

# BEJSC - SWIMMING SECTION



December 2006

## Swimmers in Action

### Club Championships 11th and 18th November 2006

As usual, the Club Championships was well attended by almost all of our swimmers. We had 390 competitive swims and you achieved between you a massive 268 personal best times. Congratulations to all of you who are training hard and improving your performance each time you compete.

**8 club records** were broken and one new record was set. Congratulations to **Tommy Ruler, Craig Gower** and **Duncan Peddie** each added their names to the record books and especially to **Katie Brown** who now holds 5 club records.

A big thank you goes to all the organisers and officials who ran the evening so well - especially to Lorraine who ensured that we had the right number of people in the right place at the right time.

### Oxford Level 2 Open Meeting 2nd and 3rd December 2006

This was a Level 2 graded meeting and the entry times were harder than counties. Our swimmers represented our club very well achieving 33 personal best times between them in 48 heats including some very impressive improvements in the 200m events.

The highlight was Katie Brown winning bronze in the under 10s 50m Freestyle: well done Katie and to all of you who competed so well!

## AGM

This year's AGM is being held on Saturday February 3rd from 6pm to 8pm at BEJSC in Bourne End. The climbing wall will be available on the night as will the hall for games. **Please do come along!**

## Bowling

The BEST Bowling evening planned for 9th December 06 has been postponed to 13 January 07. Have you signed up yet?

## Future Events

**Abingdon Winter Open – 7th January 2007**  
Entries for this event close on Sunday 10th December so if you want to go but have not told me DO IT NOW or miss out!

If you have entered and not yet paid, please email Andy Ruler (rulerfamily@hotmail.co.uk) confirming that you have sent him a cheque (payable to A Ruler) and, of course, then actually put the cheque in the post...!!!

### Chiltern League - Spring 2007

We have not yet been notified of the dates and locations for the three rounds of the Chiltern league next spring. As soon as I know, I will put the team sheet out so keep an eye on the Saturday table for the team sheet.

## CONGRATULATIONS....

to **Emma Lewington, Rhiannon Smith** and **Aaron Jackson** who have each passed their Level 1 coaching qualification. Emma has also qualified as a timekeeper and is the youngest qualified timekeeper in the country.

## Spring Championships

To all of our parents, if you feel you would like to take part in this event in the spring then you will be very welcome. There are a variety of roles which are carried out on the evening from mustering the swimmers and recording the swimmers times at the desk to a variety of pool-side duties. A good way to take part is to join us as a time keeper where you will work with a more experienced time keeper.

Please contact **Lorraine Couves** if you would like to volunteer for a Club Champs role. Remember, we all volunteer and so the more who help, the lighter the load.

## Your club needs you

### Become a Lifeguard

The club provides its own lifeguards for many of its swimming sessions: they are usually parents of swimmers.

**Three of our regular lifeguards are about to leave the club. We need to recruit and train more lifeguards.**

You could become a lifeguard: the only requirements are that you must be able to:

- swim
- attend a 12 session course, and
- pass a test

*N.B. All of our existing lifeguards have done it (so it can't be too big a challenge...!)*

Three (of the many) advantages of becoming a lifeguard:

- You get a valuable lifesaving and first aid appointed person qualification for use in and out of the club.
- You get a chance to share your child's enjoyment by actively participating in the club as well as watching him or her progress at close range.
- Training is free. All equipment and uniform is supplied by the club.

If you volunteered, we would expect you to provide cover for one session a week (we operate a flexible rota). There is no preparation time required for life-guarding - just turn up.

If you would like to know more or are interested in becoming a lifeguard, we have a course starting on Saturday 13th January (8.00am to noon) for 12 weeks.

For more information, please contact: Roger Keir on 01494 881477 or 07740 397012 or via email at [roger.keir@virgin.net](mailto:roger.keir@virgin.net)

Alternatively, ask any of the coaches or officials of the club.

**Save a life... You won't regret it!**

Swimmers please don't forget - the coaches have asked me to remind you to keep up your training over the break ... whatever the weather!



## Land Training

Exclusively for A, B and Yellow Squad.

## CORE STABILITY

One hour fun sessions focusing on mobility and stability. The stronger the core, the better the swimmer.

**Where:** Bourne End Junior Sports Club, Next to Wye Valley School, Bourne End.

**Time:** Tuesdays 6:15 to 7:15pm

**Dates:** 9th Jan; 17th April and 3rd July.

**Please put these dates in your diaries!!**

## "MEET THE COACHES" COFFEE MORNING JANUARY 20TH FROM 8AM (in the cafeteria)

come along for an informal chat, coffee and toast with our lovely, dedicated, hard working team. Any questions, queries, comments... they will do their very best to help!!

## Sponsorship

As a member club we are limited to what we can do by finances. There are many things that we would like to do that would not be funded out of subscriptions. If you know of a company that would like to help out a local charity (yes, we are!) please contact **Peter Sones** on 07966 825058.

## Message from the Editor

If you have any comments, or contributions for the next issue, please email me (Sally Lawrie) at [slawrie@yahoo.com](mailto:slawrie@yahoo.com). Thanks! Between now and then ... I think I'll put my feet up.

