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## Bletchley and District Swim Club

Jan 2010 - Squad News Letter



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## Club Captains Announced.

2010 Club Captains were announced at the Club Championships presentation evening. Katie Messenger and Callum Tierney were announced as the successors to Rebecca and Andy. The Coaching Staff thanked the outgoing Captains' Rebecca Allen & Andy Wadsworth for all their hard work and commitment to the role.

## Bletchley Swim Club Returns to Roots

Bletchley town is extremely lucky to see a new leisure complex open and we are pleased to announce that we have secured two evening training sessions at this fantastic facility.

Bletchley Swimming club has been serving the local community for many years and in 2008 we celebrated our 50<sup>th</sup> anniversary and it has been quite a journey since it started at the Queens open air pool in 1958. This pool used to be across the road from the new Leisure complex.

Due to the Leisure Centre having its own Learn to Swim School we are continuing our Learn to Swim classes at Leon together with some of the squad sessions, this way we can ensure we retain our competitive prices whilst offering a variety of lessons to our swimmers.

The following squads are training at the new pool at the following times:

**Hurricanes** - Monday 6:30 to 8pm

**Tornadoes** - Monday 6:30 to 8pm, Tuesday 7 - 8:30pm

**Enigma** – Monday 8 – 9:30pm, Tuesday 8 – 9:30pm

## Date's for your diary

### Home Counties Round 1

20<sup>th</sup> February at Aqua Vale Aylesbury

### Oxon & North Bucks Long Distance Counties.

14<sup>th</sup> February 2010 Temple Cowley for the 1500/800M

21<sup>th</sup> February 2010 Stantonbury Campus for the 400M

IM & Freestyle, time for both events to be announced.

**SQUAD PHOTOGRAPH'S IN MARCH**



## Coach Leigh - Fuelling the Athlete

In order to undertake any activity you need to ensure your body is prepared correctly, it's not just down to training your body for the physical aspect but also to ensure it is prepared from the inside out. Before a training session ensure that you have eaten at least an hour before the start, always take a drink with you to training. Although you are in water you still sweat and therefore you must ensure you drink regularly, not fizzy but squash/water are the better options. Sports drinks are a good idea in moderation, particularly at swimming events but for everyday training you cannot beat squash/water.

It is best to bring a cereal bar/snack with you for when you have finished training, eat this on your way home.

## Abingdon Winter Open Meet – 9<sup>th</sup> January 2010

10 parents braved the winter conditions to allow Swimmers to attend the aptly named Open Meet. I am sure they will all agree that it was worth the effort taken to get there, I do think that Oxfordshire must have Milton Keynes's supply of salt and grit as there roads were very clear.

All the swimmers achieved personal best swims in at least one of their races and in some of their cases in all the races they competed in. Congratulations to Maea Hemming, Anna James, Elizabeth Shirley, Yasmin Dos Santos, Robyn, Katie Messenger, Scott Foreman, Nathan Hemming, Daniel Summers and Carl Sartorelli. Robyn gained two speeding tickets, 3<sup>rd</sup> place and 5<sup>th</sup> place medal, Dan got a 2<sup>nd</sup> place medal, Carl a 3<sup>rd</sup> place medal with two fourth places, Scott gained a 6<sup>th</sup> place medal and Katie gained two fifth place and a sixth place. All the swimmers really worked hard and tried their best. Anna, Maea and Nathan had never competed in an open meet before this event, they all swam really well with some great times being recorded.

All the swimmers showed great team spirit and supported each other, everyone enjoyed the day and are all looking forward to the next meet when they can compete again.

Well done to all the swimmers and a thank you to all the parents/grandparents who supported us so well on the day.

## Bletchley Swimmers Take part in New Pool Open Day

With the formal opening of Bletchley Leisure Centre and a fantastic new pool on our doorstep it was so perfect for Bletchley Swimming Club to be part of the days' activities. The club provided swimmers and coaches to undertake a demonstration training session, it was to involve Dave Roberts paralympian swimmer but unfortunately he was unable to make it due to the weather. We are hopeful that he will be able to run a clinic for our swimmers at a later date to ensure they can benefit from his experiences. Bletchley Swim Club were glad to be part of this day and are looking forward to working closely with the Leisure Centre to develop swimming further in Milton Keynes. Big Thank you to all those swimmers, teachers & parents who gave up their time to attend and represent the club. Photo's from the day will be available on the website shortly, look out in the local paper as there was official press there too.

## This edition's Q&A

**Q: What are the new rules regarding swimming costumes?.**

A: From 1st January 2010 all competitions in England, Scotland and Wales will be applying the FINA rules below in relation to Swimsuits for swimming (excluding Masters and Open Water) competitions

The main changes concern what types of costumes may be worn. In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.