

*Summer Newsletter 2005*

Welcome to the summer edition of the club's newsletter. As usual the club has been very busy these last few months and I hope you find the information inside useful and informative.

We are now approaching the end of a long swimming season. This is heralded by the National Championships in early August and we have two swimmers representing Boston Swimming Club. I am sure you all join me in wishing Lewis Moses and Sam Reed the best of success.

Inside you will find information about the new charges from September. At the beginning of the year the committee decided to align our financial year with the swimming season so our new financial year now starts in September. All prices have been increased somewhat more than the usual amount, this is due to a number of factors including the clubs increase in pool usage, increase in pool hire costs and the eventual loss of the Boston Borough Council grant. I would like to assure all members that this increase is necessary to ensure the financial future of the club.

Plans are now well under way for the Boston Swimming Club Open Meet to be held at the RAF Cranwell pool on January 7, 2006. We are now actively seeking sponsors for this event so if anyone would like to contribute or knows of a company that may be interested then please contact Guy Dix, Jo French or myself.

Overall the club has experienced a very successful season and continues to go from strength to strength. I would like to congratulate all swimmers on their own personal achievements this year and wish you all an enjoyable summer break.

*Declan Murphy*  
Club Chairman

## **CLUB CHANGES**

There have been a lot of changes brought about this season. Things haven't been easy but most aspects seem to be settling down now. Since day one I have always wanted a Midland squad, a County squad and a Future squad.

I had this at my previous club and it has taken a while for everything to fit into place here. But after a lot of work, we seem to have finally got there now.

So I am the one to blame for the changes which have come about after I persuaded our committee that it was the right move for the club. I'm very pleased how things have worked out. In fact, I was told the swimmers will not do the two-hour sessions.

Well, the two-hour sessions are very popular and schedules are reviewed all the time. The Midland squad lost their Wednesday night slot because not enough swimmers were training for what was a one-hour session. And they now only have a single one-hour session.

For the County squad we added two one-and-a-half hour sessions early in the week. This has been brought about because it helps swimmers when they move up to the Midland squad.

This squad has been kept the same as the old County squad with the Midland squad being the new squad. They are doing the same work as the old County squad did and this has made big difference to our younger swimmers. Three swimmers in this squad have gained Midland times, namely George Dix, Travis Cross and Frazer Overton.

The Future squad is the same as the old squad, but there is now an 8x100m freestyle test. Each of the 100m segments must be swum in less than 2 minutes and every subsequent 100m starting at 2 minutes 30 seconds. Swimmers must prove they can do this those over and over again, not just the once. Swimmers must have passed the CSA individual medley and butterfly tests.

Junior squad is now mainly under the supervision of Emily Dix, although I still take this group on Tuesday and occasionally on Sundays. All members are reminded they need to pass their Gold Challenge, front crawl, backstroke and breaststroke awards before moving up.

Sunday evening: It was a great shame that we lost the Sunday evening training slot as all squads in the club swam that night.

This was out of our control and the management committee did a good job in fighting for pool time at reasonable prices as we lost our grant and discount. We have gained the two lanes in the leisure pool on Mondays, Tuesdays, Thursdays and Fridays.

If you have put your name down to swim in the leisure pool, please make a big effort to attend those sessions. If we are not busy in our time slots we will lose them. And we certainly cannot afford that to happen as our club needs them to ensure further growth and strength across all of the squads.

Hopefully next season we can settle down and have no or little changes. I know alterations unsettle the club, but I felt we dealt very well with all the adjustments imposed on us.

Club coach

## **WHAT A YEAR**

We are involved in three league competitions at present. And A team has chance of winning all three titles.

We sit at the top of the Lincs League, although we know Lincoln Vulcans will bring all their big guns out to play in the final. But they still need to beat us by more than an 11-point margin to win the title. Louth just have to beat us to finish ahead of us in the final placings. So it all looks like being an exciting finish to this particular league.

In the Anglian League the A team are also top and need to beat Louth at home in the next round to give themselves a title-winning opportunity in September. The B team finished in the final gala last year but it looks like they will have to settle for the consolation final, also in September.

In the Fenland League, the A team were again sitting at the top until the last round when they could only finish in third place. But all is not lost despite dropping to joint second place with Cambridge and Peterborough. Grantham are top, but only by one point.

Elsewhere, we had the most qualifiers for the district championships than any other club — and all swam very well.

Zak Lomas finished third in the 11 years 200m backstroke and fourth in the 100m backstroke. Patrick Ikkena, swimming in the same age group, finished fifth in the 100m breaststroke and sixth in the 200m breaststroke. Laura Swain finished sixth in both the 10 years 100m and 200m breaststroke events. Lewis Moses finished sixth in the 15/16 years age group 400m individual medley, Ben Pogson came sixth in the 13 years 100m backstroke and Rebecca Price was eighth in the 13 years 800m freestyle.

*Club coach*

## **NEW SEASON**

Although we don't start back training until September after the summer break, county qualifying times can still be achieved. These are possible as from July 1. And this is why we hold our summer club championships in July.

Those swimmers going to the Leeds Open, of course, will have any relevant times credited as well.

I would love to be able to tell you if the times have changed, at the time of this newsletter going to press I am unable to do so as the Lincolnshire associations have not yet released them. But as soon as we know all the details, we will pass on the information to you.

*Club coach*

**ANNUAL GENERAL MEETING**

*(November 2005)*

Although the annual meeting of Boston Amateur Swimming Club is not until November, in view of the new rules and constitution that were adopted last year, the committee felt we should use the newsletter to remind all members of their effect on the AGM and the procedures for electing a new executive committee.

Nominations are required in writing for all positions on the executive committee by September 10. Nominations cannot be made at the annual meeting which is being held on November 11.

The executive committee from this year will comprise the following officers: Chairman, secretary, treasurer, vice-chairman, membership secretary, minutes secretary, records officer, fixtures and championship secretary, gala and officials secretary and public relations officer plus eight committee members.

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 club secretary, Guy Dix, 5 Ashlawn Drive, Boston PE21 9PT.

**Proposal form for executive committee** (Newsletter summer 2005)

We would like to nominate .....

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

Signed ..... (Proposer)  
Name in full .....

Signed ..... (Seconder)  
Name in full .....

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

Signed ..... (nominated candidate)  
Name in full .....

This nomination form is to be sent to:  
The Secretary, Boston Amateur Swimming Club, 5 Ashlawn Drive, Boston PE21 9PT.  
Must be received by September 10, 2005.  
(If you wish to avoid cutting up this newsletter, simply photocopy this coupon for use)

## **ASA REGISTRATION CARDS**

The Club has to register all its members with the Amateur Swimming Association and provide them with their full details — full name, age, date of birth and address this is mainly to comply with the ASA insurance policy which is included within the registration and for data protection reasons.

Hopefully by now you will all have received a letter from the club with your new ASA membership cards or a pink form (for new members) to be completed and returned to enable the club to complete your registration.

The letters were compiled from our club membership list as at March 2005. However, it is possible that names will have been omitted for a number of reasons.

So if you have not received anything, please accept our apologies and speak to the people to whom you pay your fees and they can give you a new form for completion and return.

In future all new members will be given a form to complete when they join. So hopefully as long as the ASA system works this will be a one-off exercise and we shall receive new membership cards every year for all our members.

A number of people have asked what the categories are.

Category one is for general swimming members who swim or are learning to swim with the club.

Category two is for swimmers who swim competitively in open meets, county championships etc.

And category three is for non-swimming members and officials. There is no separate cost involved to members for this registration as it is included in the annual membership fees and squad fees. I hope that helps to clarify the position. But if you have any further questions then please do not hesitate to contact me.

*Guy Dix*  
*Secretary*

## **WATER POLO**

All Boston Swimming Club squad members aged 12-13 and above are welcome to come and try water polo during the summer break from training schedules. The water polo section will be continuing throughout the summer with the exception of the August bank holiday.

Water polo is run on Monday nights in the training pool. It runs from 9pm to 10pm normally, but during August it will be from 8pm until 9.30pm. Just turn up on any of the evening sessions for more details or to join in.

## **FORTHCOMING EVENTS**

The Lincolnshire County Swimming Association has arranged and subsidised some long course training at the 50m pool in Loughborough. This is being held on Sunday September 18 and will be open to swimmers in Midland Squad. Full details will be available shortly. We are planning to transport the swimmers there and back for the two-hour session. And for safety reasons places will be limited. So when the information is handed out, please respond quickly as spaces will be reserved on a strictly first come, first served basis.

The club is pleased to announce that it is holding its first open meet on Saturday January 7 at RAF Cranwell. Further details are contained elsewhere in this newsletter. To assist the club in familiarising itself with the pool set up and how our meet will need to be organised, we will be going to the Cranwell pool on Sunday September 25 and joining another county club, City of Lincoln Pentaqua, who are running some time trials.

They are allowing us a limited number of spaces in these and again details will be announced shortly (please note, swimmers who are going to Sheffield the following weekend will not be asked to go). However the main point of this exercise is to assist our club and backroom staff in preparation for our open meet. In fact Pentaqua are using this for the same reason as they are also holding an open meet there in November. Although we as a club shall not be going to this meet, I hope that some of our backroom team will be able to help CLP so as to gain further experience in running a meet in anticipation of our own open meet in January. In this way we can ensure that when the time comes in January, we are fully aware as to what is involved and we can thus ensure that our meet is well-run and successful for all the swimmers, the club and all visitors who attend.

## **SUMMER TRAINING ARRANGEMENTS**

Listed below are key training dates and arrangements for the summer.

<b>Date</b>	<b>Arrangement</b>
July 13	Last gym session.
July 15	Last lanes session in leisure pool and last morning training.
July 17	All Sunday training — squads, survival and lessons finish on this date.
July 17	Future and Junior squads finish on this date.
July 27	Final Masters and Seniors Wednesday session.
July 28	Last weights session.
July 29	County and Midland squads continue Monday to Friday until this date (Midland will be able to swim Wednesdays 6-7pm, Fridays 4-5pm but no lanes available in leisure pool on Thursday and Friday)
Continuous	Water polo will continue through the summer 9pm to 10pm normally, but during August it will be from 8pm until 9.30pm (but none on August 29).
Continuous	Masters and Seniors Tuesday (8pm to 9pm) and Thursday (9pm to 10pm) sessions will run continuously during the summer. Normal pay-as-you-go rates apply. No charge for monthly squad fee payers.
September 5	All squads training sessions restart.
September 5	Masters and Seniors training times back to normal.
September 7	Gym sessions restart.
September 8	Weights sessions restart.
September 8	Lanes in leisure pool sessions restart
September 9	Morning training sessions restart.

## **FEES AND CHARGES FOR 2005-06**

As you may remember, this year we have changed our financial and membership year to begin in September.

When club memberships were paid in January, they were only for the eight months spanning January to August.

Also you may be aware that there have been several changes to the costs of running the club from the loss of the coaching grant from Boston Borough Council to changes in pool times on a Sunday evening, and also the use of the leisure pool for all squads during the week.

The committee have therefore decided that the membership and session fees from September 2005 will increase as follows:

**Subscriptions** increase to £32 (but with a £2 discount for prompt payment — thus £30 if paid in **September**).

**Squad fees** will be as follows:

Midland	£28
County	£25
Future	£20
Junior squad monthly option	£16
Masters and Seniors	£20

**Other Activities:**

Sunday lessons	£1.40
Sunday Juniors	£2.00
Monday and Saturday Juniors	£2.00
PAY-GO masters and seniors	£3.00
PAY-GO water polo	£3.00
Monthly water polo, SO only	£10.00
Survival/ rookie lifeguard	£2.00

If you pay by standing order, the amount will need to be amended at your bank before the September payment is made. I will let everyone know the precise amount as, due to squad changes etc, several members will pay different amounts.

**Jo French**  
*Club treasurer*

## **GALAS**

I would like to remind all swimmers who participate in league galas that it is club policy that all swimmers must remain on poolside until the end of the gala. If a swimmer cannot stay until the end then they should put “not available” on the board.

**Declan Murphy**  
*Club chairman*

**BOSTON AMATEUR SWIMMING CLUB  
WINTER CHAMPIONSHIPS 2005**

*held under ASA laws and ASA technical rules except for 25m and 50m events*

**Sunday November 13**

*Warm-up 12 noon*  
Boys/Girls 25m free  
Girls 200m back  
Boys 200m IM  
Girls 100m breast  
Boys 100m fly

**Monday November 14**

*Warm-up 5.45pm*  
Boys/Girls 25m back  
Boys 200m back  
Girls 200m IM  
Boys 100m breast  
Girls 100m fly

**Wednesday November 16**

*Warm-up 6.10pm*  
Girls 400m free  
Boys 400m free

**Sunday November 20**

*Warm-up 9.15am*  
Girls 400m IM  
Boys 200m free  
Girls 100m free

**Sunday November 20**

*Warm-up 1.15pm*  
Boys/Girls 50m free  
Boys 400m IM  
Girls 200m free  
Boys 100m free

**Monday November 21**

*Warm-up 5.45pm*  
Boys/Girls 25m breast  
Boys 200m fly  
Girls 200m breast  
Boys 100m IM  
Girls 100m back

**Wednesday November 23**

*Warm-up 6.10pm*  
Boys/Girls 25m fly  
Girls 200m fly  
Boys 200m breast  
Girls 100m IM  
Boys 100m back

**Sunday December 11**

*Warm-up 9.15am*  
Girls 800m free  
Boys 1500m free

**AGE GROUPS ARE AS FOLLOWS**

CATEGORY A:	10 years and under	Junior
CATEGORY B:	Ages 11, 12, 13	Intermediate
CATEGORY C:	14 years and over	Senior
CATEGORY D:	All ages for swimmers in junior squad and lessons	

In Category A, medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each event for 8-and-under, 9 and 10-year-old boys and girls.

In Category B and C, medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each event for boys and girls.

A Trophy will be awarded to the winner of each event for boys and girls in Category A, B and C.

In Category D events, certificates will be given to all swimmers showing all their times — no medals or trophies are awarded. Also, these events are NOT being held under ASA laws and ASA technical rules.

Bagcat awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places will be made for 8-and-under, 9, 10, 11, 12, 13, 14, 15 plus 16-and-over

Bagcat certificates will be awarded to all participants in Category A, B and C.

The Most Improved Swimmer Trophy (one boy and one girl) will be awarded, and will be chosen by the club selectors and ratified by the executive committee

## WINTER CHAMPIONSHIPS 2005 COMPETITION CONDITIONS

1. All swimmers must have paid their annual membership for 2005/2006.
2. All ages are as at **December 31, 2005**.
3. Swimmers may only enter events in their category (see separate entry form and condition 4).
4. **Please note that for Category A swimmers, in line with ASA recommendations, a swimmer who enters a 200m event may also enter the corresponding 100m event. However, they cannot enter a 100m event without entering the corresponding 200m event.**
5. Entry fees will be £1.75 per event.
6. All events will be heat declared winner.
7. Heats will be swum in seeded order according to the swimmers fastest time in the period October 1, 2004 to October 9, 2005 (or their last swim if the distance has not been swum in that period) Where a swimmer has no time, they will be seeded on estimated times.
8. Entry forms are to be returned no later than deadline day, **7pm on October 14, 2005 to Jane Thorn at 27 Manor Gardens Boston Lincs PE21 6JG**
9. No late entries will be accepted.
10. Swimmers will only be permitted to swim for a time only at the discretion of the promoter.
11. **Cards will be issued after the closing date.** All re-entry cards must be posted in the boxes by the start of warm-up for the gala and failure to do so may mean that swimmers are excluded from the event. No heats will be resorted to include late entrants. Swimmers who post cards late will only be permitted to swim at the discretion of the promoter and referee and only if there is an empty lane in an early heat.
12. A swimmer may only compete in one clubs championships in any calendar year. (January to December).
13. **All trophies that were won at the 2004 championships should be returned, CLEANED to Sue Dix by November 5, 2005.**
14. All trophies and medals will be presented at each gala, Bagcat awards and certificates will be awarded later at a pre advised time during training or at a social event.
15. Anything not covered by these rules is at the discretion of the promoter.

**BOSTON AMATEUR SWIMMING CLUB WINTER CHAMPIONSHIPS 2005**  
**Under ASA Laws & ASA Technical Rules**

**First Name** ..... **Surname** .....  
**Date of Birth** ..... **Age on 31<sup>st</sup> December 2005** .....  
**Telephone Number**.....

All ages are as at 31/12/2005. Please enter events in the column applicable to your age and category only with a tick or cross. Please also note that XXX means that event is not for your age or category. Category A swimmers to see competition condition 4 regarding entry to 100m and 200m events.

Event No	Category A			Category B	Category C	Category D	Events	For official use
	8&U	9	10	11/13	14&over	Junior squad & lessons		
1	XX	XX	XX	XXXX	XXXX		25 Free	1
16	XX	XX	XX	XXXX	XXXX		50 Free	2
15,19						XXXX	100 Free	3
14,18						XXXX	200 Free	4
11,12						XXXX	400 Free	5
30	XX	XX				XXXX	800 Free (girls)	6
31	XX	XX				XXXX	1500 Free (boys)	6
23,28						XXXX	100 IM	7
3, 8						XXXX	200 IM	8
13,17						XXXX	400 IM	9
6	XX	XX	XX	XXXX	XXXX		25 Back	10
24,29						XXXX	100 Back	11
2, 7						XXXX	200 Back	12
20	XX	XX	XX	XXXX	XXXX		25 Breast	13
4, 9						XXXX	100 Breast	14
22,27						XXXX	200 Breast	15
25	XX	XX	XX	XXXX	XXXX		25 Fly	16
5,10						XXXX	100 Fly	17
21,26						XXXX	200 Fly	18

Total amount enclosed: £..... (£1.75 per event)

(Cheques payable to B.A.S.C. please)

I confirm that I am a member of Boston Amateur Swimming Club and that I agree to abide by the competition rules.

Signed ..... (swimmer)

**Note this form is to be returned no later than 7pm on October 14, 2005 to Jane Thorn, 27 Manor Gardens, Boston PE21 6JG**