

Summer 2009

Welcome to this edition of the Boston Amateur Swimming Club's newsletter. I hope you find the information inside both useful and informative. Since the last newsletter, the training pool has now closed and we are all training in the leisure pool alongside the general public. This has coincided with the under-16s and over-60s now being allowed to swim for free, which is causing members of the general public to be turned away due to the pool quickly reaching its safe working capacity.

The spotlight is now on the club with a lot of our training in full view of the general public. To this end we must all be on our best behaviour and not give the public justifiable cause to complain about the swimming club. We have now set up a working party to look into a business plan for the club to see if taking over and running of the training pool is a feasible option. Of course, the option that we would all prefer is that the borough council opens the pool again and carries on running it. The club will continue to put pressure on the council to this end. We will do our best to keep you fully informed of future developments.

There is a petition that has been set up to keep the training pool open if you have not signed this yet please do so. Usually it is at the door on Sundays. There is also an on-line petition with a link to it from the club's **www.bostonasc.co.uk** website.

Having only training time available to us in the leisure pool has meant that the squads have had to be altered to fit into the pool timetable. Some swimmers have had to move into new squads. I hope, by now, that you are all used to the new times and I am sorry for any inconvenience this has caused.

It seems a long way off now, but in January the club held its open meet at the Meres Leisure Centre in Grantham. For the first time, the open meet was held over two days. This proved a great success, notably with many people from other clubs commenting on how well-organised and smooth running Boston's open meets are. Well done to the organisers of the event and to everyone who helped on both days. Jo French has been the main contact point for the organisation of the open meets from the very first one that was held at RAF Cranwell. Jo has now decided to stand down from this role and I would like to take this opportunity to thank her for all the hard work over the years to ensure that these meets were run professionally and successfully.

Bethany Watson, our assistant coach, has now left to have a baby. I hope you will all join me in wishing her well and we look forward to seeing Bethany back in the near future. The club held a summer ball in June and I would like to thank the ball committee for all their hard work in organising the event and making it a resounding success. A good time was had by all. Finally I would like to wish you all a pleasant summer break and see you all back in September.

Peter Hockerston
Club chairman

REVIEW OF A BUSY SEASON'S ACTION

As another season come to a close, it is the traditional time look back on what has been a busy swimming campaign.

Ben Pogson and Patrick Ikkena have qualified for the National Championships held at Sheffield at the end of the month. Ben qualified in the 100m backstroke. But due to him sustaining a broken arm injury, I withdrew him from entering, as I could not get him ready in time for the championships. Patrick (in the 50m and 100m freestyle) is now back in training after finishing his exams and will compete.

In the Midland Championships at the beginning of the season we had a short course gala. Patrick was the fastest junior in winning gold in the 50m breaststroke, coming second in 50m butterfly and earning third in the 50m freestyle. Zak Lomas was second junior in the 100m backstroke and fourth in the 200m backstroke. Ben, moving up to senior level, finished fifth in the 50m backstroke and seventh in the 100m backstroke.

In May it was off to the 50-metre pool for the Coventry Youth Championships. Ben Pogson finished second in the 50m backstroke, third in the 100m backstroke and fourth in the 200 backstroke. Sam Wright came of age by taking his first medal at this level when finishing second in the 200m breaststroke and fourth in the 100m breaststroke. Patrick finished eighth in the 50m butterfly.

At the Age Group Championships held in June, a potential future star of the club emerged when George Hobbins won silver in the 100m freestyle, took bronze in the 400m freestyle, fourth place in the 400m individual medley, fifth in the 200m freestyle, sixth in the 200m backstroke and was a finalist in the 200m IM. George picked up enough points to finish fifth in the BAGCATs.

The Lincolnshire County Championships back in March saw the club's medal tally drop from previous years with 19 golds, 27 silvers, and 29 bronzes. But we finished with a higher number of top eight finishes, the total being 246. Club championships records were also broken, which is always a good sign that we are moving in the right direction.

We were also involved in three leagues. In the National League (East Midland section) we finished in 11th place. In the Anglian League, our A team won the title while the B team finished in their best ever position of third place. And through this year the A team sat on top again with the B team in sixth place.

In the Fenland League the A team finished with their best ever result of second place and the B team finished in 14th place (our worst finish, but mainly due to the fact that we could not send team to a fixture when the date clashed with the Coventry open meet).

This year we also missed out when the first round being cancelled due to snow and another round clashed with other events. But at the present time the A team are in fourth place and the B team are 13th.

We also won top the club award at the Thetford Open meet for the second year in a row. Other galas we won included the Geoff Moulder 200m event (now successful for eight years in a row) and the South Lincs Gerry Gibbons Trophy (three times in a row). You all belong to very good club. So there is every reason to be proud of it. I would like to say a big thank you to Sarah and Beth who do a great job being my assistants and to all the teachers and poolside helpers.

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The final Sunday gathering for the season is on July 19 while the last training session will be on Friday July 24. The Masters section, though, will continue through the summer on Tuesdays and Thursdays. We will all be back in training on September 1 — make a note of the date in your diaries!

Ian Wells

Club coach

NEW OFFICIALS REQUIRED

As a club we are always in need of more officials to assist at home galas, club championships and away galas — plus, of course, our own Open meet. Every time the club sends a team to an away gala we have to send two timekeepers and a judge. When we host a gala, this is increased to four timekeepers, often two judges plus a starter and referees, along with all the other “non official” jobs needed for a home gala like recorders, drinks distributors, door assistants etc. At our club championships to enable them to be run under ASA laws we need even more – 12 timekeepers, six judges, a starter and referee plus the recorders and team managers. We have struggled recently to have enough officials to go with our teams to away galas. It is a requirement of the leagues that we send officials with our team and if we are unable to do this then as a club we shall have to consider withdrawing our B teams from the leagues. We do not want to do this as these teams offer excellent opportunities for our younger swimmers to swim in competitive fixtures, so we need your help please.

We are planning to run some more courses in the autumn for Judge Level 1 (which is timekeeping and then moving onto turn judging), Judge Level 2 (which incorporates all judging of stroke and placing) and Judge Level 2 (S) (starting races). The course is not too onerous and is followed by poolside work to learn what is involved and put into practice what you have learnt and a practical exercise on poolside at a gala. Judge Level 1 is the ideal place to start for new volunteers. Existing timekeepers/ Judge Level 1 officials may want to look at completing their Judge Level 2 or even their Judge Level 2 (S). You have to do all qualifications in the correct order. You cannot just be a starter without first completing the other levels.

If you are interested or require additional information then please have a word with Phil Featherstone, Karl Royce or any of our officials — or give me a ring on 01205 350534 or send me an email via the secretary link on our website. It is not an onerous job. It's usually very enjoyable and you can still watch the swimming, albeit in a different capacity and you never have to pay to get into a gala!

Guy Dix

Club secretary

ASSISTANT COACH

As you will be aware, the club employs two assistant coaches — Sarah Goodale and Beth Watson. Beth has now started her maternity leave and the club requires a new assistant coach to work as maternity cover for Beth from the middle of September 2009. We are therefore asking for applications for this position to be made in writing to the club secretary by August 31, 2009. A pool lifeguard qualification is essential and previous teaching experience and a teaching qualification desirable. Details of remuneration can be obtained from Jo French the club treasurer and details of what the job will entail can be obtained from Ian Wells or Pete Hockerston.

ABBA TRIBUTE BAND SWEDE DREAMZ MAKES A BIG SPLASH AT BALL

A number of parents and adult swimmers associated with Boston Amateur Swimming Club along with their families, friends and work colleagues from all areas of the country danced the night away to classic Abba renditions and sensational 70s disco music into the early hours of Sunday morning of June 21 at a gala ball.

The entertainment supplied by Swede Dreamz of Carlisle gave rise to impressive costume changes along with perfect renditions of Mama Mia, Dancing Queen and the full array of the Abba songs of yesteryear.

The live entertainment was supplemented by sensational seventies disco music that included Gloria Gaynor, Mud and the Bay City Rollers.

The evening was a black tie event and had been in the planning for seven months. Guests were welcomed with a champagne and strawberry reception and were then invited to their tables that had been dressed with a hint of blue along with personal cards and messages from the committee and swimming club. A five-course served/buffet dinner supplied by Key Catering of Heckington was then commenced.

Fundraising was in the form of a variety of guises – there was a party game during the later half of dinner, a full raffle with fantastic prizes and finally a tremendous auction where some lots seen included a pamper day, Raleigh Chopper and a 1966 signed England replica football shirt that had nine of the 11 players' signatures. This was won by highest bidder Darran Jones of Yeovil and was donated by Powertherm Access of Pontefract.

The gala ball committee consisting of Mark and Sarah Jones, Sally and Neil Hobbins, Phil and Wendy Featherstone, Sharon Dean and Emma Parla said a big, heartfelt thank you goes out to all the guests that attended, their presence at the ball showing their full support for Boston Amateur Swimming Club.

This heartfelt thank-you must also extend to all those donations that were both public and anonymous.

The evening proved to be a fantastic success and not only gave a night to remember but raised £4,870.33 for the club through ticket sale margins, a tremendous raffle, a high level auction and finally games undertaken during the evening frivolities.

Ball Committee

LINCOLNSHIRE COUNTY MASTERS 2009

The Lincolnshire County Masters for 2009 are being held on Sunday October 11 at Cranwell due to our pool closure. The competition is open to all swimmers aged 18 and over.

The competition has 50m events in all strokes, 100m individual medley and 100m freestyle, plus there are freestyle and medley relays. Entry forms will be out soon and will also be available from Sarah Goodale or directly from the Lincscountyasa.org website.

The closing date for entries is early September.

WINTER CLUB CHAMPIONSHIPS

In the middle of summer I know it seems too soon to be even thinking of the Winter Club Championships. But with the loss of the training pool, it was inevitable our previously published dates would not be possible.

Uncertainty as to which pool will be in use by the autumn has made planning even more difficult but we needed to put something in place before everyone breaks up for the holidays.

The Winter Championships have been brought forward from previous years and we will be able to hold them on the dates below irrespective of which pool is in use at the time. Please see the revised fixture list from September to December below.

<u>September</u>			<u>November</u>		
Sat	05-Sep		Sun	01-Nov	Winter Club Champs
Sat	12-Sep	Fenland Lge: 9,10,11,12,13yrs	Sat	07-Nov	Geoff Moulder Memorial Gala
Sun	13-Sep		Sat	07-Nov	Midland Short Course (Corby)
Sat	19-Sep		Sun	08-Nov	Midland Short Course (Corby)
Sat	26-Sep	Anglian League: 13,15yrs, open	Fri	13-Nov	AGM
<u>October</u>			Sat	14-Nov	East Midlands Lge: 11,13,15 Open
Sat	03-Oct	Leicester Open Meet	Sun	15-Nov	
Sun	04-Oct	Leicester Open Meet	Sat	21-Nov	
Sat	10-Oct	East Midlands Lge: 11,13,15 Open	Sat	28-Nov	
Sun	11-Oct	County Masters	<u>December</u>		
Sun	11-Oct	Downham Open Meet	Sat	05-Dec	Long Distance Club Champs -800
Sat	17-Oct	Fenland League Finals	Sun	06-Dec	Long Distance Club Champs -1500
Sun	18-Oct		Sat	12-Nov	East Midlands Lge: 11,13,15 Open
Sat	24-Oct	Winter Club Champs	Sun	13-Dec	
Sun	25-Oct	Winter Club Champs	Sat	19-Dec	
Fri	30-Oct	Winter Club Champs			
Sat	31-Oct	Winter Club Champs			

For those of you that like to plan ahead and are thinking about holidays next year here are some more important swimming dates for your diary:

Boston Open Meet 2010: January 9 and 10 (full schedule later in this newsletter)

County Champs 2010:

February 13	800m long course	(Corby)
February 27	1500m long course	(Corby)
March 13		(Louth)
March 20		(Grantham)
March 27		(Louth)

Anglian League 2010: February 13, April 17, June 26, September 25.

Fenland League 2010: February 6, April 24, June 12, July 10, Sept 11, October 16

Jane Thorn

Fixtures and championship secretary

CHANGING TIMES ON TRAINING FRONT

As we all know, things are changing with the training pool closed. And although it is not what we want — with some knock-on effects to the club — the new training times are mainly working well.

The mornings are being used well with sometimes more than 20 swimmers training. The only problem has been on a Saturday morning with only five or six swimmers turning up while the Sunday 5pm to 6pm session has been over-crowded.

In order to make better use of our precious water time, minor changes will come into effect in September. These are detailed below.

Saturday 7am to 8am: Now for Development, Future, Juniors and Masters squads.

Saturday 8am to 9am: The two lanes will be for the Silver squad.

Sunday 5.05pm to 6pm: Juniors and Silver squads (Silver squad is the bronze group as well).

Sunday 6pm to 7pm: Will be Development, Future and Performance.

Sunday 7pm to 8pm: Will be Performance and Seniors.

The reason for the Saturday changes is to make better use of the seven lanes and it will be good for Junior squad members to swim with the Future squad as that is their next stage forward. I need to give more room to the Juniors and Silver squads and as we have to work on diving and the pool has to shallow ends. These swimmers have to learn to dive in deep water first for safety reasons so they will need dive in the centre of the pool and swim widths.

That means the Performance squad moves back one hour and this will cause problems with the Seniors and Masters having three groups doing different work. Therefore the Masters section has been moved to a Saturday morning. Hopefully everything will run smoothly in September when we return from the summer break.

The Boston Borough Council are planning to close the Geoff Moulder Pool early in November, so everybody will have to move back into the training pool. We will go back to having exclusive use of that facility with no need to share it with the public. At the present time we do not know what hours we will be getting.

This will affect our teaching pool lessons more than anything else as the majority of our youngsters will be unable to stand on the bottom of the pool. The main pool lessons will move across to the training pool and I'm sure we will be able to keep their time the same. At present we looking to see if there is any pool we can use to accommodate our teaching pool lessons. Last year we used PRSA but their pool is too deep.

All this is something of a pain to everybody but we need stick together and cope the best we can. Hopefully our swimmers will not be adversely affected too much. I would like to wish our assistant coach Beth Watson all the best for her impending motherhood. In addition, thanks also go to all the poolside helpers and teachers — without whom we as a club would not be successful. A debt of gratitude to you all.

Emily French is stepping up to the role of assistant coach to cover for Beth. This will be until Emily goes to university. Then the club will employ another assistant coach until Beth comes back when the position will be reviewed.

How the new squad structure works:

From the teaching pool our new swimmers need to swim across on their back and be able to do crawl movements with their face in the water.

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The first step is the **Lessons sessions** supervised by Sarah Goodale, details of which can be found separately at the end of this article. Subsequently we move on through the **Silver Squad** where members need to gain their Bronze and Silver Challenge award and the front crawl stroke award before they can move into the **Junior squad** where members have to gain the Competitive Dive award, Stroke award at backstroke, breaststroke and butterfly plus the individual medley award and the 8 x 100m front crawl test before they can move up to Future squad.

In the **Future Squad**, our swimmers are in a competitive training environment and before they can move up to **Development Squad** they need to be working in the top lane which has the faster take-off time (that swim and rest before having to go again). Members also need to do all strokes with good techniques. And attending the Friday morning sessions will also work in their favour. The decision will be mine only as to when and if swimmers move as I have to be confident they will handle the training in the Development Squad.

To be in the **Performance Squad** swimmers need county qualifying times and must already be doing a weekday morning session. And when you are asked to join the squad, you must train for a minimum of nine hours per week. The majority of our top swimmers in the past have always done mornings. You must do the open meets recommended to gain necessary qualifying times or experience at top meets. Being late and doing sloppy drills or turns will not be tolerated.

From the Development Squad you can move to the Performance Squad if you are totally committed to swimming. Those swimmers who do not wish swim mornings or do nine hours training week and upon reaching the age of 13 or above may be able to move to the **Senior Squad** as long as I feel they can cope with the Senior Squad as the workload as it is lot higher than for the Development Squad. This squad has National and District qualifiers in training and all swimmers will be expected to gain a county qualifying time and compete at the club championships. These swimmers must do everything correctly and swimmers that no longer want to breathe every three strokes or do medley turns will be moved in to the **Masters Squad**.

With regard to competitions in the new season (2009-2010), we have already entered Leicester and Downham Open meets and that should get the majority swimmers firing on all cylinders. We do have Fenland League and Anglian League galas in September. With not knowing what is going to happen in November with our water time, we have brought the winter club championships forward to make sure we get them in, although we could not fit in the long distance events, hopefully December being suitable for these. .

At the last meeting we had discussion about swimmers putting "not available" for galas and it was decided that the present rules will stand. For East Midland galas, anyone not swimming in a round for which they have been selected will not be chosen the rest of the season for any other gala and a Performance Squad member doing so will no longer stay in that squad. For the Fenland and Anglian Leagues, any swimmer putting "not available" for any reason apart from illness, they will not be selected for the next round.

We are reviewing matters to see if we can keep two teams in the Fenland League due to the lack of timekeepers and judges. In recent competitions we have had qualified officials refusing to help even though their children were competing. A lot of parents of swimmers give up their time for all the children to compete, so it's only fair that others also give up some time to support these events.

Ian Wells
Club coach

LESSONS

May I take this opportunity to wish Beth Watson all the best during her maternity leave and hope all runs smoothly. Three years ago Beth and I started as assistant coaches together and we have seen many changes along the way. Moving forward to the new season this will see me take over the Sunday lessons a new challenge that I am looking forward to. Outlined below is an explanation to the criteria for lessons, explaining what each station the hardest part of the award is to achieve in order to move up.

STATION 1 GRADE 1

- To travel on the front/back min. distance 5 metres
- To rotate from the back to the front and gain a standing position
- Demonstrate a horizontal or vertical stationery position for 10 seconds

STATION 2 GRADE 2

- To swim 8 metres on the back using a breaststroke type action
- To swim 8 metres full stroke on the front or back with arm recovery over the water
- To swim 16 metres without pausing using any stroke or strokes

STATION 3 LEVEL 4

- Pick object off the bottom of the pool
- Lie flat on back without support for 5 seconds
- 5 metre butterfly kick on front and back

STATION 4 GRADE 3

- Using arms and legs swim 32 metres on the backstroke
- Pick up object from the pool floor and able swim through hoop
- Swim 16 meter front crawl

STATION 5 GRADE 4 and LEVEL 6

- To surface dive and tread water
To perform a forward and backwards somersault,
- Swim 25 metres front crawl and back crawl
- To swim 2 widths of any stroke to include a correct turn complying with ASA Law
- To swim 5 metres under water pick up object surface & return to start on the back carry

GRADES = Introduction to skill tests

LEVELS = Introduction to stroke development – skill development

All badges and certificates can be purchased at a cost of £2.50 (for both) from the badge lady Tina Sargeant who is at the pool every Sunday situated at the door near reception.

I would like to say well done to all the swimmers for their hard work and dedication shown and achievements gained. I hope **EVERYONE** has a fantastic and safe summer break and look forward to seeing you **ALL** return, bright and fresh for the new season.

Sarah Goodale
Assistant coach

WINTER CLUB CHAMPIONSHIP TROPHIES

Would all holders of club trophies from Boston Swimming Club Winter Championships 2008 please ensure that all trophies are engraved in good times so they can be returned by the date requested for the 2009 championships.

Several trophies are regularly being returned late with the relevant engraving either being left to the last minute or even forgotten all together until they are requested.

The Winter Championships involve more than 90 trophies, which are awarded over several galas and require checking and sorting before to the first gala—time consuming work in itself without the added burden of late returns. So please: all people concerned... you have now been duly reminded!

In respect of the on-going pool situation, we will be unable to hold the winter club championships as originally planned over a week in November. We have now agreed new dates and times with the pool and these are included elsewhere in this newsletter together with an updated fixture list and entry forms.

ADULT SWIMMING LESSONS

Are a non-swimmer or a swimmer wanting to improve your breathing or your stroke technique? Why not come along on a Sunday and find out what it's all about. We are a friendly bunch and support each other in all our efforts and celebrate our achievements. It's surprising what you find you can do when you have other people around you urging you on.

Lessons are held on Sundays from 8pm to 8.30pm in the leisure pool and spectators are not allowed on poolside while we are swimming, so there is no need to worry about other people watching you.

Courses are usually six weeks but some are seven or eight weeks long. Fees are:

6 week course	Members £12.00	Non-Members £20.00
7 week course	Members £14.00	Non-Members £23.00
8 week course	Members £16.00	Non-Members £25.00

The adult swimming lesson dates: September 6 to October 18: Seven-week course

Although, ideally, you should start at the beginning of the course, we welcome new swimmers at anytime. Just give me a call on the number given below and I will let you know when you can start.

Well done for the following achievements, and I look forward to handing out more certificates in the new season: Sharon Dean 25m, Jackie Wright 25m, Laureen Mallett 50m, Carol Spinks 50m

If you would like any further information on lessons or wish to book a place, please give Sarah Goodale a call on (01205) 358847.

Sarah Goodale
Assistant coach

MASTERS SWIMMING

If you enjoy swimming for fitness or sport the Masters section is probably what you are looking for, so why not come along and give it a try?

The Masters contingent swims Saturdays 7am to 8am, Mondays from 9pm to 10pm, Tuesday from 9pm to 10pm and Thursday from 9pm to 10pm all held in the leisure pool.

May I also remind all Master swimmers that the Masters County Championships 2009, due to the closure of the training pool, will now be hosted by the Lincoln Vulcans at Cranwell Pool on Sunday October 11, warm up at 11am.

Entry forms will be handed to Masters swimmers at a later date or visit the www.bostonasc.co.uk website.

The Masters Inter-Counties Competition held on June 7 at Wellingborough was a great success with six counties competing.

Lincolnshire achieved a hugely creditable second place with a total of 218pts.

Swimmers from Boston who were selected were Chloe Dix, Emily Dix, Alister Goodwin, Nina Savoury and Paul Allen.

First places: Nina Savoury in the 50m backstroke in a time of 55.44 seconds and in the 50m freestyle, 47.58; Paul Allen in the 50m freestyle, 26.50. Elsewhere, Alister Goodwin came third in the 50m backstroke, 45.91, and sixth in the 50m freestyle, 34.65. Emily dix was fifth in the 50m backstroke, 37.67 while Chloe Dix was second in the 50m breaststroke, 40.04.

Final results:

Leicestershire	266 pts
Lincolnshire	218
Northants Neptues	212.5
Derbyshire	212
Nottinghamshire	163.5
Northants Narwhals	79

Well done to all those who took part and represented our county.

For details ring Sarah Goodale on Boston 358847

Sarah Goodale
Assistant coach

SCORECAST LEAGUE FUND RAISER

With a new football season looming, Boston Swimming Club is once again being given the opportunity to share in the profits from the locally-organised and hugely popular Scorecast League competition, run by Rob Singleton.

The club benefits from a sizeable proportion of the profits generated by the competition (Boston Cricket Club being the other beneficiary). Over the past few years, our esteemed club coach Ian Wells has resolutely proclaimed himself “king of football predictions.” If you want to prove him wrong (again!), complete the entry sheet at the back of this newsletter.

There’s a one-off entry fee of £2.50 for a form that has to be filled in for the duration of the whole nine-month season and in the organiser’s possession by August 7 at the latest at his home address of 14 Cook’s Lock, Boston, via local bookmaker Lincs Racing or at the Social Pigeon Centre — evenings only Monday, Wednesday, Thursday or Friday (or pass it back to Ian).

Besides helping to generate funds for the club, there’s big money to be won. Last season’s prize pay-out was almost £400 (including a £50 handout to font-of-all-football knowledge Sarah Goodale!

Can any of you do any better than our club’s assistant coach Sarah did last season? Or perhaps outgun coach Wells who continues to claim he’s “the best” despite hanging his head in shame at such woeful end-of-season results! Below is an at-a-glance guide to help with your entry form selections.

Weekly updates will be featured on the www.bostonbuzz.co.uk website.

Premiership	Championship	League One	League Two	Blue Sq Prem
		Teams from Leagues One and Two are the only ones eligible for the Football League Trophy (Johnstone’s Paint Trophy) section. And be aware: final will be between one team situated geographically north and one south.		THESE TEAMS NOT APPLICABLE TO SECTIONS 2, 3, 4*, 5
Arsenal	Newcastle	Norwich	Bournemouth	Mansfield
Aston Villa	Reading	Colchester	Northampton	Wrexham
Blackburn	Derby	Southampton	Port Vale	Altrincham
Bolton	Bristol City	Carlisle	Burton Albion	Luton Town
Chelsea	Crystal Palace	Leeds	Rochdale	Cambridge U
Everton	Watford	Southend	Darlington	Crawley
Fulham	Middlesbrough	Brighton	Cheltenham	Ebbsfleet
Hull	Ipswich	Oldham	Chesterfield	Forest Green
Liverpool	Sheff Utd	Wycombe	Rotherham	Grays
Man City	Plymouth	Huddersfield	Bradford	Histon
Man Utd	Leicester	Tranmere	Morecambe	Kidderminster
Wolverhampton	Cardiff	Walsall	Barnet	AFC Wimbledon
Birmingham	West Brom	Swindon	Bury	Oxford Utd
Portsmouth	QPR	Leyton Orient	Crewe	Rushden & D
Stoke	Preston	Hartlepool	Lincoln City	Salisbury
Sunderland	Sheff Wed	Bristol Rovers	Grimsby	Stevenage
Tottenham	Peterborough	Millwall	Accrington	Chester
Burnley	Barnsley	Yeovil	Shrewsbury	Gateshead
West Ham	Blackpool	Brentford	Macclesfield	Hayes & Yeading
Wigan	Scunthorpe	Gillingham	Dag & Red	York
	Coventry	MK Dons	Notts County	Tamworth
	Swansea	Charlton	Torquay	Eastbourne
	Nottm Forest	Exeter	Aldershot	Barrow
	Doncaster	Stockport	Hereford	Kettering
				* except FA Cup

**BOSTON AMATEUR SWIMMING CLUB
ANNUAL GENERAL MEETING**

In accordance with our club rules, nominations are required in writing for all positions up for election this year by September 10. Nominations cannot be made at the annual general meeting, which is being held on November 6.

Positions to be elected are as follows:

Officer

Vice Chairman
Secretary
Fixture & Championship Secretary
Gala & Officials Secretary

Fund Raising Officer

Plus 2 Committee Members,

Present holder

Phil Featherstone
Guy Dix
Jane Thorn
Vacant as the present holder Karl Royce is standing down at the AGM
Vacant as the present holder Wendy Featherstone is standing down at the AGM
Mark Jones
Plus one vacant post

All nominations must be signed by the proposer, the seconder and the nominee confirming they are prepared to stand. All nominations should be returned to the Secretary Guy Dix 5 Ashlawn Drive Boston PE21 9PT.

ANNUAL MEETING

Officer nomination/proposal form

To be submitted to:

The Secretary, Boston Amateur Swimming Club, 5 Ashlawn Drive, Boston PE21 9PT

We would like to nominate (candidate's name)

For the position of
on the executive committee at the forthcoming AGM

Signed (proposer)

Print name.....

Signed (seconder)

Print name.....

I confirm that I am willing to stand for election for the above position

Signed

Print name.....

All nominations must be received by September 10, 2009

Boston Open Meet 2010

Saturday January 9				Sunday January 10			
Session 1		Session 2		Session 3		Session 4	
Girls	200 Back	Girls	200 IM	Boys	200 Back	Boys	200 IM
Boys	400 Free	Boys	200 Free	Girls	400 Free	Girls	200 Free
Girls	100 Breast	Girls	100 Back	Boys	100 Breast	Boys	100 Back
Boys	100 Fly	Boys	100 IM	Girls	100 Fly	Girls	100 IM
Girls	50 Free	Girls	50 Breast	Boys	50 Free	Boys	50 Breast
Boys	50 Back	Boys	50 Fly	Girls	50 Back	Girls	50 Fly
Girls	200 Fly	Girls	100 Free	Boys	200 Fly	Boys	100 Free
Boys	200 Breast			Girls	200 Breast		

This is the same programme as last year and is again being held at Grantham and over 2 days. This is a first come first served meet, so as soon as the information is out in September enter so as not to miss out. The event will be advertised in Swimming Times in September and visiting clubs will soon have their entries in after then and well before the closing date of 2/11/09. Please do not leave it until the last minute.

FEES FOR 2009/2010

The executive committee have agreed the fees for the new financial year starting from September 1. This has been made more challenging than normal — firstly our pool hire fees have gone up considerably despite having less pool time and secondly we anticipate that at some stage in the next 12 months the refurbishment work will start in the Leisure Pool which will mean us moving back to the training pool for a period and then at some stage being unable to use a Boston pool of any sort for a period — which will result in lower pool charges. We have therefore decided to assume that for budget purposes we shall pay the present pool costs for the whole year, as it will be easier to reduce fees during the year as opposed to increasing them again. Then when the transfer to the training pool happens we can review the position again.

Membership fees cover all members for 12 months. However, during the year if there is no pool in Boston then there may be some members for whom we are unable to provide alternative swimming times. If this is the case then the members who are so effected will be given a number of free sessions when we return to Boston. However for the children who are learning to swim in the baby pool on a Sunday night we do not believe there will be a suitable alternative when the leisure pool closes. This is because the training pool is too deep (even in the shallow end) for young non-swimmers and the pool at the Princess Royal Arena is also too deep. Therefore for BABY POOL LESSONS ONLY, membership fees can be paid in three instalments of £15 in September, January and April. Then when they are unable to have their lessons, there will be no membership fee to be paid and another payment will be due when they restart. Obviously the amount will depend on when this is and at what stage we have reached in our financial year.

All fees are as from September 1 and please remember that membership fees are due to be paid in September to take into account the £5 discount for prompt payment

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CHARGES 2009-2010

Detailed here are Boston Amateur Swimming Club charges for the 2007-2008 season.

Membership:	£43.00 or £38.00 (if paid in September)
Family membership	£145.00 for a family of four and then £31 per swimmer
Non-swim member	£8.00
ASA category 2 membership:	To be paid in January or when required for new competitive swimmers

Monthly squad fees:

Squad	Standing order	Cash or cheque over 11 months if paid in month	Fee if paid
	<i>For 12 months</i>	<i>fee relates to (no fee in Aug)</i>	<i>late</i>
Performance	£40.00	£45.00	£47.00
Seniors	£36.00	£41.00	£43.00
Development	£35.00	£40.00	£42.00
Future	£32.00	£37.00	£39.00
Juniors	£25.00	£30.00	£32.00
Masters/seniors (half price, pensioners)	£26.00	£31.00	£33.00

Pay-as-you-go charges

Sunday lessons	£1.90
Survival	£2.50
Silver squad	£3.00
Masters/seniors (half price, pensioners)	£3.80
Open meet levy	£3.00
Friday gym	Nil
Tuesday, Thursday weights	£1.20

Away gala fees

Swimmer match fee	£2.50
Spectator bus fare	£3.50

Adult lessons

See adverts

Boston Amateur Swimming Club officials request that all fees are paid on time. The club has to meet sizeable and regular running costs. And, as such, prompt payment of all fees helps to ensure its smooth day-to-day operation for the benefit of all members. Assistance in meeting this request will be greatly appreciated.

TRAINING TIMES

Please note that all usual training will finish on Friday July 24 for the summer holidays. The only training that will continue are the Tuesday and Thursday Masters sessions from 9.00pm to 10.00pm.

All training will resume from Tuesday September 1 as normal. Please note that we are making some changes to Saturday and Sunday training to make better use of our pool time as some sessions were becoming too busy and others had capacity for additional swimmers. See timetable for details.

Training Times with effect from 1/9/09				
Day	Start	End	Squad	Lanes
Monday	05.45	07.15	Perf/Seniors/Develop	7
	16.30	17.30	Future	2
	17.30	19.00	Performance	3
	19.00	20.00	Seniors	3
	21.00	22.00	Master	7
Tuesday	05.15	07.15	Backstoke morning	7
	16.30	17.30	Development	2
	17.30	19.00	Performance	3
	19.00	20.00	Seniors	3
	20.10	20.55	Weights	
Wednesday	05.45	07.15	Perf/Seniors/Develop	7
	16.30	17.30	Juniors	2
	17.30	18.30	Future	3
	18.30	20.00	Seniors	3
	21.00	22.00	Masters	7
Thursday	05.15	07.15	Fly/Breast Morning	7
	16.30	17.30	Development	2
	17.30	19.00	Performance	3
	19.00	20.00	Seniors	3
	20.10	20.55	Weights	
Friday	05.45	07.15	Perf/Seniors/Develop	7
	17.00	18.00	Per/Senior/Dev/Future	7
	18.15	19.15	Gym	
Saturday	07.00	08.00	Masters/Develop/ Future/Juniors	7
	08.00	09.00	Silver Squad	2
Sunday	16.00	17.00	Lessons	7
	17.05	17.55	Silver/Juniors	7
	17.55	19.00	Future/Develop/Perf	7
	19.00	20.00	Seniors/Performance	7
	20.00	20.30	Adult Lessons	7