



BABBLE

The Bishop's Stortford Swimming Club Newsletter



COMMS INTRO >>

By Comms Team
comms@bsswimclub.org.uk

Welcome to another edition of Babble, our bi-monthly club Newsletter designed to complement the individual articles we post on our website - so don't forget to look at both!

This month, as we head to towards the season's climax, we are celebrating success all across the Club from our most senior swimmers right through to our 9 year olds in their first team competition (Peanuts team photo above).

Dan Chada and Bryn Couser (pictured above) represented the club superbly at the British Nationals in Glasgow, where Bryn was able to compete in the same event as Adam Peaty (report online). In this edition we report on Youth (15 Yrs & Over) Regionals in Luton, where our club swimmers achieved a terrific medal haul. At the other end of the club, as well as some strong open meet performances we had our first Peanuts fixture, where our 9 year olds did us really proud, with Zoe Opiyo and Ethan David-Tostevin both setting current club records (since Jan 2018) in their first outing. We will publish a full report on all 3 Peanuts fixtures in July.

Across this edition we have rounded up all of our news, as well as some superb features from Paul Palmer, Barry, Katie at Choice Physio and a recipe for healthy pancakes from Benoit!

There has been so much going on we are very late in getting this edition out to you and are bound to have missed something so we apologise in advance roll on the end of the season!

BSSC COMMITTEE BITS AND BOBS

Our AGM is fast approaching, so expect details about it to be emailed soon, but for now, here's the date:

BSSC AGM: Evening of 19th June 2019, time & location to be confirmed

Please mark it in your diaries and make every effort to come along and support your club! Our current chair Tony Chada will be marking the end of his leadership period at this meeting.

We've been asked by the College to pass on some requests to parents:

- Please do not park on the grass verges at the College. They have introduced new barriers in many of the areas of concern, but there are still cars parking in strange places during busy periods. Please respect the grounds.
- Please do not leave car engines running whilst waiting in the car park, as this causes unnecessary pollution.

We have two additional requests of our own:

- Please be on time to pick up your child. If you are going to be late, please notify someone so they can stay behind with your child until you arrive. There have been instances of younger children waiting by themselves in the College car park.
- On a similar note, please do not ask your child to wait for you in the car park. They should stay in the pool building until you arrive.

REMINDER: Training Course Certificates

If you have recently been on a swimming training course such as Safeguarding, Team Manager 1 or 2, or any courses for Officials, **please can you send a copy of your certificate of completion to Pam Spratt.**

It is important that we as a club have a record of your course completion.

SPORTING PSYCHOLOGY PART 2: THE CONCEPT OF NERVES

by Paul Palmer

It was during the European Championships in 1999 that the penny suddenly dropped and it was quite the Eureka moment for me. It was something I wished I had realised years before, or, even better, had been told about right at the start of my competitive career...

So, I was lining up for the final of the 400m freestyle and was experiencing my usual bout of extreme nerves – worrying about how I would do, concerned about race strategy and whether I was capable of winning, wondering just how good my opponents were and whether they were in better shape than I was, or were naturally quicker / fitter than I was etc etc etc. You see, I had always experienced nerves in every race as I progressed through the ranks and age groups. It started during counties when I was 11 or 12 and then, when counties became pretty easy to win, the nerves became more acute at district level – moving on to National Age Group level when the districts became something that was pretty comfortable for me to win.

Always there would be a main focus of the year where the nerves would appear and be really hard to deal with. It was only in 1999 nearly a decade after I first represented GB that I realised I had been missing the obvious. I always knew I was a decent swimmer and the results year on year confirmed this was no fluke so, if I was concerned about the other finalists in that 400m free final, then imagine what they were thinking about me! I had never looked at it from that angle and, as soon as I did, my outlook changed instantly.

The nerves were obviously still there (they never go away until the start gun goes) but I suddenly knew that all the other finalists would be experiencing them at least as badly as I was and, in some cases, probably a lot worse. I went on to win that European final, and win it quite comfortably, and that moment of true understanding has never left me.

“

Nobody ever won anything of any importance without being nervous.



However, I do wonder if things would have been different in a positive way if the concept of nerves had been explained to me way back when I was a junior swimmer, so that is what I am going to do now:

1. The first thing to understand is that **everybody gets nervous**. If you don't experience nerves it means you don't really care. All nerves are is the mind confirming how important something is to you. Usain Bolt, Adam Peaty, Harry Kane will all be the same – every single person who cares about the sporting event they are about to compete in will be nervous, despite how they may appear. If you're getting nervous about something, then remember that it is because you care and that you are in esteemed company!

2. **Without nerves, you won't win or PB**. Nerves get the adrenalin pumping and this is vital to enable you to perform at your highest level

3. **Learn to control your nerves**. As to the point above, once that adrenalin is pumping, use it to raise your standards. Don't be afraid of nerves – expect them, embrace them and understand that it is a natural function and will help you swim faster

4. As I realised at the 400m in 1999, **understand that your opponents will be just as nervous** and a lot of those nerves will centre around how they don't know if they can beat you. Know that just you being in the same race is making other people nervous. Enjoy that realisation – it'll make you feel like you can fly through the water!

5. **You can't change time**. Nerves tend to build as an event looms closer and closer, but you really can't alter the passage of time so try not to overthink things. The event will come and go with or without you, so relax, accept the situation for what it is and stay occupied so that you don't end up overthinking things

6. If there are a total of 8 people in the specific heat or final you are competing in, it is highly likely that at least 2 of your competitors will end up losing the race before they race even starts due to nerves. Look at that from a positive angle – suddenly there are only 5 other people in the race to beat. **Nerves help increase your chances of success** providing you handle them properly as it is an absolute guarantee that not everyone else will.

7. Remember that as soon as the event is over, there won't be any feeling of nerves at all. So just **accept them as they are not there for long**.

8. And again, **without nerves you cannot compete at the highest level**.

Nobody ever won anything of any importance without being nervous.

HOW TO HELP YOUR CLUB

VOLUNTEERING EXPLANATION FEATURING ARTHUR LONGMAN

Each time we as a club run a meet, whether it's our Spring or End of Season Open Meets, or our internal No Frills meets, we need help from our parents. The officials (in white) are obviously key attendees, but there is a long list of other jobs where we need parent volunteers.

At the Spring Open Meet we trialed a new app called SignUp where you could assign your name against a job. We just about had enough volunteers, but we really need more of you to help out.

Below is a little guide to show you how simple the jobs are. For all of them, you will need to be a member of BSSC and Swim England - just email Linda Harold at membership@bsswimclub.org.uk if you aren't a member. For some jobs you also need to be DBS checked and have completed a Safeguarding training course, both of which are simple to do! Just see what SignUp says when you chose your role about required qualifications and when you need to turn up and contact Comms@bsswimclub.org.uk or Welfare@bsswimclub.org.uk if you have a question.

Event Coordinator / Senior Competitor Steward

1-2 (more experienced) volunteers who act as main point of contact on the day. They arrive at the pool before the meet starts and ensure everything is running smoothly and check there is someone in all the key positions. Any concerns during the meet will be reported to them by the other helpers.



Event set up

Typically 2-3 volunteers needed at the start and end of days to help set up the technical equipment.

Announcer

Typically one per session. The announcer must arrive at the pool well before the warm-up session starts and ensure they know how the equipment works. They typically make the safety announcements before the warm up, and again before the competition starts; announce the lanes for the clubs attending; coordinate with referee and meet coordinator; and make announcements throughout the whole session.

Admissions Table/Raffle

2-3 volunteers needed per session who should be in position a while before the meet starts to allow entry to spectators. A cash float and credit card payment methods will be supplied. They collect money for session entry and the program; organise entries for any games on offer; and help arrange the raffle prizes on display, sell raffle tickets, organise the draw during the meet and hand the winning numbers to the announcer.



Changing Room Steward

Ideally one male and one female per session. Arrive before warm up, walk through the changing rooms every 15 minutes to check no one is loitering in the changing rooms, using phones or causing a problem! They would report any issues to the Events Coordinator.

Medals Table

Two volunteers per session. They receive the events results from the Results Runner and distribute medals to the (very happy!) age group winners (Gold, Silver, Bronze) of each event.



Poolside Drinks

Two volunteers per session. They arrive at the pool before the meet starts and locate the water supply and drink/sweets supplies! During the session they walk poolside and provide all coaches, poolside officials/volunteers and BSSC office staff with a drink and sweets every 20 - 30 minutes. They help tidy up at the end of the session.

Results Runner / Posting

1-2 per session. They take the results of each event from the BSSC office staff and distribute a copy to the medals table. They also post copies onto the wall for swimmers and parents to see.

The next event we need help for is our End of Season Open Meet at Luton on Saturday 29th June. Look out for emails about SignUp coming from Pam very soon and please put your name against a job for a session.

Volunteer Training

To get more involved as a volunteer and to perform some of the interesting poolside jobs like Competitive Stewarding, you will need to be DBS checked and attend a Safeguarding training course. Our welfare officer Lorinda (welfare@bsswimclub.org.uk) can arrange a DBS check. Please just email her if you are interested.

Swim England East Region runs a number of Safeguarding courses that you can book yourself onto and attend free of charge. This link shows the latest offerings across the region:
<https://www.eastswimming.org/courses/safeguarding-and-welfare-workshops/>

Becoming an Official

The first step to becoming an Official is a timekeeper's course. We haven't run one as a club for quite a while as we need enough volunteers to make it worthwhile us running a session! Please register your interest today with Dominic Mason (Dominic.mason@ntlworld.com) if you'd like to take the first steps and hopefully we will have enough names very soon to run a course. As swimmers grow older and leave the club, we will gradually be losing their parents as Officials, so it is important for us as a club to continue to train new parents to take their place.

EXERCISE AND DIABETES

by **Barry Chandler**

BSSC Coach and Specialist exercise
instructor weight management & diabetes

So why am I writing about diabetes in Babble? Well simply to raise awareness to prevent type 2 diabetes, widely believed to be an avoidable health condition, providing you can adopt a healthy lifestyle that is.

Generally, we think about two types of diabetes, type 1 due to destruction or non-functionality of the cells that produce Insulin, and, type 2 where our cells become resistant to the effect of insulin even when it is produced in the pancreas. In fact, it likely to be more complicated than this with a range of factors contributing to the same outcome: inability to effectively remove glucose from the blood stream and into our cells where it can be used to supply energy. Type 2 affects all ages but is currently mainly seen in adults.

Last year I spent time in Mexico where the prevalence of diabetes in the region I was living was around 22% of the adult population and about 14% in children (UK around 6%). Whilst there may be genetic influences that predispose people to diabetes, diet was critical; in Mexico it was actually cheaper to buy some well-known carbonated, high sugar soda drinks and sports drinks than bottled water! In one of the two schools I was teaching in, 1 in 10 children were overweight or obese when starting (about 4 years old) but in the older group (12/13 years old) 9 out of 10 were overweight or obese.

Obesity is a key risk factor in developing diabetes and about 80% of people with diabetes are overweight or obese. It's not the only risk factor of course, physical inactivity, smoking, low fibre in your diet (particularly when combined with high processed food diet) to name a few more.

People taking early control of their type 2 diabetes (and pre-diabetes) have shown that they can radically improve their health and wellbeing with changes that can include medication reductions right through to the key blood markers returning to normal ranges. Exercise in itself has been shown to influence the transport of glucose across the cell membranes but it is the combination of exercise and diet that gives results.

Somebody who has diabetes (type 1 or 2) should still exercise as it can help reduce the risk of developing other ill health conditions and monitoring blood glucose levels is important before, after and if required, during a exercise.

The exercise recommendations for people with diabetes are no different than for the general population but may vary if there are other ill health condition such as hypertension, arthritis and of course obesity itself. For those people who are overweight or obese, it is recommended to build towards expending at least 2000 calories a week including cardiovascular, resistance and flexibility training.

So, whether you are banging out the lengths in the pool or just a regularly active person, you have one of the two key elements of prevention already in place!

If you take care of the simple dietary sugar intake and have a balanced diet (with good portion control) you are on to a winning formula!

PHYSIO PROFILE - KATY SHORT

Squad: Masters

Swimming History:

competed and trained with BSSC for over 10 years and was club captain for one year. Won titles at Counties, competed at Eastern Regionals and represented UEA swimming team at BUCS swimming Nationals in 2011. Competed and medalled in international swim meets in Germany



Favourite event: Backstroke 50 metres.

Proudest swimming achievement:

Working together as a team to do well at Arena league galas when club captain.

Best thing about being a swimmer:

The lifelong friendships I've made from the swimming club

If I could change one thing....

I would have started training earlier with BSSC swim club at a younger age

Best poolside snack: Banana or jelly for a quick energy fix

Poolside playlist: Fast upbeat music!

Hat and Goggle etiquette:

One hat with goggles on top, with one strap slightly higher and one slightly lower at the back.

Hero: Rebecca Adlington or Sharon Davies

Best swim hack:

Doing as far as possible underwater kick when training butterfly so I didn't need to do as much stroke on the surface!

Best piece of advice/quote:

"by failing to prepare you prepare to fail"

If you put the work in in training you'll get out of it what you put in.

**STRENGTHENING SHOULDER EXERCISES
FOR SWIMMERS,
BY CHOICE PHYSIO LIMITED**

We regularly treat competitive swimmers for impingement and shoulder pain at Choice Physio, and as competitive swimmers ourselves we understand that it can be frustrating to have to rest from training when injury or pain occurs.

Injury can in certain cases be caused by muscle imbalance around the shoulder joint, which then places more strain on certain muscles, tendons, ligaments and the joint.

Having balanced muscle function on both sides of the shoulder helps with reducing the risk of injury, as well having a positive effect on swimming stroke and performance.

We have therefore compiled four exercises that help to strengthen the muscles on both sides of the shoulder, to achieve balanced muscular function around the joint.

The following exercises should only be performed if indicated by your swimming coach and check with a GP or Physiotherapist first if you have any current injury or condition affecting the shoulder, as doing these when you already have an injury could make it worse. These exercises are designed to be performed pain free, stop if

1. Lie on your back on a mat or on a gym ball. Hold one arm out to the side at a 90 degree angle, with the elbow bent to 90 degrees and hand facing up towards the ceiling. In this position, hold a theraband (attached to the wall behind you) and stretch the band to push your hand forwards towards the floor (keeping the elbow in the same position). Slowly let the forearm and hand return to the original position. Repeat in a controlled manner for 3 sets of 10 repetitions on each arm.



2. Lie on your back on a mat or on a gym ball. Attach a theraband to an object or wall near your feet, and hold the theraband in your hand. Position your elbow to 90 degrees and with your hand facing the ceiling (as picture shows on the left below). Slowly allow the hand to move towards the floor in the direction of the head and shoulders (keeping the elbow in the same position), and then slowly return to the start position. Repeat 3 sets of 10 repetitions on both arms.




3. Standing upright, hold a theraband in both hands with your elbows tucked in close to the body. Move your hands away from the body whilst keeping the elbows tucked close to your side, and at the same time squeeze the shoulder blades together. Slowly relax the shoulder blades and allow the hands to slowly move back towards each other. Repeat 3 sets of 10 reps.



4. Attach a theraband to a wall in front of you, and hold on to the theraband with your arms straight out in front of you. Slowly pull your arms back towards your body (bending at the elbows), and squeeze your shoulder blades back together. Slowly return to the start position, controlling the shoulder blade movement on the way back. Repeat 3 sets of 10 repetitions.



If you are currently suffering with any shoulder pain / injury or muscle imbalance and would like any help or advice, please feel free to call us on 01279 882518 and we would be happy to help you! Alternatively, if you would like treatment for any shoulder pain or injury, you are welcome to book an appointment online at www.choicephysio.co.uk



SWIMMER PROFILE



ALICE LOWE - POUSSINS

Swimming History:

I started when I was a baby with lessons and then joined swim squad at school when I was 7. I joined the club when I was 9, and still love swimming!

Favourite event: Backstroke

Proudest swimming achievement:

whenever I beat my PBs.

Best thing about being a swimmer:

Going to galas

Best poolside snack: sandwich

Poolside playlist: YMCA

Hat and Goggle etiquette:

1 goggles and hat

Hero: Mummy

Best swim hack:

plenty of poolside snacks for energy!

Best piece of advice:

try your hardest and be happy

MEET THE SQUAD - CADETS

Age range: 13-16

Locations: Bishop's Stortford College and Herts & Essex School

Business Hours: Cadets train up to 5 times per week with 6 hours of pool training available. The aim is to swim at least 4 hours per week but there is a session at 6am on Saturday!

Main squad aim: The goal is to qualify for County Championships, but we are all hoping to qualify for Regionals one day! We also swim to maintain our fitness and just enjoy time in the pool.

Events you attend: Mainly level 3 and 4 events with key aim being to qualify for Herts County Championships. Our swimmers are also involved in other activities such as horse riding, karate, online gaming and often represent our schools in sports.

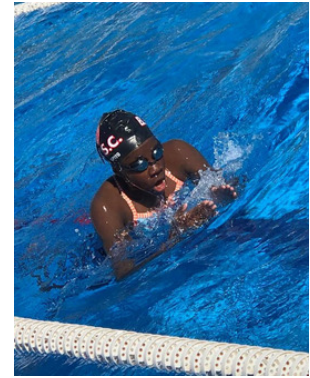
Things you never knew about our swimmers/squad: We have a good mix of sprinters and long-distance swimmers, and a good range of stroke specialists.

A few of us are doing GCSE's so it is a challenge to mix swimming with school work and other activities – but we manage!

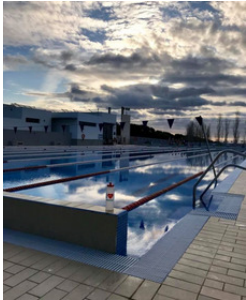


HOW TO SURVIVE A SWIM CAMP

A REPORT FROM THE TRENCHES
BY LILIAN OPIYO



Do not lose any keys (I can't count how many times Jago lost his keys and locked himself out!)



It's HOT (I made the mistake of only packing three pairs of shorts. Always pack a lifetime supply of shorts.)

Bring Suncream (and USE IT. *whispers*It might help actually you.)

Tell your **luggage** that “ we need to leave England” (someone's luggage decided it wanted to live in Stansted, not naming names, *cough* *cough* Will)

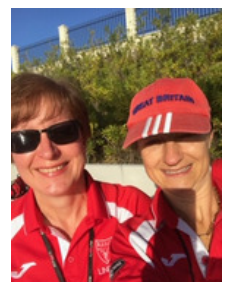


Pack bed sheets (Freya and I figured out that in our hotel they didn't change the sheets, which is not only disgusting but Issy only slept if there was a towel on her pillow)



Money (make sure you don't spend all your money on the first or second day, try to wait for later in the week because you might see something that you like and cannot but because you spent all your money)

Snacks (My mum had bought me enough snacks for two weeks. It filled half of my large suitcase. I lived on all my snacks...)



BENOIT'S BANANA PANCAKES

RECIPE OF THE MONTH

Ingredients

80g Almond Flour	1 Banana
150ml Almond Milk	100g Oatmeal
Olive Oil for frying	Honey

MAKES 3-4 PANCAKES



Steps

1. Mix the Oats, Almond flour, Almond milk and the Banana in a blender until smooth.
2. Heat a small amount of oil in a pan.
3. Put on low heat. Put a large spoonful of batter in the pan. Spread into a small pancake.
4. When cooked on one side, flip over.
5. When cooked on both sides, place on plate in oven to keep warm.
6. Serve with honey.

Dates to remember

29 May - 1 June Mount Kelly Residential Camp (Benjamins Squad)

8 June Peanuts Round 2

15 June Thurrock Sprint Meet, Grays

19 June BSSC AGM

29 June BSSC End of Season LC Meet, Luton

6 July Peanuts Round 3

13 July Team Open Luton Meet

23-28 July British Summer Championships, Glasgow

31 Jul-4 Aug Swim England National Summer Meet, Sheffield

22/27/28/29 Sept BSSC Club Championships

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

HIGHLIGHTS

SEE THE BSSC WEBSITE FOR LONGER VERSIONS OF THESE ARTICLES

BSSC Swimmers Meet Team GB

Eleven BSSC swimmers flew North to compete at the Edinburgh International Long Course Swim Meet (15-17 March) and swim alongside Team GB athletes and other European superstars.

All swimmers performed brilliantly, with most stepping up to smash PBs, but 3 juniors had outstanding performances with Dan reaching the finals of the 100m Back & 50m Free, Bryn in the 50m & 200m finals and Millie coming 3rd in the 200m Free final. Dan and Bryn also achieved British Championship Qualifying times, though Millie missed out by 0.3 seconds!



Great Performances at BSSC Spring Open Meet

Whilst some of our older swimmers were in Edinburgh the rest of the club and a veritable army of volunteers were at our BSSC Spring Open Meet at Borehamwood.

Roughly 250 swimmers took part in 1350 swims, across 32 events, during 1.5 days of a superbly organised meet that ran like clockwork! We've never seen results posted so quickly (thanks Pam & Graham!), or a meet run so nicely to time. A big thanks must go to Pam Spratt for her organisational skills, and to all the visiting & local officials, coaches, back office organisers and volunteers without whom the meet would not have happened.



The entire BSSC squad from our 9-year olds at their first competitive meet, to the much more experienced older swimmers represented BSSC superbly and the team spirit throughout the weekend was exceptional. There were countless PBs and over 160 medals (48 gold!) won across all strokes, distances and ages.

Congratulations to everyone who achieved a goal over the two days, be it not being DQ'd in a stroke that previously proved tricky, improving a start or turn, matching or bettering a PB, winning a medal or reaching a regional time. We are already looking forward to seeing you do even better at our **BSSC Long Course meet in Luton on Saturday 29 June**.

2019 Major League

On 23rd March, BSSC went into the Final Round of the 2019 Hertfordshire Major League lying in 7th place out of 12 teams in the top Division. Amazing individual and relay performances in the consolation gala ensured a gala win on the night and secured our place in the top division for 2020!

HIGHLIGHTS CONT'D

BSSC Swimmers and Families Raise £5k for 2019 Swimathon

Over the weekend of 29-31 March, twenty BSSC Swimmers and intrepid family members took to the pool for the 2019 Swimathon, swimming more than 63km (2526 lengths!) and raising nearly £5000 for Marie Curie and Cancer Research UK!!!



The event offers individual and team distances of 400m to 5km and the 2019 BSSC participants and the distances they completed were:

5km Team of Sam Carter, Seb Clark, Max Williams; Philippa & Annabel Clark (2.5km & 5km); The Clune Family: Catherine (2.5km), Elizabeth (5km), Naomi (5km) and Joe (5km); Kat & Lauren Gore (both 5km); Nadia Moukdad (2.5km); Sarah & Kirsty Neill (both 5km); Karen (2.5km), Scarlett (1.5km) & Lewis (1.5km) Roddam-Powell; The Wardell Sisters: Jaymee (2.5km), Tia (80 lengths) & India (26 lengths, aged just 7 yrs!).

Inspirational Performances at Harlow and Luton

The weekend of 30/31 March was a busy one, with swimmers at two meets. Nineteen swimmers were in action at the Inspire 50m pool in Luton, competing against the top clubs across Hertfordshire and other local counties. There were some great swims with 41 PBs being achieved and 16 medals won by Kaia (Bronze 50m Back), Millie (Gold 50m/100m/200m/400m Free), Tom (Gold 100m Fly/200m IM/200m Back, Silver 50m/100m Back), Niamh (Bronze 200m Back), Bryn (Gold 100m/200m Breast), and Issy R (Gold 200m IM, Bronze 50m/100m Fly).

Four other swimmers popped down the road to Harlow for the 2019 Regional Qualifier Meet and in just 16 swims achieved 10 PBs, placed no lower than 5th and brought back 9 more medals! Grace Mason took Gold in 100m Fly, Freya Reilly Gold in 100m Back & Silver 50m Back, Issy Good Gold in 50m Free, Silver in 50m Fly, Bronze in 50m/100m Back and Adam Hazlewood took Silver in 100m/200m Breast.

Medals and PBs Galore at Robin Deal Memorial Meet

On the weekend of 6/7 April 34 BSSC swimmers took part in the Robin Deal Memorial Meet at Sudbury, Suffolk. This was a chance for the 9-10 year olds to experience competitive swimming whilst the older swimmers were chasing Regional Qualifying times. Some of these swimmers are in the pool up to 8 times a week and their dedication paid off with some outstanding times, lots of PBs and plenty of medals.



Nineteen swimmers achieved 62 medals between them, with the 9 year olds being the most successful with 21 medals – Charles German (1 Gold, 3 Silver, 1 Bronze), Dylan Davenport (1 Gold, 2 Silver, 2 Bronze), Ethan David-Tostevin (3 Silver, 1 Bronze) and Zoe Opiyo (2 Gold, 3 Silver, 2 Bronze).

HIGHLIGHTS CONT'D

Basildon & Phoenix Easter Long Course Meet

Having just returned from a 50m swim camp in Torremolinos, the Basildon & Phoenix Easter Long Course Meet on the April 20/21st was the last chance for many of our swimmers to grab times for the Swim England East Region Long Course Championships, and they didn't disappoint! They all performed at their very best, competing against some of the best across multiple regions, with many of them securing regional times and plenty of medals. Out of 103 individual swims, the 20 BSSC swimmers secured 64 top 8 places and 27 age group medals! Well done everyone!

British Championships

April 16-20 saw some of the biggest names in British swimming, including our past and present members Dan Chada, Bryn Couser, Henry Baker, Cira Fletcher (Nova Centurion) and Isabella Renwick (Millfield), head to Glasgow for the 2019 British Swimming Championships. Congratulations to them all for their outstanding performances at such a prestigious event!

2019 ITU Aquathlon World Championships

On Thursday 2 May Ellie Mason and Lizzie Bellinger joined the World's best Aquathlon athletes, when they represented Great Britain at the World Championships in Pontevedra, Spain.

Ellie, aged 15, was the youngest competitor in the whole championships and competed in the 16-19 Age Group, whilst Lizzie was in the 40-44 AG. Ellie came an amazing 5th in her age group (38:42), whilst Lizzie was a sensational 4th (38:02).



2019 Peanuts League

Saturday 4 May our 2019 Peanuts League team hosted gala 1 of the 2019 league in Hitchin and welcomed Harpenden, Stevenage, Potter's Bar A, Tring and Hatfield A! It was a great night of superb swimming, fun and lots of noise!! A fabulous effort by all and a superb squadron relay secured BSSC 3rd place on the night.

2019 Hertfordshire Primary Schools Inter-District Championships

Six of our junior swimmers were selected to represent the East Herts District at the Hertfordshire Primary Schools Inter-District Championships at Watford on 10 May. Unfortunately Eliza was ill and couldn't compete, but the other 5 performed brilliantly: Sabrina 50m Back PB (46.19), Bobbie 50m Free PB (42.47), Catherine 50m Breast PB (44.24) & Bronze 4x25m IM, Brandon Bronze 4x25m IM, Leo Bronze 50m Breast & Bronze 4x25m IM.

2019 SWIM ENGLAND EAST REGION CHAMPIONSHIPS

The best of the East Region swimming talent came together in Luton over the first May Bank Holiday to crown the 2019 Regional Youth Age Group Champions. The qualification times were tough, so only the top swimmers across the Eastern Counties were present. Seventeen BSSC competitors had achieved personal bests and qualified for the 15/Over Youth Championships.



It was a weekend of superb swimming, with all competitors fighting hard for final places and medals. Our 17 swimmers competed in 60 races and achieved hard fought places in 22 individual finals (50/100/200 Events).

They won an amazing 14 medals (6 Gold, 5 Silver, 3 Bronze) which landed BSSC 7th on the medal table, ahead of some really big clubs and 2nd out of the Hertfordshire clubs ahead of Watford and St Albans (Hatfield were first!).

2019 SWIM ENGLAND EAST
REGION CHAMPIONSHIPS

Congrats to all our Youth Qualifiers!

Alex Catton
Bryn Couser
Callum Davis
Callum Harold
Dan Chada
Mehdi El Mansar
Nick Botha
Tom Ogden

Anya Fletcher
Eleanor Mason
Jess Penkul
Meghan Maybanks
Mia Carter
Millie Fields
Nellie Eastland
Niamh James
Sarah Carroll



**Bishop's Stortford
Swimming Club**



- Millie (15 Yrs): Gold 100m Free (PB) / 200m Free (PB) / 400m Free (PB), Silver 50m Free (PB)
- Tom (15 Yrs): Gold 50m Back (PB) / 100m Back (PB) / 200m Back, Silver 100m Fly (PB),
- Mehdi (15 Yrs): Silver 200m IM, Bronze 200m Back, 7th 100m Breast (PB)
- Alex (16 Yrs): Silver 50m Back / 100m Back (PB), 4th 50m Free, 7th 200m Back
- Bryn (17 Yrs/Over): Bronze 200m Breast, 6th 100m Breast
- Jess (17 Yrs/Over): 6th 200m Fly (PB)
- Meghan (17 Yrs/Over): Bronze 50m Back (PB), 4th 50m Free (PB)
- Mia (17 Yrs/Over): 6th 50m Back
- Niamh (17 Yrs/Over): 5th 200m Back
- Nick (17 Yrs/Over): 8th 200m Breast
- Dan (17 Yrs/Over): 4th 100m Back

Weekend 2 of Regionals takes place in Norwich over the last May bank holiday weekend, with the 11-14 year age group. Huge good luck to our 7 qualifiers:

12 years: Alice Longman, Kirsty Neill

13 years: Grace Mason, Jago Derrington, Kaia Phillips, Lilian Opiyo

14 years: James Gisbourne

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**



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