

# BEJSC - SWIMMING SECTION



March 2006

**Welcome to the second newsletter of 2006.**

## **Swimmers in Action**

### **Chiltern League Round 2**

Well, if you have not heard yet, we won this round of the Chiltern League. All of you who swam at he Aquavale should be very proud of putting together such a great team performance.

The team achieved 21 personal best times in the 36 individual races and produced some very impressive relay performances too.

Thanks to all the coaches and parents who organised the team on the night and of course to Lorna and Gail for volunteering to time keep once again.

All round a great performance from our club, ROLL ON ROUND 3 !!!

### **Oxford and North Bucks Counties**

28 swimmers have represented the club at the county championships in 63 events so far. These swimmers have posted personal best times in 41 races, again a very impressive result. You are posting a significant number of personal best times each meeting which reflects the hard work you are all putting into your training.

### **A reminder...**

If you will not be attending a coaching session, through illness or other commitments, would you please advise your coach, either in person at a previous session, by telephone or e-mail. This will help with the planning, cut down on wasted time whilst the 'last' person is waited for in order to start the session and is a matter of courtesy. **THANK YOU.**

## **Spring Championships**

6th & 20th May 2006

### **The Spring Champs are looming!**

Hopefully you will have picked up an entry form. This is **your** Club Championship. It gives you the chance to show yourself (and your coach) how much you have improved over the last six months.



Enter as many events as you can, and see the rewards of your hard work by setting new PBs.

**PLEASE....** read all the instructions on the front page before you complete your entry form, and don't forget to include your name at the top of the form. We had a lot of "No Name" entries in the Autumn Champs last year, which proved rather challenging for our Champs Secretary!!!

Deadline for entries is **22nd April**, and most of all.....**HAVE FUN!**

## **Future Events**

**Chiltern League 2006**

**Round 3 – 22nd April 2006**

The venue for this round has not yet been announced - we will let everyone know as soon as we do!

## Introducing Your Club Secretary!



As the new Club Secretary I would like to introduce myself and first of all point out that the picture you see here may appear different from my normal Saturday morning dishevelled look. But it is the same person!!!

This May we will be awarding ASA Swim Badges based on times recorded in the upcoming Spring Club Championships. Platinum/Gold/Silver/Bronze badges will be given out in all the main stroke categories. These awards are based on ASA published times and will be offered to all those 14 & under (of course if any older swimmers are keen to have them I'm sure we can accommodate). It is a great way to track progress and they can be sewn on to the Swim Team T-shirt for upcoming Galas.

A key role of the Secretary involves the flow of information to the swimmers & parents from the ASA, coaches & other club officials. I would like to facilitate this distribution by using email. It gets the information to you faster and reduces club printing costs as well. Hence if you would like to receive the information on the table via email please let me know and I will add you to the distribution list. I have started an email distribution list for Personal Bests swim times and it is steadily growing!!

If you have any questions or suggestions about any subject just drop by the table on Saturday morning or send an email to: [krmfrench@aol.com](mailto:krmfrench@aol.com).

## Trip to Thorpe Park

We are considering organising a trip to Thorpe Park – probably on a Saturday, straight after swimming. The trip would be for swimmers and their families, although swimmers aged 14 and over could be unaccompanied.

If you are interested in the trip could you let me know so that we can decide whether or not to go ahead, or put your name down on the list on the swimming table.

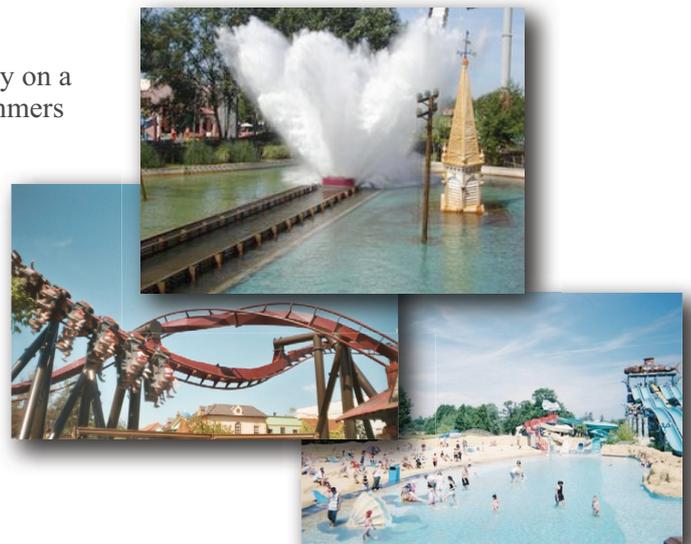
The price of the ticket would be about £15 plus coach fare, which sounds a lot, but is considerably cheaper than going as an individual.

Anyway, let me know if you want to go on Stealth – its only 205ft, don't be a scaredy cat!

Juliet O'Donnell

## We need your HELP!

The club is run entirely by volunteers – mainly parents of swimmers. The planning and running of training sessions is only one part of the organisation. We are always on the look out for more volunteers to help – **MANY HANDS MAKE LIGHT WORK** – so if you can spare some time and want to put something back to help your children please speak to a member of the committee, who are a friendly bunch!



## Tell us what you think...

We want everyone to have some input so would like to know what else you want from the club, if anything. More social occasions, i.e. climbing, bowling, visits to Theme Parks, BBQs. Should this be for swimmers only or open to all families? Do you want to swim in school holidays or would you like a break? If fact any good ideas or if you want to get something off your chest, you can speak to a member of the committee or alternatively Jenni Howell and Rhys Ravenscroft, the Club Captains.

## 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!