

*Spring 2007*

Welcome to this edition of Boston Amateur Swimming Club's newsletter. I hope you find the information inside useful and informative.

It has been a busy swimming time since the last newsletter. One of the main events was the second annual Boston Open Meet held at RAF Cranwell in January. Once again this was a great success and many thanks go to all those that helped on the day and leading up to it. This has become an important event for the club both from a swimming perspective as well as a fund raising event. Next year our Open Meet will be held at Grantham. This will be more expensive than Cranwell so we will be looking for funding and sponsorship. However, some of the extra cost will be offset by an increase (hopefully) in the number of competitors due to the availability of a larger pool.

Throughout March many of the swimmers took part in the Lincolnshire County Championships in Grantham. Once again this was a very successful event for the club with plenty of medals being won. Congratulations go to all those who qualified and took part.

A common theme throughout the last few newsletters is that of the club's finances. We are now dependant on extra sources of funding in order to balance the books – fees and subscriptions are simply not enough. However, I would also like to point out that the club uses more than 30 hours a week of pool time and employs one full-time and two part-time coaches. This level of investment allows us the current squad structure that was put in place two years ago in an effort to cater for all levels and ages of swimmers.

In order to maintain this we are looking for other revenue sources. A sub-committee has been set up to work on this. I would like to thank the considerable effort made by this group so far and if anyone has any ideas or would like to help then please contact any committee member, poolside helpers or coaching staff.

The Summer Championships are approaching and application forms are at the back of this newsletter. These are open to all members of all squads, including Masters and Seniors.

*Declan Murphy*  
*Club Chairman*

## **COACH'S REVIEW**

We have certainly had a busy year so far. The year started with our own open meet, again held at Cranwell. And congratulations go to everybody for making this a great success. Although there were not many visiting clubs, Lincoln Vulcans and Cleethorpes and District made sure our swimmers had strong competition. Boston won the top club award and Kimberley Van-Haren won the top girl award.

Next year the committee have decided to organise the meet at Grantham due to Cranwell not being warm enough. Grantham, though, will be a lot more expensive and we desperately need a main sponsor to help us cover our costs.

The Sheffield Open meet at the end of January was a very high class event with lots of international stars swimming including Boston's own Melanie Marshall. Ben Pogson and Ose Ikkena came away with gold medals. Ben also gained a British national time and in the 100m backstroke he can hopefully train on and return next year. And if he wins the 15/16 years category, he can go on and represent Britain in the European Junior Olympics.

The Thetford Open gala was a lot lower level meet on par with our own meet, although Saint Felix School has some very good swimmers. Our swimmers brought home a lot of trophies and the trip was well worth making.

The end of April saw our age group swimmers travel to Leicester. This was the last chance for competitors to gain Midland qualifying times. Once again a few swimmers were rejected, but this has to be acknowledged as a really busy period with swimmers from every club looking to gain their regional qualifying times.

The Spalding Open meet over the May bank holiday weekend will, no doubt, have seen our normal caravan club setting up site on the field outside (with the alcohol liberally flowing among the parents!) Added interest this year sees Mark Foster, former world champion, challenging a variety of swimmers. Lewis Moses is the designated Boston representative. Wonder who does the most training?

In the County Championships (see separate report elsewhere in this newsletter), we didn't collect as many medals as we have done in the past, having lost a few swimmers to the South Lincs Club (the reasons for which have now become clearer and aren't specifically swimming-related). In addition, some of older swimmers did not enter this year.

Swimmers who did compete, though, did really well with a total of 29 gold medals, 31 silvers, 22 bronzes and a total of 201 top eight finishes.

In our league competitions, we are going very well. The Anglian League has seen the A team collect two wins from two galas while the B team finished second in the first round and, in very exciting round two, lost out on second place by a mere two points (jointly secured by Huntingdon and St Ives) so the B team had to settle for fourth spot.

In the Fenland League, the A team once again finished on top and the B team finished in fourth place. The end of April saw a tough draw for both sides and with a clash with the Leicester Open, both teams were somewhat weakened going into their action schedules.

*Ian Wells*  
*Club coach*

**Newsletter supported by Haven High Technology College**

## **COUNTY CHAMPIONSHIPS**

Ben Pogson produced some outstanding performances in the Lincolnshire County Swimming Championships.

The Boston Swimming Club youngster became a multiple gold medal winner and took the overall champion accolade in the 400m, 800m and 1500m freestyle events, all held at Grantham.

Within his own 14 years age group, Ben also weighed in with successes in all six freestyle events (50m, 100m, 200m, 400m, 800m and 1500m) in addition to triumphs in the 50m and 100m backstroke as well as beating all his rivals in the 100m and 200m individual medley. He took his golds haul to 11 in total with victory in the 50m butterfly.

The only stroke discipline gold Ben missed out on was in the breaststroke event when he had to settle for second place in the 100m behind club-mate Sam Wright who also added the 50m and 200m gold medals to his treble haul.

Elsewhere, there were plenty of other successes for the Boston contingent at the championships.

In the 13 years age group, Boston boys were once again very strong.

Leading the way was Patrick Ikhenya who specialises in the shorter distance races. He won gold in the 50m, 100m and 200m freestyle events plus the 50m and 100m breaststroke categories and the 50m butterfly.

Zak Lomas enjoyed an excellent championship by swimming to personal best times in every event and winning age group golds in the 200m backstroke and 800m freestyle.

Reuben Reed, swimming in the 10 years age group, was slow to get in to gear but made amends the final two days by winning the 200m backstroke and butterfly by beating club team-mate Oliver Street in both events.

But Oliver later turned the tables on Reuben in the 50m butterfly. Reuben, creditably, also went on to win the 200m, 400m freestyle and 400m individual medley.

The only girl champion representing was Katy Tointon who triumphed in the nine years 200m butterfly.

In the British age group categories awards — denoting the best overall performance on sprinting distance events, favourite stroke and the individual medley — Reuben Reed was the winner in the 10 years section with Oliver Street third. Patrick Ikhenya won the 13 years section with Zak Lomas in third place.

Ben Pogson won 14 years category with Sam Wright in the second place.

## **MASTERS SWIMMING**

If you enjoy swimming for fitness or sport, the Masters Section at Boston Amateur Swimming Club is probably what you are looking for. So why not come along and give it a try?

The Masters contingent swims on Sundays 8.30am (training pool), Mondays from 8.30pm to 9.30pm (training pool), Tuesday from 8.45pm to 9.45pm (leisure pool) and Thursday from 9pm to 10pm (leisure pool)

For details ring Sarah Goodale on Boston 358847

***Sarah Goodale***  
*Assistant coach*

## **ADULT SWIMMING LESSONS**

If you are a non-swimmer or a swimmer wanting to improve breathing or stroke techniques, why not come along on a Wednesday and find out what the adult swimming lessons are 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 a Wednesday from 8.30pm to 9.00pm in the training 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 as follows:

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 are:

May 30 to July 18:	8-week course
September 5 to October 24:	8-week course
October 31 to December 12:	6-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.

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

***Sarah Goodale***  
*Assistant coach*

## **FUNDRAISING QUIZ SHEET**

At the back of this newsletter is a quiz sheet which is being sold to raise funds for the club.

The quiz is open to Boston Amateur Swimming Club members and non-members and extra sheets will be available from the notice board, on the Sunday door and you are also welcome to photocopy them.

If every member of the club got just one person to enter that would be over £400 for club funds. You are welcome to make photocopies and hand out quiz sheets to friends, work colleagues etc as the entry fee isn't payable until the completed quiz sheet is returned.

Even if you don't answer all the questions, it is still worth taking part and submitting sheets as all entries received will go into a draw for a £10 Marks and Spencer voucher. The prize for the overall winning entry is £20. So, get those road maps out!!

*Jacki Wright*

## **SWIMMING TIMES MAGAZINE**

Are you fed up of trying to beat off other parents to see the current copy of the Swimming Times magazine? Well, how about ordering your own copy? The club is able to obtain the magazine at a reduced cost to members. Normally, it would cost £22 per year. But, if three members subscribe, it reduces the outlay to £17.50. And if six subscribe, the cost goes down to just £15 per year. If you would like to subscribe, please add your name to the list on the notice board in the Training Pool no later than Friday May 24 or speak to Jacki Wright on (01529) 461205.

## **SWIM 21**

We are currently working towards 'Swim 21' accreditation for Boston Swimming Club. This involves reviewing our management and administration procedures, workforce development and athlete development to bring these aspects into line with recognised standards within the Amateur Swimming Association.

We have found while carrying out the initial review we already meet most of the necessary requirements. However, we now need to fine-tune some of our processes and provide evidence of how we are achieving these standards.

Once we have achieved Swim 21 accreditation we will receive 'Clubmark' status as recognised by Sport England. This in turn may be able to assist us in securing future grants and funding.

During the process we will need some additional information from members. We would ask that you help us with this by returning forms etc promptly.

Please remember to look regularly at the notice board (in the training pool corridor) and the website ([www.bostonasc.co.uk](http://www.bostonasc.co.uk)) where there is lots of information about our club.

*Jo French*  
*Treasurer*

## **RACE NIGHT (with a difference!)**

We are planning to stage a fund-raising race night with a difference. The event is due to take place on Saturday June 23 at the Haven High Technology College — featuring swimmers instead of horses!

Interested “investors” can “buy and name” a swimmer for £5 each or race sponsorships are available at £50, for which a full-page advertisement will be featured in the race night programme. Tickets for the event will be £3 for adults and £1.50 for children. This will include a buffet supper part-way through the race night proceedings.

Also: Many thanks go to all those who bought tickets or donated prizes for our Easter raffle when around £160 was raised for club funds.

*Julie Clark*

## **FUNDRAISING SUB-COMMITTEE REPORT**

We have recently set up a sub-committee specifically to look at fundraising issues. This is made up principally of committee members and parents. But anyone with an interest in assisting is always welcome to come along to our meetings that are usually held at the pool during either County or Midland sessions on Mondays or Tuesdays.

Our long-term aim is to find one or more major sponsors for the club to reduce the burden on parents and swimmers and to try to avoid large increases in membership or fees. We have been actively seeking out possible sources of funding but have had limited success so far.

Our Open Meet was extremely well-supported by way of sponsorship and our sponsors' names have been appearing on the website since. We are now looking for sponsors for the race night being held in June (see Julie's article elsewhere in this newsletter) and also for next year's Open Meet, which is being held at the Meres Leisure Centre in Grantham. For the Open Meet, ideally we would like to find one or two companies who would be willing to sponsor larger amounts, for example to cover the pool hire costs of £1,700, in addition to obtaining sponsorship for the individual races.

The Geoff Moulder Leisure Centre has given us permission to have a sign outside the pool that we hope to use to publicise the name of any major sponsor that we obtain. We also have various ideas for publicising the names of major sponsors including names on swimming hats, logos on adult shirts, advertisements in programmes, website etc.

We would appeal to parents to consider whether it would be worth approaching your employers regarding sponsorship. It doesn't have to be a large amount (although that would be great) as every little bit counts.

If anyone would like to join the fund-raising team or has any fundraising ideas or offers of sponsorship, please see Julie Clark or Mark Swain (County Squad) or Barbara Singleton, Adrian Reed, Karl Royce or Phil Featherstone (Midland Squad) or leave a message with the Sunday door people.