

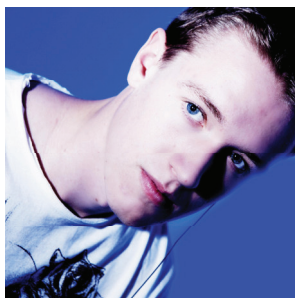


Bourne End Swimming Section News

October 2010

Joint Swimming Captain—James Durham

I first learned to swim at the maidenhead pool at the age of 4. I went on to swim for the Maidenhead Marlins at the age of 5. I swam with this club for the next 5 years and then, I transferred to Wycombe District swimming club, for whom I swam for another 2 years at county level in all of my strokes. I then took a two year break in during which I played other sports such as rugby and skiing. I joined Bourne end swimming club and came into yellow squad. I'm now in A squad and regularly train.



I hope to encourage swimmers to achieve qualifications in both teaching and lifeguarding and to encourage more dedication in swimming in both the older and younger swimmers, I also hope to get all the swimmers at galas

to cheer on all the younger members of the team so as to give them the added boost of confidence and to make the club even more like a family environment than it already is; in doing this I hope to make the younger swimmers feel included and welcome in the club, this is especially important in the groups such as tadpoles and minnows.

Forthcoming Events

| | |
|---|-----------------------------|
| 16 th /17 th Oct 2010 | Wycombe B&C Open |
| 13 th Nov 2010 | Autumn Championships |
| 27 th Nov 2010 | Autumn Championships |
| 4 th /5 th Dec 2010 | Oxford L2 Open Meet |
| 12 th Dec 2010 (TBC) | Maxwell L4 Open Meet |
| 19 th Dec 2010 (TBC) | Counties Time Trials - 400m |
| 9 th Jan 2011 (TBC) | BAT County Qualifiers |
| 22 nd /23 rd Jan 2011 (TBC) | Maxwell L2 Open |
| 29 th Jan 2011 | Chiltern League Round 1 |

Joint Swimming Captain—Lucy Wotherspoon

I'm Lucy Wotherspoon and have just been selected to be joint club captain with James for the swimming club. I've just started year 12 at Wycombe High School and I'm studying maths, biology, psychology and sport science.



I joined the club when I was 12, starting in tadpoles moving through the squads and currently swim with the seniors in B. Along the way I've made a huge amount of friends throughout the club, and have got to know most of the coaches well. I train as much as can, enjoying swimming, keeping fit and the social

aspects to the club. You might also see me doing a bit of coaching poolside as I train for my level one coaching qualification in February. I also lifeguard some sessions having passed my National Pool

Lifeguarding Qualification which I took at the end of July, just after turning 16. Its a pleasure to have been selected as a club captain and James and I are around if you want to ask anything, or just to get to know some the older swimmers in the club, if you've got any questions we've done it all before so I'm sure we would be able to help :) .

Lifeguard Training Course Starts 9th October

Help your training and stop the nagging!

One of the most repeat conversations between coaches and swimmers at poolside goes along the lines.

Coach: "Take a drink now."

Swimmer: "Sorry I forgot to bring one" or "My Mum/Dad did not get me one" or "I am not thirsty."

Coach: "It is really important to stay hydrated during training."

Contrary to popular myth BEJSC coaches do not enjoy constantly nagging about the same issue. But, staying hydrated is a very easy way to improve performance and reduce the likelihood of cramp setting in. A 1% loss in body weight through fluid loss reduces performance.

Because our sport is performed in water, swimmers rarely notice that they sweat. Estimates indicate that during swimming training 1-2l of sweat is lost per hour! Most swimmers replace only 30-70% of these fluids.

Thirst is also a very poor indicator of the your level of hydration. If you feel thirsty you are probably already dehydrated.

Here is some general advice from the ASA on staying hydrated

Make sure you are well hydrated before training or competition.

Ensure to have at least 500mls of fluid (1-2 hours) pre training—This may be hard for the 7:00am Handy cross session!

Go to the toilet before you start training so you don't have to get out half way through (This is not in the ASA's recommendations; but none the less good advice).

Aim to have 200 ml of fluid every 15 minutes of high intensity exercise.

Some sports drinks have added carbohydrates that help swimmers, but work out to be very expensive. However, squash or water will help.

So go on reduce the nagging and stay hydrated. You may even find that you enjoy training more!

Section Officials

| | |
|----------------------|--------------------------------|
| Chair | Claire Donlon |
| Head Coach | Andy Ruler |
| Court Garden | Neil Bailey |
| Treasurer | John French/ Tracy Cubitt |
| Secretary | Wendy Healey |
| Membership Secretary | Grace Grego |
| Officials Secretary | Claire Wotherspoon |
| Newsletter | lorraine.couves@btinternet.com |
| Club Welfare Officer | Eryl Walker |

Autumn Championships 13 & 27 November

Please put this date in your diaries NOW!!!

This year's Autumn Championships will be held on Saturday **13th and 27th November**. This is the best opportunity for swimmers to set PB's and improve their chances of having qualification times for open meets and Counties and for participation in the Chiltern league. Not only that but the results of the swimmers count towards qualification for the sprint and distance cups awarded by the



section in each age group at the BEJSC Award Ceremony in July.

So please encourage your swimmers to have a go in all the events and to help with organisation please send in your en-

tries as soon as possible.

We always have a good turn out of swimmers but definitely we would like to see more. The swimmers have great fun—if judged by the number of times we have to tell them to be quiet for a start! - hint hint!

Of course the Autumn Champs cannot happen without sufficient volunteers to help. **Claire Wotherspoon** is our 'officials secretary' and will shortly send out a request for help.

Items in Brief

Life Guarding course

We are running a lifeguarding course starting Saturday **9th October for 10 weeks**.

We will either run from 7.00am to 11.00am or 8.00am to noon Saturday mornings. We will also use our pool time on some Sunday evenings, should people not be able to attend

every Saturday morning.

If you have any questions, please let contact me by email or telephone (01494 881477 or 07740 397012) or ask any of the lifeguards you see poolside.

Personal belongings:

There have been instances of thefts at Handy Cross during training sessions. So do not leave your bags and valuables in the changing rooms at any time.

Autumn Championships 13 & 27 November