



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2021 AUTUMN EDITION

Welcome to the start of the 2021-22 season! What a summer it's been with the Tokyo 2020 Olympics finally happening and the amazing Team GB swimming achievements, especially the mixed 4x100m medley relay team. As we write, the Paralympics has just wrapped up and it was equally as captivating. Many of our club swimmers got a chance to Zoom meet the delightful Maisie Summers-Newton earlier this year in some Swim England events and we've also been privileged to see the amazing Ellie Challis in action at many local meets over the years. It's truly inspirational to watch them, but I personally just can't wait to get back to watching our own swimmers at training and competitions - though do remind me of this statement next time you hear me complain about the heat in the gallery!

We were a little quiet on the newsletter front during the 2020-21 season, and this edition is smaller than usual, but it is so nice to be writing this intro whilst optimistically looking forward to the season ahead. Some Covid protocols are still in place and we are not fully back to normal, but with the event calendar filling up we've got everything crossed for a great season! Please take a moment to explore this edition of Babble and relive some of the good moments of the 2020-21 season (yes, there were some!), and if you'd like to contribute anything to a future edition (news, blogs, ideas, recipes etc etc) please do just get in touch. We really do need your help across all club activities.

comms@bsswimclub.org.uk

RETURNING TO THE POOL - COVID PROCEDURES

You should all be familiar with the Covid procedures in place for this new season, but here's a reminder of the key points:

If you have any covid symptoms, DO NOT come to training. If you are not sure, please err on the side of caution and chat to our Covid Officer Leanne Andrews. Please take a PCR test and only return if it's negative. If it is positive, please isolate as per government guidelines. **Please email our Covid Officer should this happen.**

If you are a close contact of a positive case, providing you are under 18 or fully vaccinated, you are still able to train, but we strongly recommend daily LFTs over the next 10 days before coming to each swim session so we can try to minimise any potential infection within the club. If you are over 18 and not double vaccinated, then self isolation rules still apply and you will not be able to train until the period of self isolation ends. Again, **please email our Covid Officer should this happen.**

Swimmers should still arrive swim ready and bring bags onto poolside. However, at the end of their session, swimmers may briefly use the changing rooms and then exit via the relevant changing room door.

Parents you are welcome back in the gallery to watch!!! However, please be respectful of those wanting to socially distance and feel free to wear a mask if you prefer. Please do not congregate in the foyer whilst waiting for your swimmer. We recommend waiting outside (or in the car) at the end of the session.

covidofficer@bsswimclub.org.uk

Remember you can keep in touch with the club and learn more about us through many different platforms:

Website: bsswimclub.org.uk

Facebook: BSSwimClub1 or BSSC Members Only

Twitter: @BSSwimClub1

Instagram: [bsscswimmingclub](https://www.instagram.com/bsscswimmingclub)

YouTube Channel: Bishop's Stortford Swimming Club

WELFARE OFFICER - ARE YOU INTERESTED?

Lorinda Pietersen has been our Welfare Officer for many years and we thank her for all she has done, but now she is our chairperson, we need to transition the role to someone else. **We invite any of our members who may be interested in the role to email us via secretary@bsswimclub.org.uk by the end of September.** You can view the Swim England Welfare Officer Job Role on their [website](#). Please also feel free to contact Lorinda via the welfare email below to find out more.

If you have any concerns over a child's welfare, Lorinda can be contacted either by calling her directly on **07885 370843** or by emailing **welfare@bsswimclub.org.uk** Alternatively, during this interim time please approach any committee member in confidence, as they are also trained in Safeguarding.

Our club AGM was held on Wednesday 21st July 2021 and the **committee members voted in for 2021/22** are listed below:

| | |
|--|--|
| Chair | Lorinda Pietersen |
| Vice Chair(s) | Shereen Catton / Mel Longman |
| Club Secretary | Helen Badcock |
| Membership Secretary | Sally Lowe |
| Treasurer | Nicky Fields |
| Communications & Marketing Lead | Kat Gore |
| Swim Mark Coordinator | Megan Stuart |
| General Members | Danielle Reilly, Linda Harold, Sarah Neill |

We would also like to introduce our new **Galas team - Claire Fields, Danielle Reilly & Sarah Neill** - who are busy helping Benoit with meet entries and submissions. They have already cut their teeth on the Swim England Level X submissions and our BSSC Summer Meet and given our event calendar, they will be busy this season. We thank them in advance!

COMING SOON!



We are really pleased to share the news that we will be moving many of our systems across to Swim Manager. This move will improve our communications to members, streamline meet entry procedures, and enhance many of our behind the scenes processes. We are in the set-up phase with Swim Manager and as soon as we are ready to launch we will share more details.

Benoit has already shared provisional event calendars via email, but here's a reminder of some key events coming up between now and Christmas. Remember, not all squads attend every event, and changes may happen, so keep an eye on emails and social media for updates. Our website also contains more details in the [Events Calendar](#)

- 2/3 October** **Harpenden FINIS Legacy Meet, St Albans**
Poussins, Benjamins A & B, Minimes, Juniors, Cadets
- 9/10 October** **BPSC Autumn Season Opener, Basildon**
All squads (Arena league swimmers will not attend this meet)
- 22 October** **BSSC Level 4 Meet [watch out for volunteer requests]**
All squads
- 23 October** **Cheshunt 16th Autumn Open Meet, Harlow**
All squads
- 30/31 October** **BPSC Short Course National Qualifier (L2), Basildon**
Elites, Minimes, Juniors, Benjamins A
- 5-7 November** **SE East Region Short Course Championships, Luton**
Qualifying swimmers (times have been published)
- 20 November** **BPSC 800m Event, Basildon**
Elites & Minimes
- 20/21 November** **Guildford Level 2 Meet, Guildford**
Elites
- 27 November** **BPSC 1500m Event, Basildon**
Elites & Minimes
- 27/28 November** **Harlow Open Meet**
All squads
- 3-5 December** **Swim England National Winter Championships, Sheffield**
Qualifying swimmers (times to be published)
- 11/12 December** **BPSC Last Chance County Qualifier, Basildon**
All squads
- 17-19 December** **BSSC Level 4 Christmas Meet [volunteers will be needed]**
All squads

Some of the information on **2021/22 County, Regional and National events** is understandably scarce right now, but below we have outlined what has been shared to date, and what location you should keep an eye on to find out more. We will also share more info via our website and social media, and if you actually need to do something about entering an event, our gala team and team managers will be in touch via email.

5-7 November SE East Region Short Course Championships, Luton

Swim England East Region intends to run its 2021 Short Course (25m) Championships on 5-7th November 2021 at Inspire Luton Sports Village. They have published an [intention document](#) on their website that contains the planned schedule and qualifying times. They plan to have spectators and live stream the event.

3-5 December Swim England National Winter Championships, Sheffield

Swim England intends to run their National Winter Championships (25m) on 3-5th December 2021 at Ponds Forge, Sheffield. They have published full [competitor information](#) on their website, that contains the planned schedule and qualifying times.

January 2022 Swim England Hertfordshire County Championships

Swim England Hertfordshire are still working through their plans for 2022 County Championships, but on Sept 12th 2021 they shared some information in a series of Tweets. Qualifying and Consideration times (QT & CT) remain unchanged from 2020. The qualifying period will be 1st Jan 2020 to 12th Dec 2021 and there is a 5 tier entry system - T1 QT time on Rankings (i.e. Level 1-4 event), T2 CT on Rankings, T3 QT in a Level X meet, T4 CT in Level X, T5 invitation to those at 2020 Counties who didn't qualify through T1-T4. There will be no Age Group Finals, just Championship finals. They are not planning to have spectators, but will live stream as usual. As the season goes on, we expect more information will be posted on their [Swimming Competitions](#) website page.

As you will have seen from the events calendar, we plan to run two BSSC meets before Christmas. Both will be Level 4 meets, meaning just our club swimmers will attend, and we will let you know about spectators nearer the time. We will be in touch shortly regarding Officials and other volunteers for the October meet. For information, we are in the planning stages of two 2022 BSSC Open Meets, one of which we hope to run in the new Grange Paddocks pool and the other in the 50m pool at Luton. More details will be shared later this year.

HOW TO BE A GOOD SWIM PARENT

swim parent (noun)
'sw-im \per-ənt

1. One that is able to wait multiple hours in anticipation of their offspring racing for 30 seconds.
2. Has a constant supply of food for the HANGRY swimmer.
3. Able to withstand the lingering scent of chlorine.
4. Understands the importance of one second.
5. Provides replacement for lost goggles at a moments notice, usually before a race.
6. Embraces extreme humidity during the coldest months of the year.

This article was first shared in the Christmas 2019 Babble by the parents of the Elites squad. Given the gap since our last outings, we thought it was worth another viewing ...

Always be positive, even when you've driven forever to a Gala and the swimmer adds seconds to their PB. Or as aptly named by Cara, the swimmers Personal Worst!

Never underestimate how much food may be consumed at a Gala. Yours in boredom and theirs in effort

Accept the fact that Coaches have Squads and are not personal coaches to certain swimmers



Remember the coaches cannot spend one hour talking with you as there are many swimmers and not enough hours in the day

When filming your child's race remember not to swear when the outcome is not as hoped

Do not underestimate the Coaches knowledge of every swimmer in their Squad. They've spent far longer watching the swimmer than we have

Always research the closest Macdonalds after a Team Event, or have your excuses ready. Please note, granola bars are never an acceptable alternative

Swimmers do not need to be told they haven't swum their best ... THEY ALREADY KNOW!

There is always a valid reason for the team or race selection, even if it is not obvious to you or your swimmer

Never comment on another swimmers times, you may need them to give your swimmer a lift one day.

Don't forget your padded cushion for those long days on hard chairs

Ditto your surgical stockings. An average gala is longer than a flight to India!

Entry fees are the cheap part of the Gala. The raffle, protein bars, merchandise and new equipment are all necessary incidentals

Never assume your swimmer knows which events they've been entered into or even where the gala is

Expect to become an expert in lip reading and sign language from across the pool.

SWIM PARENT



**CHEERING SECTION
FINANCIAL INVESTOR
EQUIPMENT MANAGER
TRAVEL COORDINATOR
CHAUFFEUR**

COMPETITION NEWS

How lovely to have some competition news to write about! Many of the events below have longer articles on our website (click on the links to view more), but we include them in our newsletter in case you've missed them and to continue the celebration of achievements.

FINA World Masters 2020 Rankings

Sally Winter (Women 60-64)

| | |
|-----------|-------------|
| 100m Free | 2nd LC |
| 200m Free | 1st SC & LC |

Elizabeth Bellinger (Women 40-44)

| | |
|-----------|-----------------|
| 100m Free | 5th LC |
| 50m Fly | 1st LC & 9th SC |
| 100m Fly | 1st LC & 2nd SC |
| 200m IM | 2nd LC |

Alyson Fordham (Women 60-64)

| | |
|-----------|--------|
| 50m Free | 3rd LC |
| 100m Free | 3rd LC |
| 200m Free | 3rd LC |
| 400m Free | 4th LC |

World Beating Masters

Despite limited competition opportunities in the UK during 2020 compared to many other Countries, three of our superly talented Masters swimmers secured multiple top 10 finishes in the 2020 FINA WORLD Masters Top 10 Rankings, with two ranking FIRST in the world!

Elizabeth Bellinger (40-44yrs) was first in the world long course rankings for 50/100m Butterfly, Sally Winter (60-64yrs) was first in short and long course 200m Freestyle, and Alyson Fordham (60-64yrs) had multiple 3rd & 4th place rankings.

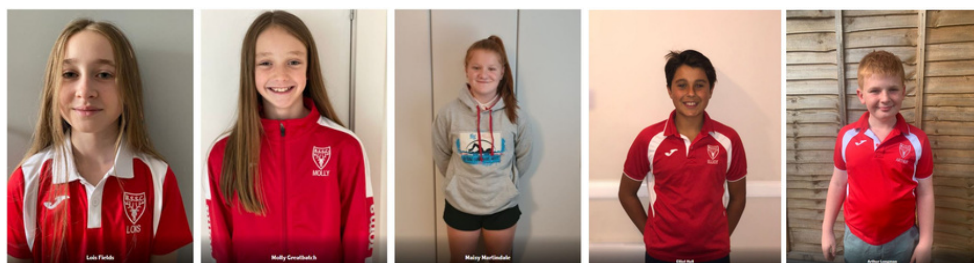
2021 British Championships Qualifiers

The British Swimming Championships is one of the big competitive events of every season. Although it has been cancelled for the past two years we wanted to celebrate the achievements of our swimmers who had qualified and would have been there in April 2021. Congratulations to Alex Catton (100m Backstroke), Bryn Couser (50m/100m/200m Breaststroke), Millie Fields (50m/100m/200m/400m Freestyle, 200m IM) and Niamh James (200m Backstroke).



Swim England East Region Future Champions Meet

In August 2021, five qualifying 10 & 11 year olds competed in their first ever Regional level competition and the first event held outside their own pool since March 2020!



The Future Champions meet was organised by the Swim England East Region as a fun and COVID-safe opportunity for the stars of tomorrow to come together and race - perhaps for the first time ever - after a significant period of disruption. All five Stortford swimmers tackled their nerves and performed brilliantly, achieving 17 personal best times across 19 events. Molly Greatbatch secured two 6th places in the 50m/100m Breaststroke and Maisy Martindale came 4th in the 50m Freestyle and 8th in the 50m Breaststroke. Well done everyone!

COMPETITION NEWS CONT'D

British Festival of Swimming

Inspired by Team GB Olympic swimming successes in Tokyo, thirty-one members of Bishop's Stortford Swimming Club recently competed in the British Festival of Swimming. This Nationwide competition was held from mid-July through August as a network of regional events, and results from all home nations were amalgamated into a British leader board.

This was the first time BSSC swimmers had ventured from their own pool since March 2020 and the 50m pools at the University of East Anglia in Norwich and the London Aquatic Centre were welcome sights. For many of the swimmers it was also the first time they had qualified for a Regional or National level event so nerves were high, but all stepped up and performed fantastically. Eighty-eight swims resulted in multiple personal bests, forty-two top ten finishes and eleven medals



Ella Greatbatch



Kirsty Neill

The East Region medallists were: Ella Greatbatch (Silver 100m Breaststroke, Bronze 50m/200m Breaststroke), Kirsty Neill (Gold 200m Breaststroke, Silver 100m Breaststroke), Jago Derrington (Silver 50m Backstroke, Bronze 100m/200m Backstroke), Niamh James (Gold 200m Backstroke, Silver 100m Backstroke, Bronze 50m Backstroke).

Extra congratulations must also go to Ella Greatbatch and Kirsty Neill for also securing top ten finishes in the British Festival leader board, where Ella's 100m Breaststroke time of 1:20.69 made her the 8th fastest 13 year old in Britain and Kirsty was the 5th fastest 14 year old in the same event with 1:16.25 and the 9th fastest in the 200m Breaststroke (2:46.49).



English National Sprint Distance Triathlon Championships

Not just swimming, but this Triathlon England event is definitely worthy of a mention due to the outstanding performances of three of our club swimmers in the Sprint Distance event (750m Swim, 20.1km Bike, 5km Run).

Eleanor and Grace Mason claimed Gold and Bronze in the Under 20 age group, whilst Elizabeth Bellinger secured Bronze in the 40-44yrs age group. This adds to Eleanor's National Aquathlon title and is Grace's first national medal at age 15.



What is Level X?

A brand new virtual competition created during 2020 by Swim England for swimming clubs. It allowed clubs to compete with other clubs across England from their home pools whilst Covid restrictions were still in place.

Series 1 ran at the end of 2020 and Series 2 during 2021.

BSSC and Level X

November 2020 lockdown severely affected our Series 1 plans, but with a herculean effort from all our officials, volunteers and coaches, we squeezed in one night of racing. Pools reopened early April 2021 and we held Series 2 events in May and June.

Series 1: 3 November 2020

This was the first racing opportunity our swimmers had experienced in nearly eight months and you could see the enjoyment on their faces, even though Level X brought a new style of slightly confusing competition! Both sexes lined up together, strokes were all muddled in one heat with backstrokers being pitted against freestylers etc, and whilst some swimmers stopped after two lengths, others had to remember to continue for another 50m or even more - confused?!

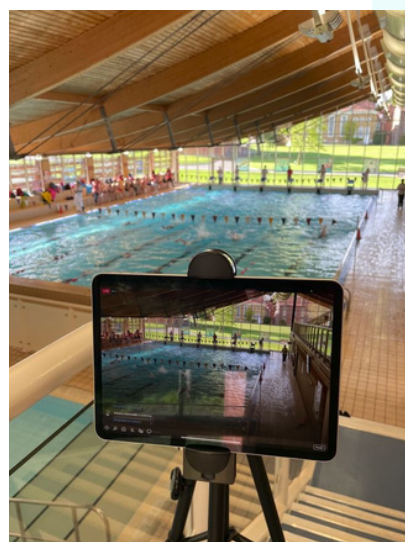
Over 16,200 swimmers from 430 clubs uploaded 94,000 swims to the National Level X database. Even with only two months of training and just one Level X night, Kirsty Neill (13yrs) and Millie Fields (16yrs) secured top 10 finishes in England in their age groups, with Kirsty 4th in 100m Breaststroke and 5th in 50m Breaststroke and Millie 8th in the 100m Freestyle. Top 20 finishes were also achieved by Meisha Trend-Evans (14yrs 50m/100m Freestyle), Jessie Fields (14yrs 100m Butterfly) and Alex Catton (17yrs 100m Backstroke).



Series 2: 25 May and 15 June 2021

Lockdown early 2021 again scuppered plans, but after the pool reopened early April, we managed to hold two race nights. The jumbled up format continued, but all the swimmers enjoyed the opportunity to squeeze into their race suits and compete against each other once more.

Results have just been finalised and two of our swimmers achieved top 20 finishes in England (Ella Greatbatch (13yrs) 50m Breaststroke, Jago Derrington (15yrs) 200m Backstroke), whilst Kirsty Neill (14yrs) finished 1st in 200m Breaststroke and 12th in 100m Breaststroke. Kirsty's 200m time was the fastest in Britain!



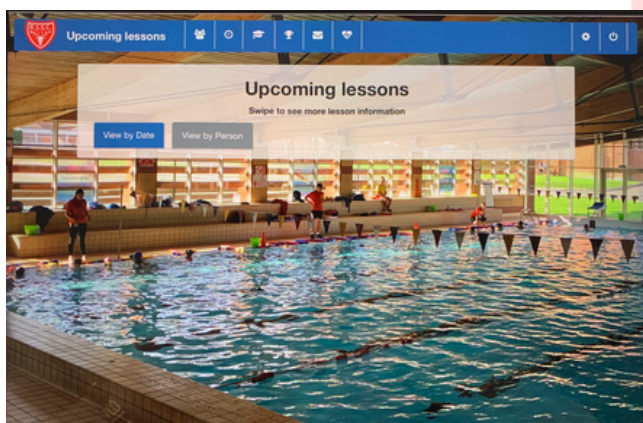
A big THANK YOU must go to everyone who helped make these race nights happen!



How much do you know about our BSSC Learn to Swim school?

What a year it's been for Learn to Swim! After a gap of five months, our BSSC Learn to Swim school started to return to the pool in September 2020. Covid protocols meant restrictions on numbers of learners and additional staff requirements, but the LTS team had welcomed back around 130 swimmers and were just getting into their stride when the new lockdowns stopped everything again.

After regrouping, changing personnel and transitioning to a new software provider, we are pleased to share that Learn to Swim is back, stronger than ever, under the watchful eye of Linda Harold. The switch to SwimSoft by MorSolutions has enabled a streamlining of communications between our Admin team and parents, and it all happens purely through the Client Hub message facility. It also brings the added benefit of printing names directly onto certificates - a massive time-saver!



We're also pleased to share that Coach Mathieu Leroy is acting as LTS Head of Swimming, a role that will ensure that the quality and consistency of the teaching is such that when it comes time for the children to transition to our competitive squads, they have all the skills required for the move. This term has seen nine of our Learn to Swim children move to Poussins. We wish them all the best of luck!

This Autumn 2021 term we plan to welcome 330 swimmers across Stages 1-10 and Swim Fit on Sunday afternoons at the College from 3-6pm and Stage 1 on Friday afternoons at the College from 5.15-6.15pm.

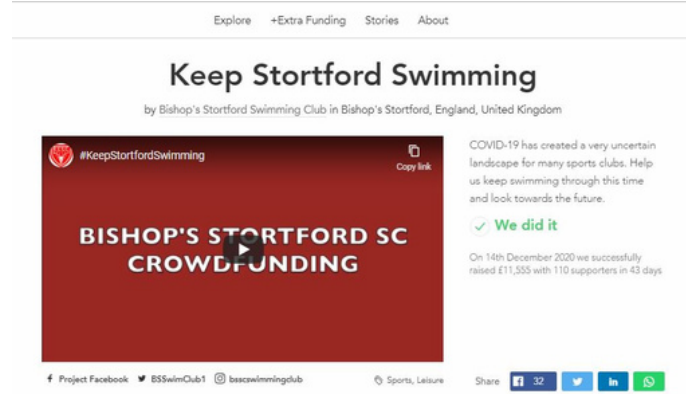
We are very lucky to have wonderful teachers, assistant teachers and pool helpers, most of whom have risen through the Club squads, and are now giving back to the next generation of swimmers. In Stage 1, as well as the teacher, we have one assistant/helper in the water for every four children. This is one of the best ratios in the area! Assistants are also in the water for Stage 2 and 3 children.

LTS is always on the look out for helpers who aspire to be teachers, assistants and lifeguards. Currently we are full, but we encourage anyone who would like to do their Lifeguarding or teaching qualifications to keep us informed.

If you know of friends or family looking for a swim school, then please do point them in our direction at learntoswim@bsswimclub.org.uk

#KEEPSTORTFORDSWIMMING

On Sunday 1st November 2020 we launched our **#KeepStortfordSwimming** crowdfunder appeal with much trepidation with a target of £10,000 – £5000 to be raised by the club, and £5000 matched with Sport England's Active Together funding.



A new lockdown had been announced the day before and we were just four days from pools closing again. We knew Level X contributions would help and we had just enough time to squeeze in one evening of racing, but they alone weren't enough to reach the £5000 target.



We needn't have worried, as the generosity of our members and supporters and Corporate Sponsorships from two locally based companies (Animal Tracker and Harlow Group Storage Ltd), meant we smashed through the £5000 requirement within three days, and with the Sport England funding **the final total was an amazing £11,555!**



We'd like to take the opportunity one final time to thank all those involved in this fundraising event, from the organisers of the page, the creators of the fabulous video (Nick & Nellie), all our contributors and our wonderful members who got creative with incentives such as car washing, shirt ironing, cake making, Mexican dinners, dog walking and overnight stays (Doggy Ray Care), local vouchers and raffles to reward donators.

FUNDRAISING NOTES

We have an [East Herts Lottery](#) page where you can sign up to support us and other local causes for just £1 per week (less than the cost of 1/2 a cup of coffee!) and win prizes of up to £25,000. 50% of tickets sold from our page goes to us, and 10% to other great local causes. **Sign up by the end of October and you might win £1000 in John Lewis vouchers.**

Since launching last September one of our supporters won £250, eight won £25, and our supporters have won 3 extra tickets 48 times. As a club we are predicted to raise around £1,222 per year, so **it's a WIN WIN for us all!**



A Grand Way To Support Us Today!



Win £1000 In John Lewis Vouchers

- £25,000 weekly jackpot!
- Sign up from £1 per week (less than a coffee!)
- Raise funds for BSSC and our community
- Don't miss this month's special John Lewis draw!



EASY FUNDRAISING

Don't forget to raise funds for our club every time you make purchases online.

Just register once with EasyFundraising.org.uk and choose BSSC as your cause, then raise donations every time you shop online through their App or this link:

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



PRO SWIMWEAR

We have a ProSwimwear club specific website page and any purchases made through this page raises money for the club:

www.proswimwear.co.uk



STORTFORD SPORTS SUPPLIES

<http://stortfordsportssupplies.co.uk>

Stortford Sports Supplies is the place to pick up your club swim hats, tops, onesies, hoodies, rucksacks, towels etc. as well as other swimming kit supplies. As a club we benefit from your purchases.