



BABBLE

The Bishop's Stortford Swimming Club Newsletter



AUTUMN FOCUS AND COMMITMENT

By Comms Team
comms@bsswimclub.org.uk

Welcome to the first edition of Babble for the 2019-20 season! Summer feels like a long time ago, but we hope you had great holidays and are now fully back into training and ready to achieve lots of new goals. We had a great time at the Club Champs presentation evening the other night and it was lovely to see so many of you there.

This newsletter has many of the usual contributors and we thank them all for their continued support. If any of our readers feel like sharing an article, a recipe, a tip etc please do get in touch. We're always up for new ideas and contributions.

As a club we totally rely on an army of volunteers to keep everything running smoothly and right now, we are struggling. Various already overloaded members are having to step temporarily into other roles to ensure activities can happen (thank you Linda & Lorinda for Club Champs Awards!). Please read the vacancies list and let us know what you can take on. Thanks to everyone who attended the timekeepers course recently - having a pool of qualified officials is vital for the future of our club!

MESSAGE FROM THE CHAIR: SHEREEN CATTON

Welcome to the new season. For those of you who don't know me from my Team Manager days, I will do a quick introduction. I have been member of BSSC since 2008, when my eldest son joined. He left in 2010 and I had a short break before Alex joined in 2011. He now swims in Elites but has come from the entry level Squads, so I have been through the highs and lows of swimming with him!

I am very proud of the Club, it has gone from strength to strength over the last few years, with our swimmers representing the club at the highest levels. Our Coaching Team has never been stronger and I've been so impressed with how the younger swimmers are coming through this year after an excellent Club Championships.

This season has got off to a fantastic start with our younger swimmers working really hard to qualify for Counties (Swim England Hertfordshire County Champs) in January. It would be amazing if we could field our largest number of Under 14s ever this year. Our top competitive Squads have Winter Regionals in early November, and we also already have some qualifiers for Winter Nationals in December at Sheffield.

Our first National Arena Swimming League fixture of this season went well, hopefully we will be able to do enough to remain in the Premier Division of the London League. The competition standard is incredibly high, with huge Clubs such as Hatfield and Ipswich as our opponents. Good luck to the team for the next Round.

I will be around at the pools at some of the upcoming events, so please feel free to introduce yourselves if we've not yet met. Good luck to everyone for this Season.

Shereen

Dates to remember

25-27 Oct Swim England Masters National Championships
26/27 Oct Basildon Phoenix Autumn County Qualifier

1/2/3 Nov Swim England East Region Winter Championships
9 Nov Arena League Round 2
16/17 Nov Guildford City SC L2 Winter Open

30 Nov / 1 Dec BSSC Xmas No Frills (late afternoons onwards)
5/6/7/8 Dec Swim England National Winter Championships
7/8 Dec Basildon Phoenix Last Chance County Qualifier
14 Dec Arena League Round 3

11/12 18/19 25/26 Jan Herts 2020 County Championships

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

COACHES CREATE CHAMPIONS

by Paul Palmer

I was asked to write an article about my own swimming coach from my competitive days recently, which might be worth a read. Bear with it, as it will make sense...



The sporting landscape during the 80's and 90's was very different to the situation we Brits happily find ourselves in today. 30 years ago, Olympic medalists from Team GB were a rare bunch indeed and the changes we have witnessed over the recent years are, in a small but significant way, down to the unheralded actions of men and women like Ian Turner....

I first met Ian when I was a 9 year old skinny kid who quite enjoyed swimming, but wasn't particularly good at it. At that point in time, Ian worked full time as a PE teacher at the local secondary comp. In his spare time, he had founded The City of Lincoln Pentaqua Swimming Club and was quietly building a reputation of some repute within the local area, with his swimmers starting to make an impact at county, district and, occasionally, national age group level. The sporting scene in Lincoln at that time was dreary to say the least. We had a local football team languishing in the 4th tier league and that was pretty much it. No cricket, low level rugby and almost no other sporting opportunities of note whatsoever.

And yet ...

Throughout the 80's something quite remarkable was happening in this sleepy farming town due to the actions of this one man. Suddenly, Lincoln swimmers were making the podium at the national age group championships and some were even making the jump to senior level national honours. People started to notice; parents started signing up their kids to the Pentaqua club in ever greater numbers and success beget success. National age group winners were more and more frequently coming from Lincoln and then a young girl called Tracey Atkin became inspired to take it even further and, in one of those overnight success stories that was 10 years in the making, she made the 1988 GB Olympic team at the tender age of 16. All this in a place where any sporting achievement was unsupported and done completely in a DIY fashion.

I was 13 at that time and was another member of Ian's growing stable of developing swimmers that witnessed and was inspired by this. A girl from Lincoln competing in the Olympics??? Well, if Tracey could do it, why couldn't I? Why couldn't the girls and boys I trained alongside also do it? Ian had (and no doubt still has) the rare gift of making people want to work hard for him, just because he was who he was. Some people have a presence about them, vital in coaching, that makes people want to push themselves further, longer, harder, faster. Coaches like Ian create champions.

In 1992 it was mine and Simon Wainwright's turn to compete for Team GB at the Barcelona Olympics. Whilst Lincoln continued to languish far behind other UK cities in terms of sporting achievements, Ian's efforts had meant that three citizens of this unheralded town had represented their country at Olympic level in 4 years. It didn't stop there - the conveyor belt kept on running. In 1996, Ian's relentless efforts saw me secure GB's first medal of the Olympic Games in the 400m freestyle. In 2000, Marc Spackman became the 4th Lincoln swimmer to make the Olympic team. Mel Marshall was next and has since followed in Ian's footsteps to move into the coaching world and is now the coach of the current Olympic, World, European and Commonwealth champion, Adam Peaty. None of this would have happened had Ian Turner not sacrificed his time every day for over two decades to ensure his band of Lincoln swimmers were given every opportunity to excel to the best of their ability.

Since then, Ian has gone on to become head coach of the British swimming team and has also coached national teams in New Zealand and Singapore. All impressive and selfless achievements. However, for me, the most staggering achievement is how he transformed a sleepy farming town in the east of England into a factory for swimming Olympians. It takes a rare breed of person to do that. The City of Lincoln is blessed to have had such a figure amongst its population and there are thousands of kids and adults who are better, more rounded (and grounded) people due to Ian's unwavering support over more than 20 years. Out of acorns, grow trees..."

Interesting, huh? Now, how about re-reading it, but swapping Ian for Benoit, Lincoln for Bishop's Stortford and putting your name in place of the swimmers I mentioned. The similarities are quite compelling and, whilst BSSC is not quite where Lincoln Pentaqua got to, we're on the right road and all you swimmers hold the key to future successes. It's a journey, but one that we all take together. Do you fancy being part of it...?

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.

2019 CLUB CHAMPIONSHIPS



Club Championships provided four nights of fast and furious swimming from 114 members, recording more than 650 results across 32 events, countless personal bests and many qualification times for the 2020 Hertfordshire County Championships. The boys were in particularly good record-breaking style, with 10 All Time Club Records sent tumbling over the four nights. In the 12/13 Years age group, Mohamed (Sami) Zemzami broke an amazing 7 club records (50/100/200/400m Freestyle, 100/200m Butterfly and the 400m IM). In the 14/15 years group Tom Ogden broke the 100m IM record and Mehdi El Mansar broke the 400m Free record, whilst in the Open age category Bryn Couser took the 100m Breaststroke record.



Thanks to everyone who helped make this year's championships run so smoothly including our army of volunteers, cake providers/makers, officials, office staff, coaches and swimmers!!

Visit our website soon for a longer write up highlighting more of the outstanding performances!

Our Club Champs presentation night was a great celebration of the successes of a large number of our swimmers. This year, 102 swimmers won trophies & medals (thanks again to Linda, Lorinda and their team for organising them!), and the night was hosted by Bryn Couser, ably assisted by Callums D & H, Sarah Carroll & Millie Fields! Big thanks to everyone who helped on the night.



HUGE congratulations to all our special trophy winners:

Mehdi El Mansar, Bryn Couser, Eleanor Mason, Grace Mason, Beau Reilly and Mia Carter (accepted on her behalf by Sam on the night)!

Finally, congrats to our 2019-20 Club Captains: Sarah Carroll and Bryn Couser

Final note from Club Chair

What a fabulous time was had by the swimmers, there were some amazing swims and some first time competitors who performed so well. Our younger Squads, in particular, were on good form with lots of PBs and smiles.

These Galas do not organise themselves so thanks to all of our helpers for giving up their evening to ensure the smooth running of these events. Obviously there is a large cost associated with these events, primarily pool hire, which is not necessarily covered by the entry fees therefore we do ask parents to contribute each night through a small fee to access the spectators gallery. So when some parents actively avoid paying the entry fees by entering the gallery early and refusing to come downstairs to pay, as happened this year, the loss of income ends up being covered by every other parent in the club in some form or another. Please choose to support our club wherever you can.

PREVENTION & RECOVERY

by Barry Chandler

BSSC Coach and Specialist
exercise instructor weight
management & diabetes

Injury Prevention

Injury is often caused by asking our muscles to move loads beyond their capacity, without having allowed them time to adapt to that new challenge.

Factors that affect the capacity of the muscle to move a load will include:

- Inherent long-term physical anomalies or injuries
- Stress, sleep and diet
- Things that happen on the day for example an earlier work out or changing your build up to your reps and then seemingly pushing it too far

All reduce capacity to work.

There is not much you can do about the first factor, but the others are modifiable, or, at least we can modify our exercise based on having reflected on them, so we reduce the risk of injury.

How many of us conclude that that extra rep is the cause of the injury? It's like saying that last glass of wine is what made me feel unwell and the several I had beforehand had nothing to do with it.

So, when exercising we have to think about all the things which can reduce our muscle capacity, and, allow enough time for our muscles to adapt to new loads asked of them. Particularly as we grow older!

When we get this right, our muscles increase their capacity, bones increase density and tendons grow stronger enabling us to incrementally improve.

Recovery After Exercise

Allowing adequate time for recovering after any exercise is really important; particularly high intensity exercise. This means getting the right 'rest' between reps as well as between sessions and getting this right will increase performance and reduce risk to injury.

In general, research shows that bouts of light intensity exercise (up to 50% MHR) for around 10 minutes appears to be optimal for reducing lactate and proton levels (1) and post work out replacement of glycogen stores is important immediately post exercise (15-30 minutes) and then again at 60 and 90 minutes respectively. The American college of exercise indicates this should be at a rate of 1.2g per kg body weight per hour; supplementing with 0.4g protein per kg body weight per hour has also been shown to be beneficial.

(1) Del Coso, J. et al. (2010). Restoration of blood pH between repeated bouts of high-intensity exercise: Effects of various active-recovery protocols. *European Journal of Applied Physiology*, 108, 523–532.



choicephysio



Your guide to tendonitis, and how to prevent it!

Tendonitis / tendinopathy occurs when there is degeneration in a tendon, and this is usually associated with overuse or sudden movement injury to the area. Swimmers can be at risk of developing tendonitis / tendinopathy, due to the repetitive nature of swimming training. Tendons are strong bands of tissue that connect muscles to bones, and when injured, they can become painful, swollen, weak and stiff.

The main symptoms of tendonitis are:

- pain in the tendon - which can get worse when exercising or moving.
- swelling in or around the tendon, sometimes with redness or heat in the area
- a palpable lump in the tendon - more common in the achilles tendon compared to other tendon sites

If you are experiencing any of these symptoms, initial treatment to help can include:


- Rest - stop the activity that caused the injury or is causing it to continue
- Ice - placing an ice pack (wrapped in a towel or cloth) on the area for 15 minutes every 1-2 hours can help to reduce swelling
- Compression - can help to support the area
- Elevation - elevate the limb by placing it on a cushion or stool when sitting down

If the tendon pain continues and does not ease with the above self treatment, then Physiotherapy can help to speed along the healing process. Physiotherapy treatments, such as massage, acupuncture, shockwave therapy, taping and exercises, can help to speed along the healing process to enable you to return to sport as soon as possible. We also work to rehabilitate the tendon, so it can withstand increased load and therefore reduce the risk of tendonitis recurring again.

Ways you can reduce the risk of developing tendonitis, include:

- Warming up before exercising and stretching afterwards
- Ensuring diversity within your training schedule, so you are not always repeating the exact same movements during sessions
- Avoid over-exercising tired muscles, rest if your body needs it

If you have the symptoms of tendonitis, we are here to help! We use hands on Physiotherapy treatment to help you get back to training and swimming competitions as soon as possible. If there is anything we can do to help you, please feel free to call us on 01279 882518 or you can book online at www.choicephysio.co.uk



SWIMMER PROFILES

Name: Meisha Trend-Evans

Squad: Cadets A

Number of years swimming: 11

Tell us about your swimming career so far?

By the age of 7 I completed the ASA stages 1-7 and Bronze-Gold with Splash swim school. I then trained and competed for Hoddesdon swim club, achieving County times by age 9 and moved to BSSC around 4 years ago.

Best thing about training: seeing that I am improving and being with friends

... and the worst: Nothing, unless I cannot train due to injury- that is soo frustrating

Favourite swimsuit/ swim clothing and why?

Funkita costumes for training in, because they are comfortable & flexible with cool designs.

Goggle/hat etiquette?

backstroke - goggles then hat, all other strokes hat then goggles

What's your pre-race preparation routine?

Listening to upbeat music on the way to the venue. Pasta & banana 90 minutes before racing.

Stretching, sip water, keep moving up until the race, as soon as I put my goggles on I focus to get in the zone

What's special about being a swimmer?

It's a special life skill, great for fitness and keeping your body toned.

What is your best swimming moment?

Getting below 30 seconds in 50 free and competing in the finals for the first time at the Queen Elizabeth Olympic pool age 7.

What's your favourite thing to eat after training?

Flapjack.

Apart from a swimmer, what would you like to be?

A Team GB Triathlete

Who is your role model?

Alistair Brownlee & Vicky Holland



SWIMMER PROFILES

Name: Ellen Millar-Bond

Squad: Benjamins

Number of years swimming: My First swimming lesson was when I was 3 months old. Funnily enough, it all started in the College baby pool....however it wasn't until I was 8 years old that I joined BSSC. So I've been swimming nearly all of my whole 12 years.

Tell us about your swimming career so far?

So far, I have competed in the Peanuts and Arena Leagues, and this year I competed in the County Championships.

Best thing about training...and the worst: The best thing about training is practicing turns and dives and achieving new goals set by the coaches. The worst thing about training is the early winter sessions.

Favourite swimsuit/ swim clothing and why? I don't have a favourite swimming costume. I do however have a lucky hat.

Goggle/hat etiquette? Single hat and goggles over the top.

What's your pre-race preparation routine?

I try to relax and have fun with my team mates as a pre race preparation.

What's special about being a swimmer?

Keeping fit, making new friends and enjoying new experiences.

What is your best swimming moment?

When I get PB's, as recently its been a bit of a struggle..

What's your favourite thing to eat after training?

My favourite things to eat after a morning session are pancakes and syrup. After an evening session I'll eat anything as I'm usually starving.

Apart from a swimmer, what would you like to be?

I'd like to be a Paramedic when I'm older.

Who is your role model?

My mum and dad. They always support and encourage me no matter what I do.



SWIMMER PROFILES

Name: Arthur Longman

Squad: Poussins B

Number of years swimming:

1.5 at club, I started swimming when I was 3

Tell us about your swimming career so far?

I have just turned 9, so have participated in 2 Club Champs, 1 No Frills and last weekend went to my first Open Meet at Basildon. It was really good to take part as I have been a supporter at Open Meets for the 4 years.



Best thing about training: Diving and racing off the blocks with my friends

...and the worst: Nothing really, except when your gear breaks (my fins have broken twice during training and its really frustrating!)

Favourite swimsuit/ swim clothing? My Shark Onesie that I always wear home from training.

Goggle/hat etiquette? Hat then goggles, and get Alice to tuck my ears in!

What's your pre-race preparation routine? I am trying to learn some good pre-race stretches.

What's special about being a swimmer? You get to meet new people, compete in lots of races, and enjoy yourself.

What is your best swimming moment?

At Club Champs I improved my 100 Breaststroke PB by 49 secs.

What's your favourite thing to eat after training? Chips!!

Apart from a swimmer, what would you like to be?

A rugby player – an Inside Centre crashing through the middle!

Who is your role model? My sis Alice C H Longman of course... but I also really like Nick Botha

Arthur's Tips for Junior Supporters ...

After watching your sister from the gallery for the last 3 years, have you got any tips for other brothers and sisters of Swimmers at BSSC when they go along to Swim Meets?

Wear shorts - its hot at the pool, even when its really cold outside.

Bring:

- food... (you can normally buy some there but I prefer some of my own)
- lots of water
- small toys, books, devices that you can play with

Watch the swimming - you can learn a thing or two!

Volunteering poolside can be really good fun. I enjoy helping with raffle and medals table.

Often younger siblings sit together at the back of the gallery, where it can be cooler.

Most of all enjoy yourself support your brother or sister and have a good time.



HIGHLIGHTS

SEE THE BSSC WEBSITE FOR LONGER VERSIONS OF SOME OF THESE ARTICLES

Junior Inter Counties

On Sunday 22nd September, Alice Longman, Catherine Clune, Kaia Phillips and Zoe Opiyo headed to Inspire Luton to represent Hertfordshire in the annual Junior Inter County competition hosted by Bedfordshire ASA. Alice came 7th in the 12 Yrs 100m Breaststroke, whilst Kaia, Catherine and Zoe contributed to some great relay swims. On the day Hertfordshire came 7th, but congratulations to them all for their selection.

National Inter Counties

BSSC had three swimmers in the 27 strong Swim England Hertfordshire team that competed at the National Inter County Championships on Sunday 6th October 2019 in Sheffield.

This Championship starts the competitive short course (25m) season for many of the swimmers taking part and is one of the highlights of the age group calendar with more than 900 swimmers competing from 36 counties, all proudly wearing their county's colours, including body paint! The championships is split into two divisions, with 20 teams in Division 1 and 17 teams in Division 2, including Hertfordshire who finished 10th overall.



Millie Fields was 2nd in the 14/15 years 100m freestyle (58.20), Kaia Phillips was 3rd in the 12/13 years 100m backstroke (1:07.74), whilst Alex Catton finished in 12th place in the 16/17 years 100m backstroke (1:00.17). Millie also competed in the most exciting event of the night, the 6x50m Freestyle Squadron relay, where SE Hertfordshire finished in 6th place.

Both Alex and Kaia were awarded the Most Valuable Boy and Girl Swimmer Awards by the two Hertfordshire coaches, based on the outstanding performance, behaviour and team spirit!

National Arena Swimming League - Round 1

Having finished middle of the table in 2018, BSSC remain in the Premier Division of the London Arena League. We hosted Round 1 at Watford on 12th Oct and some great swimming saw us finish a respectable 6th out of 8 teams against some mighty opponents! Round 2 sees us swim with Anaconda, Watford, Hackney, Camden, Chelsea, Hillingdon and Teddington. Fingers crossed for a great result on the night.

London - Premier Division League Table 2019

TEAM	R1 GALA POINTS	R2 GALA POINTS	R3 GALA POINTS	TOTAL GALA POINTS	R1 LEAGUE POINTS	R2 LEAGUE POINTS
teamipswich	338			338	8	
Camden Swiss Cottage A	328			328	8	
Hatfield	325			325	7	
Chelsea & Westminster	306			306	7	
Hackney Aquatics	281			281	6	
Basildon & Phoenix	278			278	6	
Hillingdon A	238			238	5	
Colchester	195			195	5	
Watford A	185			185	4	
Harlow Penguins	175			175	4	
City of St. Albans	177			177	3	
Bishops Stortford	175			175	3	
Romford Town	162			162	2	
Anaconda	162			162	2	
Enfield Swim Squad	135			135	1	
Teddington	125			125	1	

WHO DOES WHAT ON THE COMMITTEE?

With a new season underway and our new chairperson in place, we thought it would be good to remind you about the activities of all our volunteers that help keep the club running smoothly. In this article we describe the activities of our committee members.

Chairperson: Shereen Catton chair@bsswimclub.org.uk

The principal officer for the club, who provides direction and leadership, deals with issues as and when they arise, chairs committee meetings, oversees decisions and ensures the smooth running of all aspects of the club.

Vice Chairperson: Tracy Bradshaw

Works closely with club chair supporting them to undertake the leadership and governance responsibilities of the club. Generally, they will step into the role of Club Chairperson when the chairperson is unavailable.

Club Secretary: Graham Spratt info@bsswimclub.org.uk

Provides a main point of contact for administration, information and communication within the club. Manages the day-to-day running and administration of the club, organises committee meetings and AGMs, prepares agendas and takes minutes.

Competitions/Fixtures Secretary: Pam Spratt pam.spratt@bsswimclub.org.uk

Responsible for the development and management of the club competitions calendar. Works with the coaches to agree on all upcoming fixtures, manages the delivery of all competitions hosted and attended by the club and liaises with the club treasurer to provide accurate financial information including fees and expenses

Membership Secretary: Linda Harold membership@bsswimclub.org.uk

Acts as the main point of contact for swimmers looking to join the club. Manages and updates the Online Membership System (OMS), containing membership information and contact details of all club members, and ensures that annual membership renewals are completed on time at the beginning of each year – renewing those who are staying with the club, lapsing those who are no longer members and adding any new members in the correct membership category.

Treasurer: Nicky Fields treasurer@bsswimclub.org.uk

Responsible for producing and managing the club's accounts and finances, and overseeing all income and expenditure for the club. Ensures accounts and records exist, that all funds are used appropriately and banked promptly, plans the annual budget in agreement with the club committee, monitors finance throughout the year, prepares and presents end-of-year accounts, plans floats with members needing to collect or pay out cash, maintains records of any wages/salaries paid and meets the requirements of HMRC.

WHO DOES WHAT ON THE COMMITTEE? CONT'D

Welfare Officer: Lorinda Pietersen

welfare@bsswimclub.org.uk

This role provides a first point of contact for children, parents and adults within the club who have a child safeguarding or welfare concern. They assist the club in implementing Wavepower, Swim England's Child Safeguarding Policy and Procedures documents; ensure that all incidents are reported correctly and referred, in accordance with Wavepower; acts independently and in the best interests of a child at the club, putting their needs above that of others and the club itself; ensures that all relevant club members, volunteers and staff have an up to date DBS Enhanced Disclosure and the opportunity to access appropriate child safeguarding training (updated every 3 years); and ensures that Codes of Conduct are in place for club staff, volunteers, coaches, competitors and parents.

SwimMark Coordinator: Pam Spratt

Key point of contact for SwimMark, Swim England's recognised kite-mark for the development of effective, ethical and sustainable clubs.

Club President: Sally Winter

Acts as a figurehead both within and outside of the club. The club president is an honorary role, supporting the work of the Club and presenting a public face of the club at all times. They are not a full time member of the committee.

Communications & Marketing lead: Kat Gore

comms@bsswimclub.org.uk

Leads and promotes club activities aimed at increasing membership, income and/or raising the profile of the club within the community. Also leads internal communications aimed at existing membership; develops, maintains and updates the club social media accounts; promotes and publicises all aspects of the club in a positive and equitable way through the production of informative newsletters, website updates and regular media releases; reports on club events and the achievements of club members, both internally and externally; assists in promoting non-swimming social events for the relevant members of the club as requested/approved by the committee; establishes links with the local media, local schools and pool providers.

Anyone who fancies joining the Comms team is welcome, please just get in touch!

We desperately need more volunteers! If you can help with any of the roles described on the next page please do get in touch at info@bsswimclub.org.uk

VOLUNTEER ROLES & VACANCIES

We have a number of volunteer roles that are not part of our committee, but are still absolutely key to keeping our club running. Many of them are vacant right now, so we really need you to get in touch and offer to help us out.

Team Manager (TM) for Arena & Peanuts Leagues: Danielle Reilly

Our qualified TM administers and coordinates teams at events and competitions such as Arena league & Peanuts. They undertake team selections in consultation with coaches. They also regularly communicate with parents to ensure they are aware of the full details of the event; are responsible for the safeguarding and wellbeing of athletes and staff; provide information to athletes, coaches, parents/guardians as appropriate; and promote positive team spirit and behaviours.

Officials Coordinator: Dominic Mason

Organises all qualified technical officials in the club, coordinating availability for events, providing technical training courses when required and ensuring the continued supply of officials through the lifecycle of the club.

Raffle Organiser: Hanna Knipe

Hanna has very kindly agreed to take on this role. This volunteer organises the raffles at our Club Champs, No Frills and two Open meets.

Fundraising Officer: **Vacancy (anyone interested??)**

We have a vacancy for someone to be our central point of contact for fundraising activities. The role would include taking the lead on developing opportunities for accessing existing grants and funding and preparing funding bids in partnership with club committee members.

Trophy Secretary: **Vacancy (could be the same person as Medals Secretary)**

Once a year this person collects in all the Club Championship trophies from our members and organises them to hand out at Club Championships awards night.

Medals Secretary: **Vacancy (could be the same person as Trophy Secretary)**

Responsible for supplying and organising medals for Club Champs, No Frills and our two Open meets.

Tuck Shop & Refreshments Organiser: **Vacancy** (Danielle is giving up this role)

Our tuck shop at Club Championships & No Frills meet is manned by volunteers, but we need an organiser to source and store the drinks and sweets that we sell. This volunteer also supplies the squash and sweets that are provided to officials and volunteers helping us poolside at Club Champs, No Frills, our two Open meets and when we host league events such as Arena or Peanuts.

Social Committee: **Multiple Vacancies**

We need some volunteers to help organise a few social events during the year, such as a disco, sponsored swim and family summer BBQ. The more the merrier in terms of volunteers and the easier the tasks will be when shared amongst a few!

FINAL NOTES

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**

It won't be long before the **annual Membership renewals** have to be completed. Linda Harold will be sending an email to all members in December with instructions on how to renew, so please look out for it and respond promptly! ALL members must take action - even those who have only just joined the Club.

This is also a good opportunity to have a look at the details we hold and check that they are correct. Things may have changed over the course of the year. Have you changed your telephone number, email or moved house? Is there anything medically that we should be aware of? **membership@bsswimclub.org.uk**



EASY FUNDRAISER

With Christmas coming ever closer (yes we did just say the Christmas word ... twice ..., we're sorry, but it is less than 9 weeks away!), please don't forget to raise funds for our club when you make those lovely present purchases online!

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

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



PRO SWIMWEAR

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

Any purchases made through this page raises money for the club:

www.proswimwear.co.uk



STORTFORD SPORTS SUPPLIES

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

<http://stortfordsportssupplies.co.uk>