



Bourne End Swimming Section News June 2010

Club Championships

A great performance by all of at our Club Champs with **288** personal best times and a great deal of fun had by all. Congratulations to Matt Saunders for setting a new 100m Butterfly record (12U Boys) in 1.28.97. This event showed us just how well you are all training so that you could perform at our Spring Champs event.

well done to our Court Garden swimmers for starting the first evening off with a very exciting 25m race, the first of many performances from these up and coming swimmers.

As usual this competition only succeeds due to the efforts of all of our volunteer parents who take key roles round the pool and, this year in particular, the senior swimmers who organised the swimmers making sure they were ready for their events in plenty of time.

This was the first time we had MRC Photo with us, taking high quality action photos of our swimmers which were on sale on the night and are still available on the MRC Photo website:

<http://www.mrcphoto.co.uk/viewimages.html>

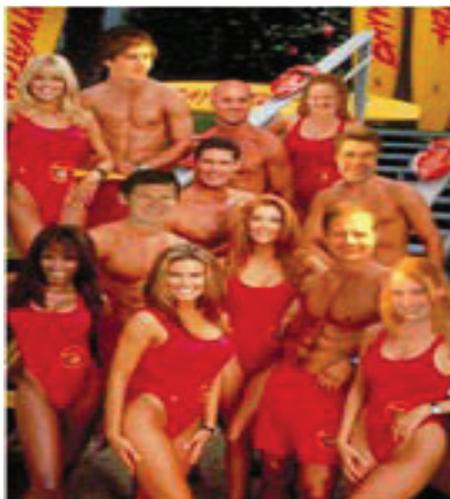
Andy Ruler (Head Coach)

Become a BEJSC Lifeguard!

All of the lifeguards you see at the club are volunteer parents and senior swimmers who have completed the Royal Life Saving Society Pool Lifeguard Course. This saves the club money and helps to keep subs down.

Lifeguarding is a great way to support the club. Once qualified, the only commitment is to lifeguard at club training sessions at a frequency that suits you. For parents, this can be as little as once a week, normally at a session when your child is swimming.

The club funds all the training and equipment that you will need to become a qualified pool lifeguard. We plan to run a training course during the



Autumn at Handy Cross. If interested, please contact:

Roger Keir

[\(roger.keir@virgin.net\)](mailto:roger.keir@virgin.net)

07740 397012 or any of the lifeguards, coaches or Club officials.

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

Forthcoming Events

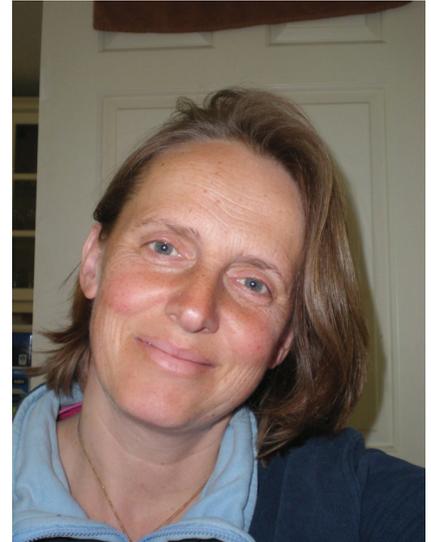
Witney Open	13 June
Chiltern League Round 3	19 June
BEJSC Awards Evening	2 July
Abingdon Open	4 July
Bletchley Open	10 July
Summer BBQ 2010	25 July

Marleen James—Teacher and Coach

During summer holidays at the seaside, my mother taught me the first things about swimming: staying afloat! I did my A and B diploma, which was sort of standard for kids in The Netherlands. I thought it safer to let others teach my children, but when Robert moved up from Court Garden to the main club I very quickly started spending the early Saturday mornings poolside with Andy Roberts and Peter. I learned a lot and after about 18 months or so I joined Emma and Andy Ruler in a UKCC level 1 coaching course. We did our 'exam' in June 2007 and all passed. Later that year I also did the National Rescue Award for teaches and coaches in a very cold pool at Green Park.

Although I enjoy coaching, I

prefer the teaching side and so in August 2008 decided to do the part of the UKCC level 1 teaching course that hadn't been covered by the coaching course. That was where I first taught the really little children. This was completely new to me, but I really liked that too. Last October I joined the other coaches in the National Rescue Award again, because my certificate was about to expire and right after that I did my UKCC level 2 teaching course together with Andy Ruler. That involved a lot more lessons, practical sessions and.....homework!!!! The exam was tough too and I wasn't all together sure whether I would pass this one, but I did. It has



helped me a lot with teaching and coaching and I am a lot more fussy now about swimmers drinking enough (blue squad can tell you about that one) and warming up and cooling down properly.

Marleen

Swim Shop

We run a swim shop providing the required training equipment for all competitive swimmers. As well as stock of standard items, the swim shop is able to order from a range of swimming catalogues.

If you would like to place an order, visit <http://www.bejsc-swimming.org.uk/swimshop.php>—print the order form and pass it to Sarah Dobson at the swim shop which is available most Saturday mornings at Handy Cross from 8am. Alternatively you can email your requirements to SwimShop@BEJSC-Swimming.org.uk.

Please make your cheque payable to BEJSC.

We have also negotiated a deal with MailSports Swimwear Specialists whereby our club members receive a 5% discount on all goods purchased from their website. These goods can either be received through the post or collected in person from their shop in Bourne End. To attain this discount you MUST use the website to place your order.

When you place your order, please use the promotion code **BESC539** to activate the discount.

The web address for the MailSport is www.mailsports.co.uk

Items in Brief

The Bourne End Junior Sport Club Awards Presentation Evening will be held at Wye Valley School on 2 July at 7:00pm. We will be announcing this years

winners of the Junior and Senior Sprint Cups, Endurance Cups and Endeavour awards. Please make every effort to attend the Presentation evening.

Personal belongings: Please look after your personal belongings. There have been instances of items disappearing at Handy Cross during training sessions. So do not leave your bags and valuables in the changing rooms at any time.