

Spring Newsletter 2005

Welcome to the Spring edition of the club's newsletter. It contains a lot of important information about changes to training and lessons and the forthcoming bank holiday arrangements plus all the latest news from the various sections within the club.

As you will be aware from information that was distributed in January, Boston Swimming Club has been involved with a lot of discussions with the Borough Council over its usage of the pool and the potential loss of the coaching grant.

It has now been confirmed that we shall not be receiving this grant in the financial year 2005/2006. However, the council has confirmed we shall receive an additional £3,000 in discount to our annual pool bill to help offset the loss of the grant.

Club officials have been involved in extensive discussions with the council and pool management and have reached an agreement for the future use of the pool for the club, which I believe in the circumstances is a very good move for the club.

Although we have lost the use of the leisure pool from 5.30pm on a Sunday, we have gained the use of the training pool for most of Sunday (and we can have it all day if required) plus we will be having two lanes in the leisure pool four nights a week.

The full schedule is included in this newsletter, plus on the notice board and on the web site, and starts from April 1. However I will clarify some points here as well (as detailed overleaf).

Guy Dix
Club Secretary

Clarification points with regard to the new pool usage times are:

Aquafit: The club will no longer be running this session on a Sunday. However, the Borough Council will be starting a new session on Mondays in the Leisure Pool from 8pm to 9pm in addition to their Thursday night session.

Junior Water Polo: This will unfortunately not be continuing due to instructors not being available during the day on Sunday. However we will keep the matter under review and hope it can be resurrected in the future.

Water Polo: Will now be held on Wednesday nights from 8.45pm-10pm.

Sunday Lessons: Are now earlier. We shall have the use of the baby pool from 4pm until 5.30pm and the teachers will be speaking to all the children and parents to advise them of their new times. Lessons in the main pool will now be from 4.30-5.30pm. All those in lessons presently at 5pm will transfer to the 4.30pm lessons, and those presently at 5.30pm will transfer to 5pm. If this causes any problems then please advise either your child's teacher or the door people and we will endeavour to look into it to see if changes can be made.

Sunday Squad Training: Please note that this has changed from the previous information. When the club is using two lanes in the Leisure Pool during the week (apart from when this is used by the Juniors) you will see the word "select" after the squad name. This is because training space is limited and we will only be able to accommodate a limited number of swimmers instead of the whole squad. Therefore swimmers will need to book their spaces in advance to train with our coach Ian Wells.

The pool have agreed that parents watching training in the Leisure Pool in the week and on Sundays can do so for no charge and we shall be arranging for all members to receive a plastic membership card to prove their identities. In the interim period, if challenged, please advise the pool staff that you are with the swimming club.

We shall continue to be able to run galas in the Leisure Pool. However, again the cost to the club will be significantly higher than in the past. Therefore to help keep this cost to a minimum I would like to ask all parents who may be attending a home gala to give us and the pool a hand by helping tidy up at the end. This can easily be done while waiting for the swimmers to get dressed. All that we are asked to do is help stack the chairs and tables away in the spectator areas and to assist with the clearing up on poolside of blocks, lane ropes and chairs. By doing this we can ensure the pool staff can leave earlier and so reduce the time we need to book the pool.

As previously advised the club will not be changing any charges at the present time. Any increases in charges that are necessary will be implemented from the start of our next financial year on September 1, 2005.

Now back to swimming, congratulations to our teams in the Fenland, Anglian and Lincs League where some impressive performances see them in first place after the first round. The County Championships at Grantham have now reached the half way stage and a large number of personal best times have been obtained together with some District and National times. Well done to you all and keep up the good work. Please remember to keep an eye on the notice board for forthcoming galas, social events, open meets and other information.

Guy Dix
Club Secretary

MARVELLOUS START

What a start! Since the new year Boston Swimming Club teams have been involved in three league competitions.

We started with the **Anglian League** and a fixture with the A team travelling to Norwich for a gala hosted by the City of Norwich club who grabbed the trophy from us the previous year, but only because we got off to poor start in the corresponding round last year.

But how different it was this time around with our swimmers really flying. We duly won the first round easily, beating the holders in the process by 21 points.

The B team — who, for the first time made the A final last year — had a tough draw in their gala. They were up against King's Lynn who won the gala from Louth and then Wisbech. But our B team beat the mighty Peterborough. So that was a good result in itself. However, the swimmers still know they have their work cut out if they are to make it to the final again in September.

Lincolnshire League competition came next in January.

The A team travelled to Lincoln to compete against Vulcans, Cleethorpes and District (CADS), Lincoln Pentaqua, Deepings and South Lincs.

It was nice to see Greg Marsters on pool side again with his new club (South Lincs) and everyone at Boston wishes Greg all the best as coach to the Spalding-based club.

This gala yielded a super result with Boston emerging as winners, in the process beating Speedo National League winners from the East Midlands area, Lincoln Vulcans. Maybe they were not at full strength, but I am sure Exeter City would not have worried about similar issues if they had knocked Manchester United out of the FA Cup at the first attempt.

All you can do is win and beat the opposition that is put in front of you. And this is what our A team duly achieved. CADS ended up in third spot with South Lincs fourth, Deeping fifth and Lincoln Pentaqua sixth.

The Lincs League looks like being a tough challenge for our B team. But the huge plus point is that we were the only club to have B side involved at this until Scunthorpe pulled out and Vulcans then put in another team and thought they could swim two equally balanced teams.

But has this backfired? Louth won the Grimsby gala with Vulcans second and Grantham third while South Axholme and Trenton finished just a few points ahead of our B team.

In the **Fenland League**, the A team finished last year off in big style by winning the final gala where the top five clubs meet. We beat league winners Peterborough into second place.

In our home meet, it was only Grantham who could have caused a hiccup. And they nearly did with a vital disqualification for our team that almost cost us the gala. But we managed to claw back the points and finished joint first. Luckily the league organisers gave both teams five points and not four-and-a-half each as some clubs wanted.

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The second round saw us travel to face holders for the last eight years, Peterborough. But as everyone in our squad had been swimming so well, it was felt the home team could be in for surprise.

And despite another unwanted disqualification our team was strong enough to hold off the challenge from the home side and beat them by 12 ½ points. Deepings finished third with Wisbech fourth and our B team in fifth place. It was good see some of the B squad swimmers improving so much that they won some races and even beat A swimmers in what was a really tough draw as these club all finished in the top five last year.

The B team had super start to the league by finishing in their highest place ever when coming second to King's Lynn and beating teams from Bottisham and March in the process with Chatteris failing to put in an appearance. The aim for the B team is to finish in the consolation gala which in turn would put them in the top 10 out of the 15 clubs involved.

Ian Wells
Club Coach

COUNTY SQUAD

Two years ago the County Squad was the club's top squad. Swimmers moved from the Future Squad into the County Squad. Over the years were not been able to adjust to the necessary training schedule and for a period of time they returned to the Future Squad.

This has also been the case for what is now the top group, the Midland Squad. There is a big difference between the County Squad who generally train for one-hour sessions while the Midland Squad training sessions can be for up to two hours at a time.

There are Midland Squad swimmers who have moved back into the County Squad, but I can quite easily see them training with the Midland Squad again in the future.

And it should be noted that during the first week of March, the County Squad were working harder than the Midland Squad. Some in the 250 individual medley build and 300 freestyle top lane of the County swam faster than the top lane of the Midland.

So keep up the good work, County.

All swimmers are different as individuals and have varying needs. I have to see what is best for all club swimmers and I examine the long term effect for all individuals.

In addition, it should not be forgotten that we have a lot of people still competitively involved in swimming when they leave our club to go on to higher education or move into career work.

Ian Wells
Club Coach

OPEN MEETS

West Suffolk is an important open meet at Haverhill on May 7 and May 8 as it offers swimmers the chance to earn Midland District qualifying times for the BAGCAT age groups.

Enfield is also a good, laid back meet on Friday through to Sunday May 20 to 22 and offers swimmers the chance to obtain times. It is aimed at swimmers looking to reach the Nationals or for others looking to gain such times in the future who feel it would be beneficial to gain valuable experience from such a the meet. Also there are 800m freestyle and 1500m freestyle events on the Friday evening.

We also hope Leeds will still be running their B grade open meet on July 9 and 10 (this has now been confirmed, so watch the notice board for details).

TEAMS COMMITMENT

Swimmers and parents are asked to note that the club enters two teams in league competitions to give as many of our swimmers a chance to take part in galas and meets. And by putting out two teams, it creates competition for team places — always an important part of the sport.

It should also be noted that the B team squad members tend to have more of a habit of marking on team lists that they are not available to swim. We certainly do not want to withdraw teams from the league, particularly as there are lots of B team swimmers who are committed to being involved in galas and meets. But we do need see an improvement.

Ian Wells
Club Coach

FEES DUE

There are still quite a few Future, County and Midland squad fees outstanding from February — and it's now March! Just a further reminder that all squad fees are due at the beginning of each the month (i.e. payable in advance). This is because we have to pay for the hire of the pool and cover all necessary coaching costs.

You can pay by cash or cheque (payable to Boston Amateur Swimming Club) to Jo French, Sarah Goodale or Tina Sargeant, or on the door on a Sunday or to whoever is collecting junior squad payments.

If you can't find any of the relevant collectors and are desperate to pay, then you can give it to Ian Wells or Emily Dix — in an envelope with your clearly denoted on it — and they will pass it on.

For anyone preferring to pay by standing order, please ask for a form.

Jo French
Club Treasurer

BIATHLON SUCCESS

Members of Boston Swimming Club travelled to the University of Bath sports training village to compete in the final of the British Schools Modern Biathlon Championships.

The coveted championships saw the crème de la crème of the nation's schools meet for an event in which competitors sweat it out over 1,000 metres on the running track and 100 metres in the swimming pool.

Boston Grammar School pupils George Dix, Joshua van Haren and Louis Warren represented Boston's hopes in the team event, after qualifying earlier in the year courtesy of a second place in the Northern Schools competition.

Boston Grammar School teacher Richard Anderson endured the four-hour journey to be there to see the boys compete. The boys were pleased to see him arrive to offer support and encouragement them and his pre-run preparation and guidance was just what they needed for a good performance.

The 100 metres swim took place in the university's 50m pool. This was quite a challenge, as they were all used to a 25-metre pool. All three swimmers completed the swim in good times, placing them in first overall after the opening event.

The 1,000m run was held on a 400m track located close to the sports training village.

An inspirational performance saw the trio beat all previous personal bests to come in well placed, resulting in a second placing overall for the team. It was a great result and eight teams had qualified for the final, so it was an excellent achievement.

Individually, George took the honours in eighth place with Joshua and Louis following close behind. Also competing in the individual event, Rhys Cox took 13th place, Nathan Sargeant 19th place, Ben Pogson 24th place, and was Thomas Sargeant 29th.

All produced excellent performances with the opposition being of a high standard.

CLUB SWIMMING HATS AND CLUB KIT

Club swimming hats are available from Jo French, Nicola Housam and Heather Blackamore. General kit and swimwear is available from Heather Blackamore. We also have blue polo shirts, blue sweat shirts, white polo shirts (for officials and pool side helpers) available from Sue and Guy Dix, blue track suits are available from Lisa Bell and blue T-bag shirts are available from Pete Hockerston.

PERSONAL SURVIVAL SECTION

The Personal Survival section is now running alongside lessons on a Sunday evening which seems to be working well. Swimmers are taught how to survive in water if they get into difficulty.

Swimmers learn how to swim in clothes and use aids to help their survival in water. Swimming in clothes is a test of endurance and stamina. Learn how to survive in water using the minimum amount of energy and maximum preservation of body heat loss two of the most important points of survival.

Our aim is to make this section as much fun as possible while learning the vital skills of survival in water.

Why not come along and give it a try, no need to book, the only thing we ask is that the swimmer has reached the bronze challenge award in the teaching section.

Pete Hockerston

CLUB CHAMPIONSHIP DATES

Dates have been agreed for the 2005 Boston Swimming Club Championships. These will be in a slightly different format this year in trying to make better use of our new pool time.

The Summer Championships (50m in all strokes and 100m individual medleys for future squad and above, 25m in all strokes for junior squad and lessons) will take place on Sunday July 3 with two sessions — one in the morning and one in the afternoon.

The Winter Championships will be held on November 13, 14, 16, 20 (two sessions morning and afternoon) 21, 23 and December 11.

The full programme for both championships is still to be decided and will be published shortly after Easter. The entry forms for the summer championships will be available in late April.

All the championships will be held in the Training Pool and all medals and trophies will be presented during the galas — there will not be a separate presentation night. However, the bag cat awards will be presented after the championships at a time to be advised at the pool during training or time trials.

Although we shall not be having a presentation night, we shall continue to hold social nights for the club similar to the recent events successfully held at Boston West.

If anyone has any ideas or suggestions of events or venues then please speak to either Lisa Bell our social events organiser or any committee member.

CHANGES TO TRAINING OVER THE BANK HOLIDAY WEEKENDS

Forthcoming bank holidays will mean there are a few days on which there will be no training sessions. Arrangements are as follows:

EASTER HOLIDAYS

Thursday March 24: All training as normal, but no weights.

No Training or lessons: Friday March 25, Saturday March 26, Sunday March 27 and Monday March 28.

Tuesday March 29: All training back as normal.

MAY DAY HOLIDAY

Friday April 29: All sessions as normal.

No Training or lessons: Saturday April 30, Sunday May 1 and Monday May 2.

Tuesday May 3: All training back as normal.

LATE MAY BANK HOLIDAY

Friday May 27: All sessions as normal.

No Training or lessons: Saturday May 28, Sunday May 29 and Monday May 30.

Tuesday May 31: All training back as normal.

WEBSITE

www.bostonasc.co.uk

Don't forget to visit our website and keep up to date with club news, gala information, swimmers' times and club records. There are also links to other useful and informative sites, including the Amateur Swimming Association and Lincs County websites.

The new Sunday training and lesson arrangements, which will come into force from April 1 are also available to view on the website.

If you think you have missed a newsletter or information leaflet, again just check the website. Any new information or arrangements regarding training and lessons will be posted on the website as soon as they become available — so no excuse for getting the times wrong!

You can contact the club secretary or coach at any time via the website which is much more convenient than the telephone for non-urgent enquiries.

Please send any comments or suggestions to the webeditor via the link on the site. All emails are monitored on a daily basis.

Barbara Guy
Webeditor

INTER-SERVICES CADET SWIMMING CHAMPIONSHIPS

Boston Swimming Club had two representatives in the above national championships held at RAF Cranwell earlier this winter. But on this occasion they were competing against each other.

Representing the Sea Cadet Corps was Adam Howard. He had successfully progressed through the earlier rounds before being selected for the national squad.

In August, he won the District backstroke, butterfly and freestyle, becoming the overall senior boy winner. Next in the Area Championships, he helped his team win the senior boys trophy and overall winners, by achieving first place in both the backstroke and butterfly.

In the Nationals, held at HMS Caledonia in Edinburgh, he clinched first place in the backstroke and fourth place in the butterfly, leading to his selection for the Corps in the individual backstroke and both the medley and freestyle relays. He also claimed an excellent third place in his backstroke.

Against him was Darren Priestley representing the Air Training Corps. His progress through the earlier stages was reported in the previous edition of our club's newsletter.

In the Inter-Services championship, he secured a highly creditable fourth place in the individual freestyle and an excellent gold medal position in the freestyle relay.

The overall strength of the ATC Squad ensured that they not only retained the overall championship, but also won all the four individual sections — junior boys, junior girls, senior boys and senior girls — making it a clean sweep of the five trophies, a remarkable achievement.

The Club should have had a third representative with Kathryn Sperring scheduled to have competed for the ATC. But due to an unfortunate selection error, she found herself omitted from the squad.

Boston Swimming Club has, over recent years, featured prominently in these national championships. And it is great once again to report that more of our swimmers have continued this run of success.

Well done, not only to those swimmers who had the honour of representing their Corps, but also to those who competed in the earlier rounds.

TRAINING TIMES WITH EFFECT FROM APRIL 1st, 2005

TRAINING POOL

LEISURE POOL

Monday

5.15-7.15am Morning by invitation only
 5.30-7.00 County
 7.00-9.00 Midland
 9.00-10.00 Masters/Seniors

4.30-5.30 Future (select)
 5.30-6.30 Future (select)

Tuesday

5.30-6.30 County
 6.30-8.30 Midlands

4.30-5.30 Juniors
 5.30-6.30 Future (select)
 8.45-9.45 Masters/Seniors

Wednesday

5.15-7.15am Morning by invitation only
 4.45-5.45 Gym
 6.00-6.45 Future
 6.45-7.45 County
 7.45-8.45 Midland
 8.45-10.00 Water Polo

Thursday

5.30-7.30 Midland
 7.45-8.45 Weights

4.30-5.30 County (select)
 5.30-6.30 County (select)
 9.00-10.00 Masters/Seniors

Friday

5.15-7.15am Morning by invitation only
 4.00-5.00 Future
 5.00-6.00 County

4.30-5.30 Midland (select)
 5.30-6.30 Midland (select)

Saturday

9.30-10.30 Junior

Sunday

8.00-9.00 Masters/Seniors
 9.00-11.00 Midlands
 11.00-12.30 County
 12.30-2.30 Pool closed
 2.30-3.30 Future
 3.30-4.30 Junior

4.00-5.30 Teaching Pool
 4.30-5.30 Lessons & Survival