

BEJSC - SWIMMING SECTION



February 2006

Welcome to the first newsletter of 2006.

Swimmers in Action

Abingdon Open - 8th January 2006

This has been a regular and enjoyable meeting for our swimmers for several years now and this year was no exception. They even laid on a surprising finish for us all with a power cut before the planned end of the meeting!

We took 21 swimmers to this meeting and achieved 27 personal best times. Well done to all of you who entered and competed so well and bad luck to those of you who were saving their best for the 100 freestyle which was cancelled following the power cut!

Abingdon appears on the club events calendar later this season in July. Please look out for the entry forms on the table and make every effort to compete.

Maxwell A Grade Open Meeting - 28th and 29th January 2006.

Joe Lawrie and Ellie Jackson competed in this Grade 2 open meeting. Joe achieved some very good times including a 23 second PB in his 200 back stroke.

Chiltern League 2006 – Round 1 - 28th January

The first round of the Chiltern League was an exciting and very noisy event with fine swimming by all of our team. Unfortunately some of our swimmers were over the age limit for the events and so we received some disqualifications on age as well as for swimming too fast. Therefore our overall position did not reflect the performances from our swimmers.

On a very positive note, we achieved 23 personal

A reminder...

If you will not be attending a 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.

best times from 34 individual events and some very fast relay times too. Well done to Bryn Smith in particular who improved his 50m Fly time by 7 seconds! These personal best times show that you are training hard and getting faster all the time so keep up the good work.

Future Events

Chiltern League 2006

Round 2 – 25th February 2006

The venue for this round has not yet been announced. The team sheet will be on the table at the beginning of February.

Oxford and North Bucks

County Championships – March 2006

This will be held at the Aquavale in Aylesbury on 11th and 12th March and then at Cowley Pool in Oxford on 18th, 19th and 25th March.

The entry forms have been handed in now. Some of you will have received letters telling you of extra events which you have qualified for. Please make sure that you pass Andy Ruler a cheque for these extra events as soon as possible..

Introducing Your Club Captains!



Hello, I'm Rhys Ravenscroft. I have been swimming with Bourne End for 9 years, since I was eight years old and have been club captain for the past 2 years. I've continued swimming all this time as I feel it's of great benefit to my health and fitness. I have also enjoyed the social aspect of swimming and have made many friends over the years.

I think the club championships are important and have tried to swim in many different races. It's a good chance to try and improve your PBs. I have also enjoyed swimming as part of the Bourne End team in various galas. My favourite stroke is front crawl but still find butterfly a challenge!

I have just completed the lifeguard's course so will be able to help out at the club. I will be leaving the club this summer to go to university but my two brothers will carry on the tradition of swimming for Bourne End.

Hello, I'm Jenni Howell and I have also been swimming for Bourne End for 9 years since I was 7 years old, and during that time have represented the club at many Gala's, County Championships and Open Meets. personally I'm a breaststroker but my best race is probably IM. I've been Girls Captain since last February and hope to continue for another year. At the moment I coach swimming on a Sunday evening and hope to take the Level 1 teaching course this year. As well as helping to keep fitness levels up, I enjoy training with my friends and representing the swimming section in the Bourne End Junior Committee.



BEJSC Bowling Evening

Chris O'Connell writes:

After one Saturday morning swimming session I casually asked the parents gathered round the table if they thought a bowling evening would be supported. Everyone agreed and so the planning began. The 14th December proved to be the optimum date – no galas, nothing else in the club social calendar and lanes were free at the Maidenhead Bowl. As it was arranged at relatively short notice many club members were unable to join us due to other commitments but arrangements were in hand and 5 teams of 6 intrepid bowlers assembled for battle.

Teams were made up based on family groups, numbers attending, swimmers choice and everybody seemed to get on with each other, certainly the all swimmers team were enthusiastic. The 5 lanes were next to each other, which enabled everyone to socialise, and some lively banter soon began between the teams as the pins fell – or in some cases failed to fall! I'm sure that some of the balls hated hitting the pins as they always preferred to roll down the gully at the side of the lane.

At the end of the evening a small prize giving took place and John French won the highest adult score, friends of Juliet and Martin O'Donnell won the highest under 16 score and the lowest adult score and "Catch 22" won the highest team score prizes. All in all it was a very enjoyable evening with everyone getting know each other a little better and who they would want to have on their team at the next bowling event, date to be decided.....any volunteers?

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 Jenny Howell and Rhys Ravenscroft, the Club Captains.

AGM

The next AGM will take place in March. More details to follow...

Message from the Editor

If you have any comments, or contributions for the next issue, please email me (Sally Lawrie) at slawrie@yahoo.com. Thanks!