



BABBLE

The Bishop's Stortford Swimming Club Newsletter



2021/22 WINTER EDITION

Happy New Year! We hope you have had a wonderful break and are ready and raring to attack all that 2022 holds in store for us. The determination, resilience and enthusiasm that our swimmers have shown these past two years has been amazing to watch, but it has just been so great to see them back training in the pool and properly competing again since September. They have already achieved so much this 2021/22 season, but it's moments like the dancing during the warm up at the Cheshunt gala (see our BSSC Members Facebook page if you missed the videos!) that have brought the biggest smile to my face as a club volunteer and swim parent.

Many Covid protocols are still in place, spectators are being banned from large events such as Counties and the impact of Omicron is still uncertain, but we are still planning for the future and keeping everything crossed for the rest of the season! Our coaches have just published a new Jan-May 2022 event calendar and it all kicks off with the Hertfordshire County Championships this weekend, where we have 49 swimmers in action.

Please take a moment to explore this edition of Babble, meet our new Club Captain and Welfare Officer, read about club life and relive the start of our 2021-22 season. If you'd like to contribute anything to a future edition (news, blogs, ideas, recipes etc etc) please do get in touch. We really do need your help across all club activities.

ONGOING COVID PROCEDURES

Some of the Covid procedures in place for this 2021-22 season have recently changed, so 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. PCR tests are still advised for people with covid symptoms, so 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.**

Please note, if you test positive on an LFT but are asymptomatic, you should still isolate and keep away from training until the end of your isolation period.

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 7 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.

The College now have signs in place advising that masks should be worn in public areas inside the swimming pool building. To abide by their rules, please can all adults waiting in the gallery or reception area wear a mask.

Parents you are welcome in gallery to watch. However, please be respectful of those wanting to socially distance and remember your mask. 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](#)

YouTube Channel: [Bishop's Stortford Swimming Club](#)

2021-22 CLUB CAPTAIN - MILLIE FIELDS

We are so happy to share that Millie Fields (Elites) has been appointed our Club Captain for this season. We asked her a few questions so you can get to know her a little more ...

Swimming History: I joined the swimming club in year 5 at aged 10, so I've been swimming for almost 8 years. I qualified for my first counties in 2015, first regionals in 2017 and first nationals in 2019.

Proudest swimming achievement: I was super happy with my swimming at the summer regionals in 2019 where I also managed to qualify for the 100m and 200m freestyle events at British Championships.

Do you have a highlight from last year?

Being as last year began with lockdown, it was great to be able to be racing again by the summer. The Festival at London Aquatics Centre was one of my favourite events because I was able to see all my friends for the first time in over a year.

What does being Club Captain involve?

Being club captain involves being a motivating figure for all the younger swimmers and being open and friendly if they ever need help, whether it be at training, a club meet or counties.

What's your ambition for BSSC this year?

I would love to see more younger BSSC swimmers reaching regionals in the summer and winter. I would also love to see BSSC in the Arena League.

Do you have any advice for younger members of the club? Don't ever put too much pressure on yourself, just have fun - that's what swimming is about.

Best quote/piece of advice: Losing one race doesn't determine anything, keep your mind focused on your next race/ goal.



Favourite stroke / event:

200m Freestyle and 100IM

Best thing about being a swimmer:

The friends and community, I love being able to see my best friends everyday and sometimes spend whole weekends with them.

Best poolside snack: Jelly

Hat and Goggle etiquette:

One hat, goggles, another hat, works for me every time, just don't put the second hat on too soon or you'll get a headache.

Hero: Katie Ledecky, I admire her resilience and her freestyle technique is insane.

Best swim hack: At competitions always take your swimming costume off and change into something dry if you can, otherwise you will get so cold- and that's never good for racing.

WELFARE OFFICER TRANSITION



Lorinda Pietersen has been our Welfare Officer for many years and we thank her for all she has done for the club in that role.

However, as she has recently become our chairperson, we needed to transition the role to someone else.

We are very pleased to introduce **Brian Neill** to you all, who will be taking over the Welfare Officer role from Lorinda. Brian is a dad of one of our Elites and also has a younger daughter in our Learn to Swim school.

He's also no stranger to community based positions of responsibility, having recently finished an 11 year tenure as a school governor at Northgate Primary, spending the last four of those years as chair of governors.

If you have any concerns over a child's welfare, Lorinda and Brian can be contacted either by calling Lorinda directly on 07885 370843 or by emailing **welfare@bsswimclub.org.uk**



We are really pleased with the movement of our systems into Swim Manager, in particular our meet entry procedures and finance.

The previous method in place for meet entries was very time consuming for our coaches and volunteers, as it was a manual process requiring many review steps to keep it as error free as possible. We still heavily rely on the volunteers within our competitions team to support our coaches, but the use of Swim Manager has helped streamline the process.

You should now all be set up with new direct debit mandates within Swim Manager and used to how invoices work within the new system. Any issues, please contact Nicky our treasurer on **treasurer@bsswimclub.org.uk**

As we are entering the membership renewal period, please check that all your details held within Swim Manager, in particular emergency contact details, are up to date. Don't forget it also contains extra information like personal best times.

REMINDER ON MEMBERSHIP RENEWAL

An email about changes to membership renewal was sent by our membership secretary, Sally Lowe, to all members on 6th December 2021. Here's a reminder of the key points:

In previous years we have asked all members to actively renew their membership with the swimming club on an annual basis. With the advent of our new membership system Swim Manager this is now no longer required.

For this annual renewal period if you wish to continue your membership with Bishop's Stortford Swimming Club, you don't need to do anything. Your membership will be renewed automatically, and your payment will be taken by Direct Debit in January. This will also apply to your annual Swim England membership.

Note that if you wanted to cancel your membership, or amend your Swim England category you should have already notified the club membership secretary by the end of December.

Members who do not pay by direct debit will need to ensure that funds are received into the swimming club account by the 15th January 2022 in order for their renewals to be processed, if payment isn't made then membership won't be renewed. Those with direct debit mandates will receive payment notifications as normal.

membership@bsswimclub.org.uk

Did you know that **Swim England have recently re-named their membership categories?** The definition of the categories remains the same, but they now have a name rather than a number descriptor:

- **Club train** (formally category 1 - members who do not compete)
- **Club compete** (formally category 2 - members who compete at affiliated galas)
- **Club support** (formally category 3 - members who support the club in a non-swimming capacity; parents, coaches and volunteers etc.)

We really do need more parents to start training as Officials to help support the future of the club. This content was previously emailed to members by Helena Pretious-White our Officials Co-ordinator, but it is so important that it needs to be shared again!

I have been made aware that over the last few months of our turbulent situation we have had many new members join the club, fantastic news! For those of you new to competitive swimming I thought I should take time to explain who those people in white are! In short, we are the officials who ensure a level playing field/pool for all competitors and we are all volunteers who started off where you are now. **As a club we need to ensure we continually encourage parents to take an active role in their child's chosen sport.** Below is some simplified information to hopefully encourage you to start your journey as a British Swimming Technical Official – sound impressive? Please read on!

Referee: Has complete control of the competition, the venue and the other officials in all matters of the swimming laws, health and safety and conduct.

Starter (J2S): Starts each event, has certain powers of disqualification.

Stroke Judge (J2): Walks the side of the pool to observe that swimmers conform to the Laws of strokes.

Finish Judge: Stands at the finish of each event to record the finish order, may also act as Turn Judge.

Turn Judge (J1): Observes that the swimmers conform to Laws regarding turns and relay take-overs.

Chief Timekeeper: Obtains recorded time from each Timekeeper, and passes to the referee.

Timekeeper: Take and record the time of the swimmer in the lane allotted.

Recently British Swimming have changed the way the training is delivered, this was actually in progress pre-covid! The initial training to become a JL1, which includes timekeeper, is now available on-line by following the information on the link below.

<https://www.britishswimming.org/browse-sport/swimming/officials/officials-qualifications-training/>

Please let me know (via the Officials email above) if you do sign up and then I can add you to the records kept for the club and provide assistance as required. There are also County and Regional Coordinators who provide support. The region page has some videos which will help with your understanding through training.

Herts County Official Coordinator: officials@swimherts.org

Herts County Officials Website Page: click [here](#)

East Region Officials Website Page: click [here](#)

GOOD REASONS TO BECOME A SWIMMING OFFICIAL

1. Teams must provide them at open meets & need them to run their own competitions
2. The competitions can't run without them if they are licenced events
3. Get involved in your child's sport
4. Understand the sport better
5. Full on line and 'on job' training provided
6. Do not need previous knowledge or experience of swimming
7. Makes the time go quicker
8. Make new friends, like-minded people
9. First t-shirts for County and Regional meets provided free
10. Cut the costs of attending Open Meets and Galas
11. Free tea and coffee and usually food if all day
12. Free programme – sometimes!
13. Have fun on poolside and it's cooler than the galleries
14. Another string to your bow



WE ALSO NEED YOU JUST AS YOU ARE

Please do consider becoming an official, but if you're really not ready to start your journey in white, there are many other ways you can help our club. We are predominantly run by volunteers and we need many of our parents to take an active role in supporting the club. Our older swimmers can start helping out too. We all understand the daily juggle of activities and life, especially with active children, so start small, play to your skills and take it from there ...

- Help at an internal club meet - keep an eye on emails asking for volunteers
- Take a shift on a laptop at a BSSC Open Meet to help input all the times for a session
- Write an article for Babble, or be a roving reporter for a day
- Source raffle prizes or help with other forms of fundraising
- Train to be a Team Manager and accompany the swimmers at an event - some current TMs are taking turns to sit with the swimmers inside (!) at Counties (bonus!)
- Join the committee

.... the list is endless, just please get in touch!

The exuberance of being back in the pool with their friends and lack of familiarity with the club procedures, has meant some of our younger swimmers have needed reminding of the club expectations on behaviour in and out of the pool. This has been handled through conversations with coaching staff, Welfare Officer presentations and a refresh of our **BSSC Code of Conduct for Swimmers**. Over the next few days, the code of conduct will also be rolled out to swimmers of all squads through Swim Manager. We include it below, so all members are also aware of club expectations.

General behaviour

- Treat all members of and persons associated with Swim England and other associated groups with due dignity and respect.
- Treat everyone equally and never discriminate against another person associated with the club on any grounds including that of age, sexual orientation, ethnic origin or nationality.
- The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
- Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate Club member.
- Recognise and celebrate the good performance and success of fellow Club and team members.
- Comply with the codes, rules and laws set out by Swim England

Swimming training

- Treat your Coach and fellow Swimmers with respect and conduct yourself appropriately when using any areas of the Bishop's Stortford College or Grange Paddocks.
- Make your Coach aware if you have difficulties in attending training sessions as laid down for your squad.
- Arrive 10 mins on poolside before the training session starts to complete poolside warm up as directed by your Coach.
- If you arrive late report to your Coach before entering the pool.
- Ensure you have all your equipment with you i.e., paddles, kick boards, hats, goggles, a drink, etc.
- If you need to leave the pool for any reason during training inform your Coach before doing so.
- Listen to what your Coach is telling you at all times and obey instructions given.
- Be prepared to accept constructive criticism from the Coaches. 9. Do not stop and stand in the lane or obstruct others from completing their training.

Swimming training cont'd

- Do not stop and stand in the lane or obstruct others from completing their training.
- Swimmers should not interfere with other swimmers in their lane. If others are faster the swimmer should let them overtake at the end of the length so as not to hinder them. Swimmers should not pull on other swimmers legs.
- The warm-up is NOT a race - it is for warming up.
- Do not pull on the ropes as this may injure other Swimmers.
- Do not skip lengths or sets - you are only cheating yourself.
- Think about what you are doing during training and if you have any problems discuss them with your Coach at an appropriate time.
- If you have any problems with the behaviour of fellow members report them at the time to an appropriate adult / coach.
- Swimmers must move carefully and safely around the poolside - no running, pushing swimmers into the water or throwing in objects.
- Respect the property of other swimmers and the equipment provided.
- With the exception of asthma inhalers, medication should not be taken poolside unless under parental guidance. The club cannot provide any medication for swimmers.

Changing Areas

- The changing rooms and showers areas should be treated with respect at all times.
- Mobile phones must not be used in the changing rooms.
- Respect the property of other swimmers at all times.
- The changing room is for changing only and the area should not be used as a social/meeting place.
- The changing area should be exited promptly.
- The use of foul or inappropriate language in the changing areas or at the pool is not allowed.

Competition

- At competitions whether they be open meets, national events or club galas always behave in a manner that shows respect to both your Coach, officials, Club members and teammates and the members of all competing clubs.
- You will be required to attend events and galas that the Head Coach has entered/selected you for unless previously agreed otherwise with the relevant Team Manager and Coach.
- When representing the club at galas and competitions remember that the club's reputation depends on the way swimmers behave. This Code of Conduct applies at all times when participating in such events.

Competition cont'd

- You must wear appropriate swimwear, T shirts/shorts and hats as laid down by BSSC.
- Report to your Coach and / or Team Manager on arrival on poolside.
- Warm-up before the event as directed by the Coach and ensure you fully prepare yourself for the race.
- Be part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason, ensure you inform and in some cases get the consent of the Team Manager / Coach, before doing so.
- After your race report to your coach for feedback.
- Support your teammates. Everyone likes to be supported and they will be supporting you.
- Swim down after the race, if possible, as advised by your Coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
- Never leave an event until either the gala is complete, or you have the explicit agreement of the Coach or Team Manager
- Treat other competitors and teams with respect in victory and defeat. Show good sportsmanship at all times.

Sanctions

With limited training times, we cannot afford coaches wasting session time continually disciplining swimmers and if necessary, we will enlist the support of parents in resolving behavioural issues.

- Swimmers disrupting sessions for whatever reason will be issued an initial warning by the coach. Swimmers continuing to ignore the warning will be asked to leave the pool.
- A letter or email may be sent home and the offender may only be allowed to attend subsequent sessions with a parent present, whilst the problem continues.
- More serious breaches of the Code of Conduct will be reported to the Chairman / Secretary of the club and the matter will be discussed at the next committee meeting.
- The Committee have the right to decide on any matters not covered in the Code of Conduct.
- The failure of any member to continually comply with all of the code of conduct will result in sanctions being taken under the club rules which may result in permanent or temporary exclusion from training sessions.
- In accordance with the club's Constitution, only the Committee can ultimately expel a swimmer, a decision not taken lightly but taken in the interests of the safety and wellbeing of the swimmers and club as a whole.

We have a number of social media platforms where our members can interact with the club and each other. Whilst we encourage open discussion, as with all social media pages, we require members to conduct themselves appropriately. To link with the refresh of the BSSC Code of Conduct for Swimmers, we have established rules of conduct for our sites, in particular our **BSSC Members Only** Facebook page.

Be kind and courteous

We are committed to making this site a safe space for all. Please treat everyone with respect. We encourage debate but remind you that politeness is required.

Respect everyone's privacy

Being part of this group requires mutual trust. We encourage authentic, expressive discussion but we ask that you do not share sensitive or private information about yourself or others.

No hate speech or bullying

Degrading comments about people or groups of people are not allowed. Everyone must feel safe. Bullying is prohibited.

Use of language

Please do not swear in a post, including the use of abbreviations. Please do not use language that might be offensive to particular groups.

Your admin team

Please remain courteous to us. If you have a query please contact us by submitting your query as a post, including an email address, or contact us via email.

Photographs of children

Photos and videos of swimmers may be posted on this site, but please do not copy them, or share them on any other platform.

No commercial advertising

Please do not link advertising, business promotions or spam to your post. Occasionally admin may post on behalf of businesses linked to the club such as kit suppliers.

Membership

We do not allow membership to anyone without a direct ongoing connection to the swim club, such as a parent of a swimmer, a member of the Masters squad or an associated member. Each season the membership list will be reviewed, and group members will be removed if they no longer have a link to the club.

Headcoach Benoit has already shared an updated event calendar for Jan-May 2022 via email, but here's a reminder of some key events coming up. Remember, not all squads attend every event, and changes may happen, so keep an eye on emails and social media for updates. Our website [Events Calendar](#) contains more details for each of these events, including host club website links, schedules, accepted entries etc.

- 8/9, 15/16, 22/23, 30 January 2022** **Swim England Hertfordshire County Championships**
Qualifying swimmers (accepted entries have been listed)
- 26 February** **BSSC Club Event [trial event at Grange Paddocks]**
All squads
- 12 March** **PSC Spring Long Course (L1) National Qualifier, Luton**
Elites & anyone qualified for British National Championships
- 13 March** **BSSC Level 4 Event, Bishop's Stortford College**
All squads, except those qualified for Nationals
- 18-19 March** **Harlow Level 3 Short Course Open Meet, Harlow**
Benjamins A&B, Cadets and Poussins
Minimes & Juniors not attending Luton Level 1 meet
- 19-20 March** **Team Luton Level 1 Long Course Open Meet, Luton**
Elites and all National qualifiers
Minimes and Juniors (with fast enough times)
- 26-27 March** **Hatfield Level 2 Short Course Regional Qualifier**
All squads, except those qualified for Nationals
- 5-10 April** **British Swimming Championships, Sheffield**
Qualifying swimmers
- 15-17 April** **City of Norwich Swim Club Easter LC Meet, Norwich**
Benjamins A, Juniors, Minimes, Elites and all National qualifiers
- 2/30 April, 1-2/6-8 May** **Swim England East Region Long Course Championships**
Qualifying swimmers
- 14 May** **Hertfordshire Peanuts League Round 1**
Selected swimmers > Poussins, Benjamins A & B, Minimes, Elites
- 21 May** **Cheshunt Anniversary Open Meet, Harlow**
Poussins, Benjamins A&B, Minimes, Juniors and Cadets

Also don't forget to check out our [BSSC Guide to Competitions](#)

Some of the information on **2022/23 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.

January 2022 Swim England Hertfordshire County Championships

Swim England Hertfordshire are holding their County Championships throughout January 2022. Qualifying and Consideration times (QT & CT) remained unchanged from 2020 and a 5 tier entry system was used. There will be no Age Group Finals, just Championship finals, but they have expanded the age categories to include separate groups for 16 and 17 year olds (good news for many of our swimmers). They are maximising the space at Borehamwood for competitors and therefore not allowing spectators, but will live stream all four weekends as usual. More information on schedule, warm up times and YouTube live streams can be found on their [Swimming Competitions](#) page.

5-10 April British Swimming Championships 2022

The flagship domestic event in the swimming calendar is planned to take place at the Ponds Forge International Sports Centre from 5th-10th April 2022, and will play key a role in the qualification process for May's World Championships in Fukuoka. The six-day meet is also envisaged to help team selections for the remaining senior and junior international meets in 2022, with British and Home Nation athletes targeting big performances to get them on teams for the world stage. Plans for the 2022 British Swimming Championships in Sheffield are ongoing and will continue to take into consideration the latest Government advice - but given the importance of competition for swimmers across the age groups, it will look to be more inclusive again, allowing more athletes to compete across junior and senior sections. More information on schedule and qualifying times is given under the Coaches tab on this [website page](#).

2/30 April, 1-2/6-8 May 2022 Swim England East Region LC Championships

Swim England East Region intends to run its 2022 Long Course Championships and has just released consideration times and a provisional schedule on their [Swimming Competitions](#) page. The schedule is subject to change and getting a time does not guarantee a swim if further Covid restrictions are required (though congrats if you achieve one!), so if you're wanting to be an early bird, make sure any hotel and travel bookings are made on a fully refundable basis!

14 May Hertfordshire Peanuts League, Round 1

Very little detail is currently known about the Hertfordshire Peanuts League for 2022, though provisional dates of 14 May, 11 June & 2 July have been given. We will share more details when we have them. This inter club event gives our younger swimmers an opportunity to compete at galas and experience their first serious team competition and all that entails.

31 May - 9 June 19th FINA World Masters Championships, Japan

The 19th FINA World Masters Championships is planned to be held from May 31 - June 9, 2022 across the Island of Kyushu, Japan in the cities of Fukuoka, Kumamoto and Kagoshima. Although this seems an amazing opportunity (and we do have Masters who have qualified!), the advice from Swim England Masters mid-December was to consider carefully before committing to travel or accommodation bookings as it was understood that the event organisers were facing challenges to finalise arrangements for the competition. Fingers crossed it can go ahead.

17-19 June British Masters Championships 2022

The British Masters Championships is the highest level of domestic Masters swimming in Great Britain. The event, which takes place in a long course 50m pool, rotates between England, Scotland and Wales every year (Covid allowing!). The 2022 British Masters Championships will be hosted by [Scottish Swimming](#) and should be held at Aberdeen Sports Village.

23-28 July British Summer Championships 2022

5-9 August Swim England National Summer Meet 2022

Entry to the British and home nation summer meets are by invitation only, based on performances recorded in a designated qualification window which will be open from Friday 11 March to Sunday 8 May, inclusive. The competitions form part of the broader Performance Pathway Strategy to support junior talent across Great Britain on their journey towards senior medal-winning performances at international level in the years ahead. Provisional information can be found in this [article](#).

BSSC MEETS IN FEB AND MARCH

As you will have seen from the events calendar, we plan to run two BSSC meets in February and March, just for our swimmers. The February meet is an unlicensed club event that will enable us to trial the facilities at Grange Paddocks, to check the viability of running future meets at that venue. The March meet will be a Level 4 licensed event. We will be needing Officials and other volunteers to help us with both events, so please keep an eye out for emails.

SWIM ENGLAND HERTFORDSHIRE COUNTY CHAMPIONSHIPS 2022

This two-page article has been rewritten a few times since Sept 2018 and shared late 2021 on our social media pages, but we thought we'd give it another outing ready for Counties 2022!

Any Questions?

BSSC BRIEF GUIDE TO COUNTIES

BY COMMS@BSSWIMBLUB.ORG.UK

Every year (except 2021!) Swim England Hertfordshire, alongside all other County level organisations, stages the Hertfordshire County Championships. They are the first formal rung on a ladder that runs through Counties, Regionals and Nationals, right up to World Championships and the Olympics.

When & Where: The 2022 County Championships will be held at The Venue, Borehamwood on 8th/9th, 15th/16th, 22nd/23rd, 30th January 2022.

Age group: Individual events are 10/11, 12, 13, 14, 15, 16, 17, 18&over years for Boys and Girls. As Counties take place early 2022, **you will need consider the age your child will be on 31st December 2022, not 2021!** A child born in 2010 who is 11 this year (2021) will need to meet the 12 year Qualifying or Consideration Times for the Championships in January 2022.

Who can compete: for Counties 2022, Hertfordshire will operate a tiered qualification system by age group, based on Qualification Times (QT) and Consideration Times (CT) and whether the time has been listed on the British Rankings database (Level 1-4 events) or the Level X event database.

Tier 1: anyone in the respective age group is eligible to compete if they meet the appropriate Qualifying Time (QT) for that race in an event where times were submitted to the **British Rankings database** (typically Levels 1-4).

Tier 2: if the number of Qualifiers does not reach or exceed the Race Size, then swimmers with times on the British Rankings database that meet the Consideration Time (CT) will be eligible to enter, fastest swimmers first, up to the point at which the Race Size is met.

Tiers 3 & 4: if the race is still not full, **Level X times** will be considered (website has full details).

Tier 5: individuals who swam that event in 2020 County Championships.

The Race Size depends on age group and event and is published on the **Schedule of Events**. In a particularly strong year with lots of swimmers meeting the QT, the number of eligible competitors can be bigger than the Race Size.

The Competitions team will be in touch nearer the time if your swimmer is eligible, but you can check your swimmer's times on the British Rankings and Level X databases listed above and the **Qualifying** tab under your swimmer's profile in **Swim Manager**.

Remember, times must be achieved between 1st Jan 2020 and midnight 12th December 2021.

Each year the bands for Consideration & Qualification Times are adjusted and published on the [Swimming Competitions](#) page of the Swim England Hertfordshire website so you know what you are aiming for. We've snapshot a copy below, but you can also get an idea from Swim Manager - go to your swimmer's page and look at the Qualifying tab.

GIRLS

AGE	10/11		12		13		14		15		16, 17 18 & over	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Free	00:35.00	00:37.45	0:32.64	00:34.92	00:31.05	00:33.22	00:29.96	00:32.06	00:29.67	00:31.75	00:28.60	00:30.60
100m Free	01:18.00	01:25.80	01:11.89	01:19.08	01:07.51	01:14.26	01:05.19	01:11.71	01:04.00	01:10.40	01:00.84	01:06.92
200m Free	02:51.23	03:08.35	02:35.67	02:51.24	02:23.23	02:37.55	02:20.58	02:34.64	02:18.30	02:32.13	02:13.97	02:27.37
400m Free	05:52.32	06:27.55	05:18.71	05:50.58	04:57.02	05:26.72	04:47.31	05:16.04	04:42.30	05:10.53	04:39.93	05:07.92
800m Free			11:29.09	12:38.00	10:15.00	11:16.50	09:52.95	10:52.25	09:47.00	10:45.70	09:42.57	10:40.83
1500m Free			20:25.00	22:27.50	19:49.20	21:48.12	19:10.20	21:05.22	18:51.50	20:44.65	18:35.20	20:26.72
50m Breast	00:47.00	00:51.70	00:43.00	00:47.30	00:40.00	00:44.00	00:38.44	00:42.28	00:38.24	00:42.06	00:37.04	00:40.74
100m Breast	01:42.48	01:52.73	01:35.66	01:45.23	01:29.71	01:38.68	01:25.75	01:34.32	01:22.50	01:30.75	01:19.36	01:27.30
200m Breast	03:43.00	04:05.30	03:20.48	03:40.53	03:09.19	03:28.11	03:00.86	03:18.95	02:58.48	03:16.33	02:52.08	03:09.29
50m Fly	00:41.00	00:45.10	00:37.00	00:40.70	00:34.00	00:37.40	00:33.69	00:37.06	00:32.46	00:35.71	00:31.33	00:34.46
100m Fly	01:37.22	01:46.94	01:29.22	01:38.14	01:18.94	01:26.83	01:15.00	01:22.50	01:12.29	01:19.52	01:08.95	01:15.85
200m Fly	03:44.33	04:06.76	03:31.50	03:52.65	03:04.00	03:22.40	03:01.29	03:19.42	02:53.70	03:11.07	02:41.70	02:57.87
50m Back	00:40.69	00:44.76	00:38.00	00:41.80	00:35.59	00:39.15	00:34.34	00:37.77	00:33.86	00:37.25	00:32.27	00:35.50
100m Back	01:28.00	01:36.80	01:22.00	01:30.20	01:15.44	01:22.98	01:14.00	01:21.40	01:12.55	01:19.81	01:09.64	01:16.60
200m Back	03:12.12	03:31.33	02:52.00	03:09.20	02:43.35	02:59.69	02:37.35	02:53.09	02:36.38	02:52.02	02:30.57	02:45.63
100m IM	01:31.00	01:40.10	01:22.54	01:30.79	01:18.00	01:25.80	01:15.00	01:22.50	01:14.00	01:21.40	01:11.27	01:18.40
200m IM	03:18.09	03:37.90	02:59.11	03:17.02	02:44.65	03:01.12	02:42.00	02:58.20	02:38.00	02:53.80	02:33.72	02:49.09
400m IM			06:20.90	06:58.99	05:45.00	06:19.50	05:43.00	06:17.30	05:37.52	06:11.27	05:26.50	05:59.15

BOYS

AGE	10/11		12		13		14		15		16, 17 18 & over	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Free	00:35.00	00:37.45	00:32.66	00:34.95	00:30.88	00:33.04	00:28.58	00:30.58	00:27.25	00:29.16	00:25.49	00:27.27
100m Free	01:17.58	01:25.34	01:13.00	01:20.30	01:07.28	01:14.01	01:03.16	01:09.48	00:59.38	01:05.32	00:54.86	01:00.35
200m Free	02:47.06	03:03.77	02:37.00	02:52.70	02:27.29	02:42.02	02:17.77	02:31.55	02:13.77	02:27.15	02:01.84	02:14.02
400m Free	05:35.36	06:08.90	05:22.39	05:54.63	05:07.82	05:38.60	04:46.81	05:15.49	04:33.62	05:00.98	04:16.97	04:42.67
800m Free			10:40.50	11:44.55	10:14.70	11:16.17	09:52.10	10:51.31	09:32.70	10:29.97	09:16.10	10:11.71
1500m Free			21:00.00	23:06.00	20:00.00	22:00.00	19:00.00	20:54.00	18:18.31	20:08.14	17:05.83	18:48.41
50m Breast	00:48.00	00:52.80	00:43.52	00:47.87	00:40.38	00:44.42	00:37.40	00:41.14	00:35.94	00:39.53	00:32.94	00:36.23
100m Breast	01:42.00	01:52.20	01:35.70	01:45.27	01:30.00	01:39.00	01:23.00	01:31.30	01:17.76	01:25.54	01:11.70	01:18.87
200m Breast	03:41.40	04:03.54	03:23.73	03:44.10	03:15.00	03:34.50	03:02.05	03:20.25	02:56.66	03:14.33	02:39.12	02:55.03
50m Fly	00:40.61	00:44.67	00:37.09	00:40.80	00:33.84	00:37.22	00:32.38	00:35.62	00:30.32	00:33.35	00:27.78	00:30.56
100m Fly	01:40.44	01:50.48	01:29.00	01:37.90	01:22.49	01:30.74	01:12.74	01:20.01	01:08.63	01:15.49	01:01.44	01:07.58
200m Fly	03:48.99	04:11.89	03:38.00	03:59.80	03:33.00	03:54.30	02:59.09	03:17.00	02:37.05	02:52.75	02:25.86	02:40.45
50m Back	00:40.50	00:44.55	00:37.24	00:40.96	00:35.55	00:39.10	00:33.49	00:36.84	00:31.82	00:35.00	00:29.38	00:32.32
100m Back	01:28.00	01:36.80	01:23.10	01:31.41	01:16.55	01:24.21	01:11.94	01:19.13	01:09.66	01:16.63	01:02.65	01:08.92
200m Back	03:12.07	03:31.28	02:56.14	03:13.75	02:45.20	03:01.72	02:35.75	02:51.33	02:28.70	02:43.57	02:17.45	02:31.20
100m IM	01:29.87	01:38.86	01:23.51	01:31.86	01:19.03	01:26.93	01:13.00	01:20.30	01:10.17	01:17.19	01:05.13	01:11.64
200m IM	03:07.68	03:26.45	02:59.00	03:16.90	02:50.80	03:07.88	02:37.90	02:53.69	02:31.25	02:46.38	02:20.26	02:34.29
400m IM			06:10.19	06:47.21	06:07.78	06:44.56	05:29.28	06:02.21	05:16.17	05:47.79	04:54.29	05:23.72

What happens on the day: different events are run each day of the Championships. Check the [Schedule of Events](#) on the website for more details. Each event is run in heats of mixed age, seeded (i.e. ordered) by entry times, just like our BSSC meets. In 2022, the **age group medal winners will not take part in any finals**, but will be declared winners based on the heats just like our BSSC meets. The only finals which will be swum are the Championship finals for 50m, 100m and 200m events, where the 8 fastest swimmers will be invited to swim again in a final later on in that session. Two reserves are kept back for a short while after each event in case two of the fastest 8 withdraw from the final listings, which can happen, so don't pack up and head home straight away if you are 9th or 10th. More details about are on the website.

It is hard to predict if spectators will be allowed in 2022, however the whole Championships are usually streamed live on YouTube so you will be able to see the action. It's very professionally done and well worth a watch even if your swimmer hasn't made it to Counties this year. If they are about to attend their first Counties, show them some of the [2020 YouTube footage](#) to get them ready!

Achieving a Consideration Time (CT) is a great achievement for a younger swimmer and should be celebrated but remember it doesn't always guarantee them a swim at Counties. If they keep working hard at training and swim well at the remaining two galas in December, they may grab a place! Good luck!

CONGRATS TO OUR 2022 COUNTY QUALIFIERS

The **BSSC Guide to Counties** on the previous two pages was re-released at the end of 2021, when our swimmers were still striving for County qualifications. We now know that we have 49 swimmers qualified for a whopping 274 swims! **Huge congratulations** to them all - we will be watching them all via the live streams throughout January.

Age Group: 10/11 years

Lois FIELDS
Ting Hei CHENG

Age Group: 12 years

Elliot HALL
Maisy MARTINDALE
Molly GREATBATCH
Robert FILIONESCU

Age Group: 13 years

Charles GERMAN
Dylan DAVENPORT
Ethan DAVID-TOSTEVIN
Kwan Yi CHAN
Zoe OPIYO

Age Group: 14 years

Alexander FILIONESCU
Brandon MACDONALD-WILLIAMS
Beau REILLY
Catherine CLUNE
Eliza ANDREWS
Ella GREATBATCH
Hollie HEIGHES
Leo SUO-SAUNDERS
Robert GOR

Age Group: 15 years

Alice LONGMAN
Ellen MILLAR-BOND
George GRIMWOOD
George TAYLOR
Imogen TANG
Jacob HAYES
Kirsty NEILL

Age Group: 16 years

Callum COX
David BADCOCK
Emma FIELDS
Grace MASON
Jago DERRINGTON
Jessica FIELDS
Lauren GORE
Leanne SUO-SAUNDERS
Lilian OPIYO
Meisha TREND-EVANS
Miriam MOUKDAD
Samuel CARTER

Age Group: 17 years

Bella PARKUS
Freya REILLY
Isabella GOOD
Sami ZEMZAMI

Age Group: 18 & over

Joseph COLLINS
Callum DAVIS
Niamh JAMES
Eleanor MASON
Aoife JAMES
Millie FIELDS

COMPETITION NEWS OCT-DEC 2021

How lovely to have lots of competition news to write about! In fact, there were so many meets in October and November that we didn't manage to complete individual website write ups about them all - if anyone wants to be an additional roving reporter in the future please let us know! Many of the events below have longer articles on our website that include full swimmer lists (click on the [links](#) to view more), but we include them all in our newsletter in case you've missed them and to continue the celebration of all the great achievements.

[Welcome Return to Competitive Swimming](#)

After the struggles of the past 18 months, it was wonderful to see BSSC members travelling to another pool to compete against other swimming clubs. Forty-three swimmers aged 9 to 17 attended the Harpenden FINIS Legacy Open meet in St Albans on the first weekend of October, their first meet since March 2020.



Molly Greatbatch



Lois Fields

Over the two days, our swimmers took part in 242 swims, obtained an amazing 162 personal best times, and 24 of them brought home 65 medals between them (14 Gold, 30 Silver and 21 Bronze). All our swimmers have shown such dedication to their swimming, even though their schedules have been immensely interrupted through the lockdowns and being back at a competition was a great celebration of their commitment and perseverance. Special mention must go to the four members of our youngest Poussins squad who gained their first medals (Guy, Haydn, Lois & Zackary), and to Molly Greatbatch who jingled home with seven medals. Full results are on the website.

BPSC Autumn Season Opener 2021

One weekend later, 52 swimmers headed to Basildon for another short course open meet. This time 254 swims resulted in 145 PBs, 43 Gold, 40 Silver, 40 Bronze, 36 Regional Qualifying times (13 swimmers), and 3 National Qualifying times (Sami Zenzami).

The most prolific medallist was Jago Derrington (2 Gold, 5 Silver), closely followed by Sami Zenzami (6 Gold), Emma Fields (4 Gold, 2 Silver), Molly Greatbatch (3 Gold, 1 Silver, 2 Bronze), and Brandon Macdonald-Williams and Kirsty Neill (2 Gold, 1 Silver, 3 Bronze).

Although the medals were good looking ones, it's not all about the bling, and many of our swimmers showed great progression in smashing their PBs! Scarlett Joslin PB'd 8 of 9 races, George Grimwood got PBs in 7 of 8 races and Jago Derrington PB'd all 8 races. In fact, 14 swimmers had 100% PB rate: Alfie Scott, Brandon MacDonald-Williams, David Badcock, Elliot Hall, George Taylor, Guy Spearman-Baines, Imogen Bell, Isabelle Earley, Jacob Hayes, Jago Derrington, Jessica Fields, Meha Patel, Meisha Trend-Evans and Sami Zenzami. Congrats everyone!



COMPETITION NEWS OCT-DEC 2021 CONT'D

[2021 ESSA East Region Relay Championships](#)



The 2021 East & South East Secondary School Relay Girls Championships were held on Friday 8th October and the Herts & Essex High School team of 8 BSSC swimmers and 1 BPSC swimmer had a great night finishing 8th overall and 2nd in the Hertfordshire Schools Juba Trophy rankings. The Junior team were 11th and 14th in the 4x50m Medley and Freestyle relays, whilst the Intermediate team were 2nd in the 4x50m Medley relay and 3rd in the 4x50m Freestyle Relay.

[Swim England East Region Masters Championships](#)

Sunday 10th October 2021 saw four BSSC Masters head to Newmarket Leisure Centre for the first Swim England East Region Masters Championships since 2019. Two of them had featured on the FINA World Masters Top 10 Rankings for 2020, even with limited swimming opportunities, so our expectations were high and they certainly delivered!



Alyson Fordham, Lizzie Bellinger & Pete Kelleway

Eight swims resulted in an amazing eight gold medals! Eleanor Mason (18/24 Yrs) kicked off proceedings with gold in 400m Freestyle; Lizzie Bellinger (40/44 Yrs) won the 100m Butterfly & 100m IM; Pete Kelleway (60/64 Yrs) won the 50m Backstroke, 50m Freestyle & 100m IM; and Alyson Fordham (65/69 Yrs) won the 50m & 100m Freestyle. Alyson's 50m freestyle time of 32.82 smashed the East Region record by 5 seconds and was just 0.4 seconds short of the British record. It's great to see them in action again and we look forward to their next performances.

BSSC Level 4 Meet & Cheshunt 16th Annual Autumn Meet

The 22nd/23rd October were busy days for many of our swimmers, with an internal club meet on the Friday evening and the Cheshunt Open Meet at Harlow on Saturday. Thanks to all the officials and volunteers who helped make the club night run so smoothly. In particular, we want to highlight the efforts of the new competitions team who demonstrated their new found skills in turning round results in super quick time! When we hold our first Open Meet we will need some more data entry volunteers, but this was a good trial run.



Our swimmers performed really well at both meets, but the highlight for me was the support the swimmers were giving each other during the races at both meets, and the camaraderie and fun they had during the second warm up at Harlow. They had some great dance moves!



COMPETITION NEWS OCT-DEC 2021 CONT'D

[Swim England National Masters Championships](#)

29th – 31st October saw the return of the Swim England National Masters Swimming Championships, held in Sheffield. Bishop's Stortford Swimming Club (BSSC) trio, Sally Winter, Lizzie Bellinger, and Callum Davis excelled at the competition, coming away with some fantastic results including 7 Golds, 1 Silver and 2 East Region records! See the full article written by Stu Clarke on our [website](#).



[Swim England East Region Short Course Championships](#)

With the early November weather turning colder, nineteen BSSC swimmers headed to Luton for the 2021 Swim England East Region Short Course Championships. This 3-day Winter competition gives the best in the six East Region Counties the opportunity to race in a 25m pool to find the fastest swimmers and maybe even qualify for the Winter National Championships. There's just one set of qualifying times for Men and Women and one open age group for each event, so super speedy 12 year old girls and 14 year old boys could end up competing against 20+ year olds! For many of the BSSC swimmers, it was their first time at Winter Regionals.



All swimmers performed superbly against stiff competition in the Open age group, with many achieving PBs, but it was Niamh James who was yet again on sizzling form. She won the 200m backstroke 3 seconds ahead of second place and took silver in the 100m backstroke and bronze in the 200m IM. Four other swimmers also achieved top eight finishes and our youngest swimmer, 13 year old Ella Greatbatch, showed great promise for the future. Check out the [website](#) for more details.

BPSC 800m and 1500m County Qualifier

Our best distance swimmers travelled to two separate events at Basildon late November.

- Boys 800m: 2nd Jago Derrington (15 Yrs/Over), 5th Robert Gor (13 Yrs Age Group)
- Girls 800m: 4th Meisha Trend-Evans & 7th Grace Mason (15 Yrs/Over)
- Girls 1500m: 1st Meisha Trend-Evans & 5th Eleanor Mason (15 Yrs/Over)

Guildford City SC L2 Winter Open Meet

Fifteen Elites and one Masters swimmer travelled to this competitive level 2 meet. Individual age group medallists were awarded and Junior (10-15yrs) and Open (16+yrs) finals held for 50m free and all 100/200m events. Our swimmers were awarded 14 age group medals (6 Gold, 6 Silver, 2 Bronze), reached 3 Junior and 5 Open finals, and won 4 finals awards (Niamh James: Gold 100m Back, Silver 200m Back; Kirsty Neill: Silver 100m Breast, Bronze 200m Breast).

COMPETITION NEWS OCT-DEC 2021 CONT'D

Secondary Schools National Team Relay Championships

Late November, five BSSC swimmers represented Hertfordshire and Essex High School at the Secondary Schools National Team Relay Championships at the London Aquatics Centre. This event is the longest running championship series organised by the English Schools Swimming Association (ESSA) and is open to secondary school aged swimmers from across England.



In a National competition dominated by the top English specialist swimming boarding schools, the swimmers gave excellent performances with the 4x50m freestyle team finishing 18th and the 4x50m medley team reaching the national final where they came 9th overall in a time of 2:14.81.

Swim England National Winter Championships

After a year away, the Swim England National Winter Championships returned to Sheffield's Ponds Forge in December 2021. The 2021 event was the largest Winter Championships in recent history, with more than 1,600 swimmers competing across the three days. Six local BSSC members and two overseas BSSC members qualified for a total of 28 events.



With just two age categories (Open and 16 Yrs/Under), competition was fierce but the whole squad had a successful return to National level competition with many personal best times and good progression. William Godsell was 9th in the 16 Yrs/Under 50m Breaststroke final and our youngest two competitors, Kirsty Neill and Toby Godsell, racing in their first National competition achieved PBs and multiple top eight finishes for their age group.

Harlow Age Group & Basildon Last Chance County Qualifiers

The last two meets on the 2021 calendar were busy, with many of our swimmers chasing County times and training was paying off with many medals and more than 50% of the Harlow swims and 57% of the Basildon swims resulting in personal best times.



Well done to everyone who achieved a goal during this first part of the 2021/22 season, whether that was matching a time set by the coaches in training, getting close to a PB that was first set pre-lockdown, a new post-lockdown PB, reaching a final, winning a medal, or beating a qualifying time for the next level event (County, Regional, National, even International). All progression, however small it may seem, should be celebrated!

FUNDRAISING NOTES

Thank you to all our members who continue to support us through the **East Herts Lottery**. For just £1 per week (less than the cost of 1/2 a cup of coffee!) you can fund us and other local causes 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. **Be in the draw by 26th Feb 2022 and you might also win a £1000 Sainsbury's gift card.**

Since launching in Sept 2020, **two of our supporters have won £250**, eight won £25, and our supporters have won 3 extra tickets 63 times. As a club we are predicted to raise around £1,044 per year, so **it's a WIN WIN for us all!**

BOOST OUR FUNDRAISING!

WIN A
£1,000
Sainsbury's Gift Card



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



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<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.