



Bletchley & District Swim Club

Welcome to the 7th edition of the Bletchley & District Swim Club Newsletter.

Happy New Year to everyone and hope everyone had a great Christmas. This is generally a busy time of year for the swimmers, with the County Championships taking place in February and March and the Chiltern League starting on 29th January.

Learn To Swim

The Learn to Swim section is back to normal now that the Club Championships are finished. Last years swims were the best to date and participation was excellent. The coaches will pick up their respective groups again now and develop the swimmers abilities/strokes within these groups. This should produce further improvements to all and should lead to more squad swimmers in due course.

Squads

The squads section is also back to normal and everything will be geared towards the upcoming County Championships. This will see an increase in the work rate expected from the swimmers, which in turn will have a great benefit with the start of the Chiltern League nearly upon us.

***** Presentation Evenings *****

The club is going to be holding a series of "Parent Awareness Presentations". The aim of these presentations is to increase a basic knowledge and understanding of a number of key topics associated with swimming. We will be holding the first one in February (final date to be confirmed but probably a Monday evening) on the following topics:

Energy Systems and Training
Nutrition and Fluids
Role of the parent

The presentations are expected to last no more than one hour and will be free for club members. Please come and see what a vital role each plays in getting the best performance out of a swim. If you are interested in attending, please let Chris on the desk know.

Records

We will be operating a laptop on a club night to produce records, PB's, history of a swimmers, etc. and will be printed out for you to keep. If you are interested in this data please see Andrea on the night. For the record, my daughter had this information put on her training log for a Swim 21 presentation and this information is excellent. It shows how much progress they have made since joining the squads, it can give you their current PB's per stroke, each time they recorded a PB time and at which Gala, whether they have any club records, how many ex club records, and more. Well worth the effort of asking.

Graham Humphrey
Press Officer

17/01/05

