



# Bletchley & District Swim Club

**Welcome** to the 4th edition of the Bletchley & District Swim Club Newsletter.

## Gala Results

The squad swimmers have swam in 6 gala's since the last newsletter and as you would have seen from the newspaper reports, they have had some great results. In total they have swam in 252 races and recorded 128 personal bests between them. On top of this they have won 62 trophies or medals and 6 speeding ticket certificates. A great achievement for a small club like ours and reward for all the training they have undertaken. Well done and keep up the hard work.



## Learn to Swim

The swimmers achieving the incentive awards for previous months are Connor Lee, Emma Ridge, Jack Lavallin, Luke Read, Freddy Woodhouse, Sophie Wright, Sam Pateman, Teri Gibbons, Eleni Anthi, Jade Cantliffe, Luke Ainscow, Matthew Tremain, Naomi Lee, Danny Murphy, Benjamin Goodman, Rebecca Dimond and Kayleigh Brown. Congratulations to you all and well done for all the effort you have put in.

## Coaches Report

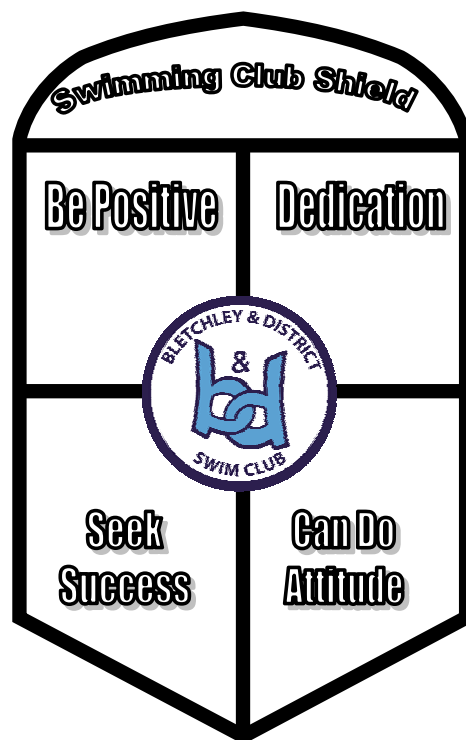
This months report covers an update on previous gala's, which the club entered, some important guidelines for upcoming gala's and the counties, and what is planned for the future. Please see attached sheet for a more in-depth report.

## Vouchers

The club is saving Kingsmill vouchers until the end of the year. This will assist us in purchasing new swimming equipment for the swimmers. Please pass them onto Chris on the desk.

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## Congratulations

Congratulations to the following swimmers who had birthdays in June: James Chapman, Sarah Powell, Amy Goodman, Robert Hanlon, Lawrence Pargeter, Connor Lee, Stephanie Burke, Sasha Ridge, Kirsty Holmes, Kiran Flynn, James Turner, Thomas Searle and Sam Lane.

Congratulations to the following swimmers who have birthdays in July: Jodie Hopkins, Daisy Barton, Jack Lavallin, Daniel Watson, Danielle Chesser, Matthew Tremain, Simon Fairlamb, Christopher Rowels, Natalie Barry, Thomas Byrne, Lauren Deighton, Tasila Banda, Christopher Morrell, Rebekkah Lee, Kirsten Beamish, Jade Cantliffe, Daniel Phillips, Amy Woolgrove & Oliver Tsappis. (Come on mums and dads, I have still not had any birthday cake brought in for all my hard work, they don't pay me a penny for doing this you know, honest).

Congratulations also go out to Joanne Quainton, Kirsty Holmes, Lauren Beamish and Stuart Pargeter who all recently passed their Bronze Medallion. Well done to you all.

## Rules and Regulations

Continuing on from the last edition regarding turns, this time we will look at breaststroke.

Breaststroke – there are several area's, which could lead to disqualification, if you fail to comply.

- At each turn the touch shall be made with both hands simultaneously, above or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.
- During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmers head shall break the surface of the water, except that after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- It is not permitted to roll onto the back at any time.  
In the last edition we asked - What would you do if you came up in the wrong lane after executing a turn? The answer is that you can return to your lane submerged as long as your stroke is continued whilst doing so for the least minimal time to take.

## Thanks

The Bletchley Carnival was a very good success. Although the weather wasn't great, the atmosphere was electric and loads of fun was had by all taking part in the parade. A big thanks goes to Joan Pollard for the fantastic jelly fish costumes and the "bronze medalion team" for all the items they made for the stall. A big thanks and well done to Georgina Hopkins, a brilliant mermaid deing pushed by the two not so brilliant drivers(they know who they are) and Melissa McDevitt as Ursula, the sea witch. The stall made a total of £151.40 for the club by selling cakes and crafts and a big thank you for everyone who helped on the day or behind the scenes. Next year a few mores cakes would be great as they sold out really fast.

## Forthcoming Events

W/c 25/07/04 Fun night each session  
Monday and Tuesday. Learn to swim 6-7 pm  
and squads from 7pm.  
Swimming restarts on Monday 06/08/04

*We are what we repeatedly do,  
Excellence is not an act, but a habit.*

*Aristotle*

## Words from the Editor

Squad members – would you like your PB's sent to your own e'mail address? If you do, please pass on your e'mail address to me or alternatively email me at [graham@humphrey123.fsworld.co.uk](mailto:graham@humphrey123.fsworld.co.uk)

Graham Humphrey – Press Officer.