



Swim Section Newsletter July 2015

SUMMER PARTY & AWARDS AT WYCOMBE LIDO

20TH JUNE 2015

A new event for the Club which proved to be a fantastic success and enjoyed by everyone. The afternoon commenced with an introduction and explanation of the Club Awards by Zoe Staines, after which the winning swimmers were presented with their trophies and cups (see right). In addition, Competitive Start Awards and Chiltern League Badges were given out, followed by a new Certificate to reward swimmers for their commitment and perseverance when competing.

Sadly, it was also time to say a Thank You & Goodbye to our Head Coach Andy Ruler, Marleen James and John Couves, all of whom are standing down this Summer. Talented and motivational coaches, they have given so much of their time and energy to the Club and will definitely be missed.

With the formalities over, it was time to party! The 25m outdoor pool was ready, the threatened rain held off and it was time to dive in. Swimmers of all ages and squads had fun splashing around for the rest of the afternoon, joined briefly by several brave parents. The perfect way to mark and celebrate another successful season for BEJSC Swim Section.

Finally, thanks go to, Fiona Falconer, Keiran Millard, Morag Quinn, Zoe Staines and Tina Zychowicz for organising everything.

2014-2015 Club Awards

Sprint Trophies

Girls:-

10U – Darcy Dean
12U – Katie Haveron-Jones
14U – Isabel Highsted
16U – Francesca Healy

Boys:-

10U – Oren Staines
12U – Luca Staines
14U – Robert Bowker
16U – Noah Dean
Open – Tommy Ruler

Distance Trophies

Girls:-

10U – Darcy Dean
12U – Ella Dyson
14U – Jess Smith
16U – Francesca Healy

Boys:-

10U – Oren Staines
12U – Luca Staines
14U – Robert Bowker
16U – Noah Dean
Open – Tommy Ruler

Endeavour Awards

Girls:-

10U – Eleanor Moore
12U – Grace Georgiou
14U – Talia Staines & Annabel James
16U – Hannah Dobson

Boys:-

10U – AJ Joy
12U – Tomasz Zychowicz
14U – Joseph Gadsby
16U – Noah Dean
Open – Tommy Ruler

Junior Leaders

Tommy Ruler
Peter James
Connor McKillop

Club Trophies

Robert Ayres -
Most Improved Swimmer
Oliver Cooke -
Junior Endeavour
Anna Branch -
Senior Endeavour
Andy Ruler -
Contribution to the Club





SUMMER TRAINING

Mondays:

Starts September*

Tuesdays:

Starts September*

Thursdays:

6-7pm Junior Club

6-7.30pm Junior Performance

7-8.30pm Senior Performance

7.30-8.30pm Senior Club

Saturdays:

7-8am All Squads

Final Session 27th July

Starts September*

Sundays (Alternate):

7-8pm Development 2, Junior Club & Performance

7-8.30pm Senior Club & Performance

Final Session 19th July

Starts September*

**keep an eye on the website*

NEW COACHES

You have probably seen the latest members of our coaching team poolside: Simon Bateman, Sarah Clarke, Sam Dyson, Len Forgenie, Kieran Millard and Heather Stratton. With swimmers in the club, they are either working towards or have recently qualified as an ASA Level 1 Coach. Their commitment ensures BEJSC continues to provide a successful and friendly environment for our swimmers to train and compete within. If you're interested in joining them, simply ask any member of our coaching team for more information.



Training Tip - Your body needs to remain hydrated during training to ensure your muscles function properly & help prevent injury. BRING YOUR DRINK ideally, water, diluted fruit juice or an isotonic squash.

GOODBYES



Head Coach Andy Ruler is standing down this summer after 15 years as Coach and Head Coach. He has been an inspirational coach to our swimmers past and present, spent hundreds of weekends at galas managing our teams and developed our website in his spare time! Always positive and encouraging he's been poolside to celebrate their successes and offer support when things haven't gone to plan.

Marleen James has been an important part of our coaching team for 13 years. In addition to her coaching and administration, she is a qualified ASA Official and organiser of our Club Champs. Marleen's enthusiasm for swimming is infectious, her session plans have challenged swimmers, improving both their fitness and technique year on year.

Club Captains Tommy Ruler and **Finn Bailey** have held this position for the past couple of years. They have led by example, trained hard, represented BEJSC across all levels of gala, Novice to County (Finn has also achieved Regional times) and most importantly been there to support our junior swimmers poolside.

To you, and everyone else who is moving on, Thank You, you'll all be missed.

FORTHCOMING EVENTS

Wycombe End of Season

(18th & 19 July 2015)

Entries Closed

BBAT Autumn Open

(19th & 20th Sept. 2015)

Entries by 10/07/15

Wycombe B & C Grade

Meet (17th & 18th October 2015)

Entries by 10/07/15

FULL DETAILS ON THE WEBSITE

COMMITTEE

Chair—Keiran Millard

Treasurer—Tracey Highsted

Welfare—Pat Ayres & Miranda Pargeter

Secretary—Tina Zychowicz

Membership—Morag Quinn

Head Coach— TBA

Swim Shop—Beverley Watson