



## Swim Section Newsletter September/October 2015

### SQUADS AND SQUAD MOVES

About three years ago we re-structured to the current six squad model of D1, D2, JC, JP, SC and SP. For those new to the club here's a quick overview of squads and how we determine squad moves.

#### **The Squads:**

**D1 (Development 1)** – Aimed at those coming from Court Garden or another learn to swim programme. Entry is typically, ability to swim 25m in each stroke (except Fly). In D1 we aim at stroke improvement, introduction of fly, starts and increase stamina.

**D2 (Development 2)** – Swimmers must be strong enough to correctly swim multiple lengths in each stroke and 25m Fly. In D2 we increase strength and stamina work, and introduce more complex techniques such as, starts/turns and finishes become routine.

**JC (Junior Club)** – Swimmers are very solid across all strokes, which is why it is often our busiest squad. The move from D2 into JC enables swimmers to increase their strength and stamina with the extra sessions available. Age range typically 10-14

**JP (Junior Performance)** – Swimmers in D2 and JC who compete regularly move into JP when they are ready to do so. Swimmers can compete whilst in any of the squads. Those who represent the club, train in JP so we can build on the feedback from performance in a meet, promote team bonding and the finer points of competition technique.

**SC (Senior Club)** – Progression to SC from either JC or JP is largely based on age. Swimmers will have matured their technique and emphasis is on maintaining strength and stamina as well as stroke refreshers. Age range typically 14-18

**SP (Senior Performance)** – As with SC, progression to SP is largely based on age, but also on commitments to represent the club at meets. In that respect it is very much an older version of JP.

#### **How do we move between squads?**

Movement between squads is usually based on swimming ability up to JC. We tend to focus on technique primarily, so we may 'hold back' someone who is fast by strength rather than technique. From JC upwards the main progression is by swim time; this is however a proxy for both good technique and age (older swimmers with better technique are typically faster!). The other squad determinate is competition entry. Swimmers who compete for the club, swim with the performance squads. As a club we have set a minimum expectation that to be, or remain in the performance squads, you must enter at least two external meets per term.

#### **Which competitions meet the performance squad criteria?**

We expect our performance squad swimmers to represent the club in at least two open meets per term. Club Champs and Chiltern League are not open meets (they are organised in part or whole by the club) and we expect (pretty much) all our swimmers to participate if they are ready to do so.

#### **What is the different between the Club and Performance Squads in terms of training?**

Actually very little. Performance Squads feature debrief from competition and also more competition technique, but the core training sets are largely the same. Within each squad, variations in training sets also occur to cater for the different abilities in each squad.

#### **Are criteria for squad movements strict?**

No, the coaches do exercise discretion and use the above as guidance. Other factors such as attendance, maturity and approach to training can also be a consideration. If we were too rigid with moves, we could not keep an equal balance of numbers in each of the squads. We need to do this for efficient coaching, to help prevent 'log jams' in certain squads and also to keep swimmers training alongside their peers etc.

By Keiran Millard - Chair

### CLUB CAPTAINS



#### **Francesca Healy**

Hello, I'm Francesca and I've been swimming with BEJSC since I was 9. I currently swim with Senior Performance and regularly compete, along with helping to coach on Tuesdays and volunteering at Court Garden learn to swim. I'm going to do my ASA Level 1 Teaching course in October and am looking forward to getting to know more of the younger swimmers during the year.



#### **Kieran Pargeter**

I have been swimming with BEJSC since I was 9 & have steadily improved since then. I am now training with SP, as well as coaching JC & teaching at Court Garden. I recently gained my Level One Coaching qualification. Outside the club I work as a teacher & in-pool helper for Neil Bailey Swimming, as well as being heavily involved in Scouts as an Explorer & Young Leader. I am now in year 12 at RGS, studying maths, further maths, chemistry & physics at A level. I hope to go on to either study physics or maths. I try to attend as many of the galas with the club as I can. I am looking forward to being joint club captain this year supporting the coaches & helpers to develop this friendly & supportive swimming club.



### NEW POOL UPDATE

The latest from the new pool is that we expect to be in the water by early January 2016. Even if this slips, definitely for our 2016 Spring Club Champs. The new pool will have 8 lanes (rather than the 6 we currently have) which will give us greater flexibility in our training. The main change for us is an extra 4 lanes for Thursday training. BEJSC & WDSC have met & agreed we will keep all training times for both clubs the same in the new pool.



### SUCCESS AT BBAT GALA



The first meet of the season, organised annually by ourselves with, Didcot Barrumundi, Aylesbury & Thame swimming clubs. It's a small friendly meet, open to all of our swimmers, whether you've competed before or not: a great way to start the year. So if you didn't join us this time we really would encourage you to do so next year.

It was brilliant to see our team of 22 swimmers compete so determinedly over the weekend, producing some excellent results, of note:-

- 58 Personal Bests from 96 swims.
- Luke Pargeter & Oren Staines achieve 7 Personal Bests each!
- Oren Staines winning 7 Golds in U9s although he's only 8!

It was great to see some of our younger swimmers from D2 competing, so a special acknowledgement to Zoe Cox, Frazer Bateman and AJ Joy for entering multiple events over the two days.

As always these events couldn't happen without our dedicated coaches and parents giving up their time to manage/support our swimmers and officiate: THANK YOU to all of you who helped.

*If there's something you'd like to appear in our next Newsletter, please get in touch - Wendy at [tandwhealy@aol.com](mailto:tandwhealy@aol.com)*

**Spring Champs Raffle & Fudge Sale raised £140 for**



### VOLUNTEER REQUIRED

#### **Media and Communications Officer**

We are looking for a volunteer with experience in media, PR & communications. Maybe this is your day job, if it is, now here is a chance to contribute to the club & increase your community volunteering kudos! We want someone who; can take an overview of our established activities for example the club website & newsletter to better coordinate content between these and develop presently under used channels such as social media, press & also club promotional items such as posters and banners.

Keiran Millard – [keiran.millard@gmail.com](mailto:keiran.millard@gmail.com)

### GALAS TO ENTER

**Maxwell County Qualifier**  
(3rd & 4 October 2015)  
**Entries Closed**

**Wycombe B & C Meet**  
(17th & 18th October 2015)  
**Entries Closed**

**BEJSC Autumn Champs**  
(7th & 21st November 2015)  
**Keep an eye on the website**

**Windsor County Qualifier**  
(5th & 6th Dec 2015)  
**Entries Closed**



### SWIM SHOP UPDATE

Over the next few weeks we will be moving our Swim Shop to Mailsports in Bourne End. Mailsports is a specialist swimming supplier and I know many of our swimmers shop there already, worth noting, online orders receive a club discount (see website for details). Mailsports not only has a range of swimming equipment, it also supplies branded kit for many swimming clubs in the area. We will keep you posted when the shop is open.

**A new season and we're delighted to welcome;  
Theo Harris, Toby & Jamie Hodgson, Grace Reynolds and Eleanor & Samuel Sharp to BEJSC.  
We hope you enjoy your swimming with us.**