the repetitive motion that occurs when swimming, the body has an increased chance of overuse injury to certain structures. Shoulder injuries are the most common, due to the repetitive joint rotation, and training often involves a lot of freestyle even if this is not your A stroke.

Knee pain is also common, particularly with breaststroke due to the strain placed on the inside of the joint during the kick. Butterfly and breaststroke swimmers are also at a slightly higher risk of back pain due to the position of the spine during these strokes.

We have put together our 5 top tips to help reduce your chance of getting an injury!

- 1) Ensure hand entry into the water during freestyle does not cross the midline of the body, as this can compress and irritate the rotator cuff tendons and long head of biceps tendon which increases the chance of shoulder impingement.
- 2) Doing lots of freestyle during training can cause the muscles at the front of the shoulder and chest to become tight, which can cause swimmers to become round shouldered. This also increases the chance of the tendons in the shoulder joint becoming irritated, so doing pectoral stretches daily can help to keep the shoulders in a better position.
- 3) The repetitive motion during swimming places stresses on certain muscles which can cause imbalance, so strengthening the rotator cuff muscles that surround the shoulder can be good to help give the shoulder stability.
- 4) The incidence of pain and injury can be higher in swimmers who have poor technique, so if you are not sure ask your coach to ensure your technique is right.
- 5) Pain can begin due to overuse and muscle fatigue, so if you are experiencing pain it can help to initially rest and ice the area (with ice wrapped in a cloth or towel). If the pain persists then you may require treatment to help the injury recover.

In next month's newsletter we will be showing you some great strengthening shoulder exercises for swimmers!



PHYSIO PROFILE - GEOFF SHORT

Squad: Masters

Swimming History: Joined BSSC in 1995/96. Broke the 'under 9 years 25m backstroke' club record that had stood for 12 years (previously won in 1982 by David Paxton) in a time of 18.94.

I took a break from swimming to try other sports aged 13 years. Thanks to Sally Winter and swimming teaching with her, I rejoined the club at 16. After two years of training I qualified for Nationals at 18 years old. I then moved to Australia in 2008 and joined West Coast SC. I competed in the Australian Nationals in Sydney in 2009, and won the Western Australia State Championships in 50m and 100m Fly.

I returned to England early 2010, and continued to compete. I won Nationals in Scotland in the summer of 2010 and broke the East Region record for 50m Fly in a LC time of 24.64. In the same year I made the final in the Commonwealth trials and was also a finalist at world trials in 2011.

Favourite event: Butterfly 50M (100m when I am swim fit).

Proudest swimming achievement: Winning Nationals & making finals at commonwealth and World trials

Best thing about being a swimmer: Making friends for life

If I could change one thing.... Not quit at age 13

Best poolside snack: Bar of jelly (I haven't eaten this since I was 13)

Poolside playlist: R Kelly (I believe I can Fly) 🎧

Hat and Goggle etiquette: speed socket goggles with BSSC swim hat

Hero: Michael Phelps

Best swim hack: 5 fly kicks off every turn in training

Best piece of advice/quote:

Never Give Up & Practice Practice Practice

Thanks to Geoff and the team at Choice Physio for this edition's article and profile. Next edition we'll introduce you to Katy.

THE TIMES THEY ARE A CHANGING'



Ever wondered about the names on the BSSC All Time Records list that are shown on our website? Well we have, and with the help of Stu Clarke, here's a bit of club history!

2018 Performance

There were 171 short course (SC) & 144 long course (LC) records listed on our website during 2018. By the end of the year, our current swimmers had broken 31 (18%) of the short course and 25 (17%) of the long course BSSC All Time records, one of which had stood for 31 years!

At the youngest end of the club, showing great potential for the future, we had Leo Suo-Saunders achieving three Short Course 9/Under records (50/100m Free, 100m Back) and Jeremiasz Kuczma getting the 100m Breast, whilst in Long Course Catherine Clune bagged two 9/Under records (50m Breast & 100m Back), Leo grabbed a 50/100/200m Freestyle clean sweep, Jeremiasz got 50m Fly & Breast and Tain Phillips the 100m Back!

In the 10/11 age group Kaia Phillips set 6 SC and Jago Derrington set 1 LC record, whilst in 12/13 age both Millie Fields and Tom Ogden set 3 SC records each. All these swimmers then had birthdays that moved them up a category, leaving some extremely tough targets for the younger swimmers coming through! Tom and Millie continued the year in fine form, with Tom breaking 3 SC and Millie 3 SC & 4 LC 14/15 age records. Some of Millie's swims were so good that she also broke 2 SC & 4 LC Open age records!

Additional great records were set by James Gisborne (1 LC 12/13 yr), Callum Harold (2 SC & 1 LC 14/15), Mehdi El Mansar (1 SC 14/15), Nick Botha (1 SC & 3 LC 14/15, 1 LC Open), Elinah Phillip (1 SC Open), Niamh James (1 SC Open) and Bryn Couser (1 SC & 2 LC Open).

If you'd like to know more then just head over to our website:
<http://bssswimclub.org.uk/club-records/>

What's left to break?

Around 10% of the existing short course records were set during the 1980s and 1990s, and if you include records set 2000-2010, then there are 35% still to swim for! Long course there are only 3% of records left standing (just 5 records) from the 1990s, but 24% if you include 2000-2010. Given the calibre of our current swimmers, this shows us that the club certainly had some superstars in the past!

We're looking forward to our current swimmers achieving lots of new records during 2019! The web page is going through a few changes right now, so please be patient if records are not listed or quite as you expect! Do speak up about any errors or omissions!

So who set some those long-standing records?

Three of the short course records from 1993 were set by **Kerry-Anne Edwards (Newton)**, who went to the 1992 European Junior Championships in Leeds and was part of the bronze medal winning 4x100m freestyle team. She was awarded the “Wilkinson sword” Award in 1993 by Hertfordshire swimming, which Elinah Phillip received in 2018. She rejoined the BSSC Masters squad about 7/8 years ago for a couple of years, and swam at the Herts Masters Champs.

David Paxton has 6 Male Open records that still stand from 1991/92! He also went to the European Junior Champs for Team GB in 1992, getting an individual bronze medal in the 400m IM and participating in medal winning relay teams. He was awarded the “Wilkinson sword” Award by Hertfordshire swimming in both 1991 and 1992.

The 100m Breaststroke 14/15 age record broken by Callum this year had stood for 31 years!! It was set by Matthew Banham in 1987! **Matt Banham** was the BSSC Head coach on two occasions and was a National Breaststroke swimmer.

Peter Sharpe, who still holds a 9/under record from 1990, went to Bishop’s Stortford College and was one of the members of the College 4x100m freestyle team which dominated the Annual Bath & Otter Private schools swimming competition in the 1990s.

Andrew Sutherland still holds breaststroke records from 1997. He medalled at the Southern Counties Swimming Championships in the 1990s and went to the British Summer Nationals for the 200m Breaststroke under coach Matt Banham. He was BSSC club captain and his family (two sisters and parents) were a massive part of the club in the late 1990s and early 2000s.

The 200 and 400 IM 14/15 age records broken by Tom and Mehdi this year, had been set by **David Kelleway** in 2009. He won the BAGCATS East Region swimming Championships in 2007/8ish and was a top national backstroker during the 2000s. He moved to Freestyle and Butterfly later on in his career and featured in BSSC’s 4x200m freestyle team at the 2017 East Region Championships, which qualified the team for the British Summer Nationals!

Many of the 2009-2011 records in the younger groups belong to **Max McCusker**. He used to train under Graham Huggett and still swims now, training on a College scholarship programme in the USA. He was last in the UK racing at the British Summer Nationals, where he won medals in some of the fly and free events. He left the College to go to Millfield on a swimming scholarship and whilst there, won National gold medals in the summer with his team mates in the relays.

And finally (for now!) **Georgina Pryor**. She was also one of the club’s top swimmers for a long time. She was the first swimmer to win a heat at the London 2012 pool - she raced in event 1, heat 1 at the 2012 Olympic Swimming Trials (the first time that the pool had been raced in) ... and she won her heat! She is a national medallist and has finalled at the British Championships (Open category) in the 50m fly. She still competes occasionally for her university and she recently made the finals at the University Championships in the 50 fly.

MEET OUR NEW COACH - BARRY CHANDLER

Tell us about your swimming & coaching history and your involvement with BSSC.

I started swimming with Hammersmith Penguins at the age of 11 but gave it up by the age of 15. In my late 30's I joined Bishops Stortford SC to swim with the Masters and whilst reluctant to compete initially I thought I might as well give it a go and never really looked back; it was great fun socially and we had a small but strong team. I always loved training, especially with Kristoff and Stuee. Stuee's infectious enthusiasm and belief in what we could achieve helped push so many of us beyond what we might have otherwise achieved.



For a couple of years I was Chairman of the club and we achieved Swim21 accreditation during my time on the committee; I also coached club squads for a few years but really my main focus was training.

In 2017 after the World Masters Champs in Budapest we left the UK for Spain where I eventually started swimming with a Spanish club in San Pedro competing in the Spanish Nationals in fly and free in 2018, and whilst I was way beyond my 'sell by date' managed to scrape a few medals together and a Regional record.

What's your favourite stroke/event?

50m Fly

What's your proudest swimming achievement?

Breaking the British Masters Record for 50M fly (LC) in my age group at Plymouth in 2013 when just a few years earlier I could not get under 30 seconds on short course. Kristoff changed my stroke one Friday morning and the next day I swam 29.53.

What's prompted you to join our coaching team right now?

It was a great opportunity to get back involved with the club after a year or so abroad and perhaps share some of my experience with those starting out on their swimming journey. I could not really do too much of this before as I always had more than a full time job in the NHS and I had my own training to focus on. Now I have more time I can put my Swim coach and PT training into practice!

What are you most enjoying about coaching at BSSC?

Actually seeing how the standards have improved across the squads, it is fantastic.....and trying to speak French to Laure of course!

If there was one thing you could change about swimming, what would it be?

Always knowing that the pool temperature will be appropriate for training.

How do you motivate yourself for a 6am training session?

By reminding myself that its better than a 5.30 am start?

NIAMH JAMES - 2019 CLUB CAPTAIN

Swimming History: I started swimming at the club from the age of 11 and since then I've competed in County, Regional and National championships as well as international meets such as the Mare Nostrum and Bühl.

Proudest swimming achievement: Competing at British Championships and winning a silver medal at the Swim England National meet in the 100m backstroke.

Do you have a highlight from last year?

My highlight from last year would be competing at the British Championships in Edinburgh. It was an amazing opportunity to swim with some of the best swimmers in the country.

What does being Club Captain involve?

Being club captain involves motivating and encouraging the younger swimmers to succeed. As an older swimmer you are a role model to them and you need to help them to swim their very best.

What's your ambition for BSSC this year?

To have more younger swimmers reaching County and Regional championships than the previous year and to see everyone beating their PBs

Do you have any advice for younger members of the club?

Don't worry yourself before every competition. Relax yourself and have fun, you're more likely to swim faster if your muscles are relaxed before you get in the pool.

Best quote/piece of advice: Set yourself a target for every competition, it doesn't have to be to get a PB. Sometimes focus on improving another aspect of the race such as underwater distance or pacing



Favourite stroke / event: 200m Backstroke

Best thing about being a swimmer: Being able to train with your friends everyday and travelling with them to various competitions and training camps

If I could change one thing.... I would have joined the club at an earlier age. I joined when I was 11 and I think I would've gained more experience quicker if I had joined younger

Best poolside snack: Banana

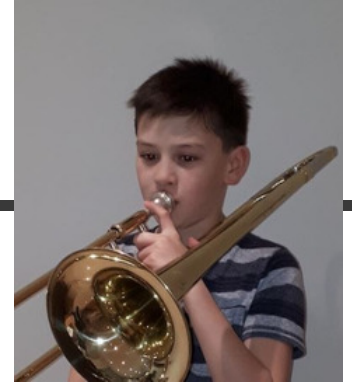
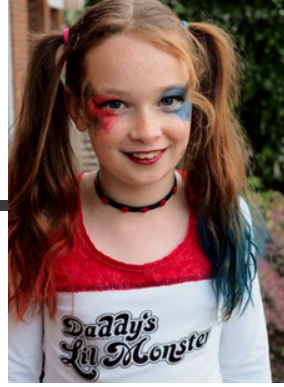
Poolside playlist: Personally I don't listen to music before a race. I prefer to focus on the race ahead

Hat and Goggle etiquette: Hat, goggles, hat

Hero: Sarah Sjöström

Best swim hack: Focus on underwater during every session, it will really benefit your race

SWIMMER PROFILES



KIRSTY NEILL - BENJAMINS A

Swimming History: I started swimming with Stortford Starfish when I was 2 years old and progressed through the pre-school and afterschool classes to stage 7. I then moved to Learn to Swim to work towards my Bronze, Silver and Gold awards. During this time I tried out for the Club and joined Rookie B squad in March 2016. I have been dedicated to my swimming training ever since, always training hard and it is this which has got me to where I am now. "50% physical ability, 50% mental strength." With no swim training scheduled on a Wednesday I also manage to squeeze in my club Netball training and weekend matches too....we're off to the National finals in March...I think my swimming fitness helps my Netball game play and vice versa!

Favourite event: Breaststroke (100m and 50m)/ Individual Medley.

Proudest swimming achievement: It has to be snatching the 100m Breaststroke Silver medal at Herts Counties 2019. After 75m I was in 5th or 6th position coming out of the final turn, but I managed an impressive acceleration in the final 25m and had a great fast finish to take the Silver on the touch. It was lovely to be able to watch it back on YouTube, and hear the excitement in the commentator's announcements too - that was awesome.

Best thing about being a swimmer: Is that when I get in the water, training or not, all of my problems or worries fade away. Swimming makes me happy, always.

If I could change one thing.... It would be to stop anyone having to live in poverty.

Best poolside snack: Special K Protein bars & Bananas.

Poolside playlist: Capital radio.

Hat and goggles etiquette: One hat and a well-fitting pair of goggles.

Hero: Elizabeth Bellinger; she makes fly look really easy!

Best swim hack: I don't have any, but always enjoy hearing ones from other people.

Best piece of advice: Always have energy reserved for the last length and when you reach the final flags, take a deep breath, head down and go flat out!!!!!!

LEO SUO-SAUNDERS - POUSSINS

Swimming History: First swimming lesson aged 3 1/2. Trialled for BSSC aged 8 1/2. Spent half a year in Aveniers before moving up to current squad. First comp XMAS champs 2017.

Favourite stroke / event: Front Crawl & 50m Free

Proudest swimming achievement: When I was 9, getting 35.20sec in 50m Free which was my first County qualifying time and also an All Time Club record.

Best thing about being a swimmer: keeping fit.

If I could change one thing: I'd like to improve my backstroke.

Best poolside snack: Isotonic energy gels.

Poolside playlist: Nothing to play it on...☐

Hat and goggles: No hat for training. Hat over goggles for races.

Hero: Peaty

Best swim hack: Not found one yet!

Best piece of advice: Head down and go for it!

BABBLE & SQUEAK

RECIPE OF THE MONTH

By Shereen Catton

SERVES 6

PREP & COOKING TIME: 20-25 MINS

Ingredients

400g pasta (preferably brown)
690g jar of passata
2 tbsp tomato puree
6 sun-dried tomatoes, chopped
125g of chopped, smoked bacon (optional)
1 medium onion, finely chopped
1 tbsp olive oil
50g Parmesan cheese



Steps

1. Heat oil in wok and gently fry the onion until soft and translucent.
2. Add sun-dried tomatoes, puree and bacon (if using) and fry for around 3 minutes until bacon is cooked through.
3. Add passata and bring to a simmer for 10 minutes or until sauce has thickened.
4. Cook and drain pasta
5. Add pasta to sauce and serve with Parmesan.

Mushrooms can be added at stage 2, if desired

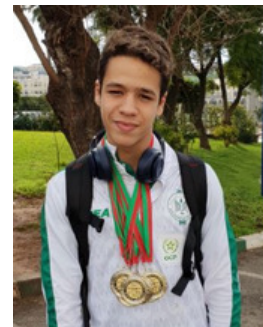
Replace or add to the bacon with cooked chicken breast after the sauce has thickened for extra protein.

HIGHLIGHTS

WHAT'S GONE ON SINCE OUR LAST CHAT

Mehdi Strikes Gold in Moroccan National Winter Championships

BSSC member and Bishop's Stortford College student, Mehdi El Mansar, was in winning form in late January at the Moroccan National Winter Championships. Mehdi took Gold in all six events he entered, clearly outclassing the others in his age group in many events. He had to fight hard to win the 400 free, with an incredible time of 4:11.90, and chased down the same opponent in the last 25m of a nail biting 200m Free to touch for joint first place! The full results were: 200m Back – Gold (2:13.88), 200m IM – Gold (2:17.82), 400m Free – Gold (4:11.90 PB), 200m Free – Joint Gold (1:59.18 PB), 200m Breast – Gold (2:31.49), 100m Back – Gold (1:01.47 PB). See the website article for more info.



Schools District Swimming Gala

Thursday 24th January saw a large number of our swimmers compete against each other whilst representing their schools at the District Swimming Gala hosted by Bishop's Stortford College. It was a loud, fun affair and we've no idea which school actually won each category, but it was great to see so many of our swimmers selected!

Herts Major League

Round two of the Herts Major League was held in Potters Bar on Saturday 23rd February and the whole team put in some great performances on the night to come third behind Watford and CoStA.



Congratulations to all of the swimmers who won their Event – Niamh James Open 100m Backstroke, Millie Fields U16 100m Freestyle, Tom Ogden U16 100m Backstroke, Lillian Opiyo U14 100m Freestyle and Kirsty Neill U11 50m Freestyle. Kaia Phillips not only won the U14 100m Backstroke, she beat the Current Club Record! Well done to all relay teams, but especially the U14 and U16 Girls Freestyle Teams who put in two fabulous performances to win – well done to Kaia and Lillian, who swam in both events, alongside Isabella Good & Freya Reilly, and Eleanor Mason & Millie Fields.

Thanks to all of the swimmers who had to cover the age group above and special congratulations to the Squadron Team - some changes and some very good swims made that the best race of the night with a well fought second place!! Finally, huge thanks to Shereen for being Team Manager, and to Linda, Dominic, Danielle and Ali for their help on the night.

HIGHLIGHTS CONT'D

BSSC Masters Enjoy Valentines at Sudbury

Lizzie Bellinger, Zara Pretious-White, Ashley Meerloo, Helena Pretious-White and Sally Winter headed to Sudbury on Sun 17th Feb for the Valentines Masters Meet. They had a great day, where 18 events saw them gain 13 1st, four 2nd and one 3rd place! Check out our website soon for more details.



BUCS Long Course Championships

British Universities & Colleges Sport (BUCS) is the national governing body for Higher Education (HE) sport in the UK, with an aim of providing the best university sport experience in the world. They deliver more than 50 sports to almost 170 member institutions, comprising a busy league programme of over 5800 teams and over 120 championships events every year.

Swimming is one of the biggest individual sports within BUCS, with Short Course (SC) Championships held in the first term and the Long Course (LC) Championships in the second term. Friday 15 – Sunday 17 February 2019 saw many of our home grown BSSC talent representing their universities at the BUCS LC championships at Ponds Forge, Sheffield. Cira Fletcher swam for Nottingham, Brad Veitch for Leeds, Robin Turner for Sheffield Hallam and Kieran Raphy and Joe Taylor represented York. They all swam well, but Cira was on especially great form, achieving finals in all three of her events and placing 7th, 6th and 10th in the 50m, 100m and 200m Breaststroke. Congrats to everyone taking part!

Lizzie Strikes Gold In Wales & Becomes World Class

Our Masters star, Lizzie Bellinger, had a golden time at the Swim Wales Masters Long Course Championships in Swansea on 2-3 March. Swimming in the 40-44 year age group, she kicked off an impressive weekend with the 200m IM, dominating the field to take Gold and an East Region Long Course record, with her 2nd best ever time of 2:39.17. She outclassed the field twice more with Gold in the 50m Fly (30.22), followed by Gold in the 100m Freestyle, gaining another East Region LC record and 2nd best ever time of 1:04.89!



Day Two saw Lizzie become the fastest woman in the pool in the 100m Butterfly in a time of 1:06.57, nearly 4 seconds faster than the winner of the 18-24 year old age group and just 0.17 seconds off her 2018 British record. Congratulations on a superb weekend of swimming!

To add to her amazing achievements, FINA recently published the **2018 Masters Top 10 Swimming WORLD Rankings**, and Lizzie is 2nd in the world for Long Course 100m Fly (40-44 age group) and 5th for 50m/200m Fly, whilst for Short Course she is 5th for 50m/100m Fly and 6th for 200m Fly. Outstanding!

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**

Training Course Certificates

If you have recently been on a swimming training course such as Safeguarding, Team Manager 1 or any courses for Officials, please can you send a copy of your certificate of completion to Pam Spratt .

Dates to remember

16-17 Mar BSSC Spring Open Meet, Borehamwood

30-31 Mar Team Luton Level 1 Meet, Luton

6-7 Apr Sudbury & District Meet, Sudbury

7-13 Apr Easter Training Camp, Spain

20-21 Apr BPSC Easter Meet, Basildon

16-19 Apr British LC Championships, Glasgow

4 May Peanuts League Round 1

Check out the website and your emails to see which event is appropriate for your squad.



EASY FUNDRAISER

Don't forget to raise funds for our club when you make purchases online!

Just choose BSSC as your charity to raise donations every time you shop online through this link:

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



BARRACUDAS

Barracudas have agreed to give members £10 off a booking of 2 or more days at their day camps. In addition, if we have enough of us booking, the club gets some cash back, so please get booking!!

Quote BSSC19 when you book



PRO SWIMWEAR

The ProSwimwear club specific website page is up and running again so please take a look.

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>



STORTFORD SPORTS SUPPLIES

Please visit their website to get club hats, tops, hoodies etc.

http://stortfordsportssupplies.co.uk/Bishops_stortford_swimming_club/cat2033053_2263022.aspx

They will be at our BSSC Open Meet this coming Saturday 1-6pm