

Summer 2006

Welcome to the summer edition of the club's newsletter. As usual the club has been extremely busy these past 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 three swimmers representing Boston Swimming Club. I am sure you all join me in wishing Ben Pogson, Patrick Ikhenya and Laura Swain the best of success.

This edition has an unusually large amount of information enclosed and you will see a theme developing as you read through. In the last few newsletters I made reference to the club's financial situation that, although not critical, is still not as healthy as we would like. Unless we secure extra funding this year we will have a shortfall between our income and expenditure, which will result in the need to reduce our pool usage — something that is our single largest expense. We are in need of a major sponsor who is prepared to make a long-term financial commitment to the club. A fundraising sub-committee has been set up to look into this and discussions are on-going with a local company but we are far from an agreement. This sub-committee also organises social events and other fundraising activities as well as investigating grant opportunities. I would ask you all to support these events as best you can.

Inside, you will also see information on the new fee structure starting in September and a slightly adjusted training timetable. Please take note of the reasons given for the changes that were discussed and agreed at our last executive committee meeting.

Despite the finances, the swimming club is still tremendously successful and strong. It may surprise some of you to know that we have in excess of 400 members and have more than 33 hours of pool time. With a structure comprising five distinct squads as well as swimming lessons, we are in an excellent position for further success and growth.

Can I remind all parents of children who swim in the main Leisure Pool at 4.30pm on Sundays that the pool is only available to the club from 4.30pm as it is normal public swimming up to this time. Can you please keep the children from poolside until this time?

I would like to congratulate all swimmers on their own personal achievements this year and thank all volunteers without whom we would not have a club. I would also like to wish, on behalf of the club, our outgoing assistant coach, Emily Dix, all the best in her new appointment at Haven High.

Finally I would like to wish you all an enjoyable and restful summer break.

Declan Murphy
Club Chairman.

THE COACH'S VIEWPOINT

by Ian Wells, club coach

What a year! I always take time to look how the past season has gone. And September 2005 was the point when the campaign started. It all seems long time ago now. There are ups and downs in the sport in general. And that has also been the case with our club as well.

Straight in to the new season the main worries were the financial side of the club with the borough council taking away the coaching grant and cutting out our pool hire discount. You cannot really blame the council, as they have to make cuts — not least with being in debt in big way (we won't dwell on the Princess Royal Arena!)

Our committee, the backbone of the club, have worked really hard to run this small business to provide a high-class organisation for the members. We provide a service for all levels, from learners to national-ranked swimmers. And swimmers need to find the level they want to commit to.

The committee secured a grant and organised the club's first open meet. We have also tried to move the club to a new level by gaining access to lanes in the leisure pool. But these have not been fully supported and are an extra financial burden, needing the assistant coach to cover the sessions.

We provide galas in the Fenland League for 13-and-under swimmers, with the A team always near the top of the tree and the B team often beating smaller clubs in the area — and even some of the larger town like King's Lynn. The Anglian League is an older age version. And again we have two teams — the A trying to win the championship crown and the B beating teams like Downham.

The only national league we contest is the Speedo League. We compete in the East Midland area and finished 10th and 11th previous years. We have also competed in the Lincs League in the past but due to problems with dates, swimmers not being available and over-swimming our top swimmers, we have decided not to be part of this league next season.

This season we could win both the Anglian League and Fenland League. We won top club at our open meet and at the Peterborough Open and took the top boys award at the Sherwood Open.

At the Lincolnshire County Championship our swimmers won 38 gold medals, 25 silvers and 39 bronzes. We also had our best ever Midlands competition with three golds, six silvers and four bronze medals. Three swimmers have gained national qualifying times — Ben Pogson (three), Laura Swain and Patrick Ikhenia (two each).

Could these be the next to follow Boston golden girl Melanie Marshall in collecting medals in the Commonwealth Games?

With the worry of the financial side of the club, I must admit to having thought long and hard about considering the coaching job at Lincoln Pentaqua. But I'm confident that this committee can stay on top of the money side of the club. I have worked hard to get the correct structure for the club and now feel everything is in place in providing for all swimmers from juniors to those striving to make international status.

As for next season, it is clear that changes are needed to keep on top of the financial side of things. Lanes in the Leisure Pool have been reduced and the programme tinkered with to accommodate the changes that are explained elsewhere in the newsletter.

Elsewhere, there is no pay increase for me in addition to cutting the hours of duty for the assistant coach. We have also withdrawn from Lincolnshire League and decided on a small levy on open meets so that the coach can attend the open meets and championships to assist and advise our swimmers.

Continued on next page

From previous page

With fees going up, the committee worked out that if each squad had to pay the full amount to cover their costs regarding pool hire and coach's wages, Midlands squad members would have to pay £76 per month and County squad members £44. So I am sure you will agree that even with the increases in fees this year, the club still represents excellent value for money.

We all need to do our bit to help club. So please support the Ceilidh on July 14. The World Cup Scorecast League competition raised £150 for the club, so have a go for the main English 2006-2007 season to help raise more income.

Meanwhile, we urgently need a sponsor for our Open Meet next January and we are already in talks with one business venture to assist in offsetting the cost to the club of my wages.

We must remember none of this would be possible without the sterling help and support from the vast army of volunteer teachers and parents. All time and assistance given in whatever capacity is hugely appreciated. I can only express my sincere thanks to you all. The club could not survive without you.

Be proud of your Boston Swimming Club.

SPECIAL THANKS

I would like to wish Emily Dix all the best in her appointment at Haven High Technology College and hope she has a successful career. A big thank you goes to Emily for being assistant coach to the club. She has shown tremendous dedication and commitment to the club — far from easy with the many hours she was called upon at each weekend and evenings.

I would also like to thank Chloe Dix and Kathryn Sperring for standing in and helping us out to get us to the end of the season especially as the girls have several other commitments as well. Once again Sarah Goodale and Barbara Guy came to the rescue and helped out with lanes supervision in the leisure pool. The club hope to have two new assistant coaches in place for the start of the new season.

Ian Wells
Club coach

ASA MEMBERSHIP CARDS

New membership cards have now been received and we will arrange for them to be distributed in September when the new membership fees will be due.

Every member of the club will receive one — if we don't have one for you it will mean we need a new ASA form completing and again these will be given out as necessary in September.

It is essential that every member has a card and is registered with the ASA for insurance purposes. Also there is an important change with these cards as they now represent a card for life. If you lose yours, it will be replaced at a cost of £5.

In the future, the cards may be used as swipe cards for swimmers entering various competitions to prove their details. So it is therefore important to keep your card safe, no matter what level of swimmer you are at present.

SUMMER BREAK LOOMING

The last session for all squads is on July 23 before our summer break. We will then be back to normal on September 4. The seniors and masters will continue through the summer on Tuesdays from 8pm to 9pm and Thursdays from 9pm to 10pm. See elsewhere in this newsletter for full training schedule from September 4, 2006.

Ian Wells
Club coach

LAVAL EXCHANGE

Boston has been officially twinned with Laval in France since 1958. And for many years Boston Swimming Club, along with other sporting clubs and schools, has been involved in a cultural and sporting exchange between the two towns.

This year it is the turn of Boston to host families from Laval for one week in July. There are a number of couples and individuals who have already been allocated host families from the club but we still have a few youngsters between the ages of 12 and 15 (boys and girls) from Laval Swimming Club who we would like to be able to offer a "home" for the week.

Our French guests will be arriving on Saturday July 22 and departing the following Saturday (July 29). There will be organised activities during the week including the annual swimming gala, competing for the Exchange Cup and a boys and girls individual trophy. Members of host families are invited to compete in the gala which is an enjoyable event for all abilities and relatively informal.

You don't have to be fluent in French (most guests speak good English) and it is an excellent opportunity for our kids to improve their French. And don't forget you will also get the chance to visit Laval on the return exchange next July!

If you think you would like to host a French guest for the week or would like more information please contact Jo French or Barbara Guy or email me via the webeditor link on the website.

Barbara Guy
Webeditor

ADULT SWIMMING LESSONS

It is hoped to run some swimming lessons for adults in the autumn term. Plans are at the very early stages, but it is anticipated that lessons will take place on Wednesdays from 8.30pm for 30 minutes and will cater for non-swimmers and beginners through to those wanting to improve their technique.

Now, I know what you are all thinking: "I don't want anyone seeing me in my costume or trunks." Or: "I'm so awful I'll never be able to do it." But, if I can take the plunge, then so can you. I am now in my 40th year and made the promise to myself that I would learn to swim better than I currently can (which is terribly). So, if you do lady breaststroke (or man breaststroke), don't put your face in the water, can't swim on your back, can't jump in or can't do front crawl, then you are about as good as me.

If you can do any of those things, then you are better than me so you have an advantage already!

So, what's stopping you? To find out more, with no obligation, call me on (01529) 461205 or see me at Midland Squad training sessions.

Jacki Wright

PLENTY OF SUCCESS AT COVENTRY

Success was in plentiful supply for Boston Swimming Club youngsters at the Midlands Age Group Championships.

The 50m pool in Coventry hosted the event in which the Boston swimmers, under the guidance of coach Ian Wells, enabled the club to savour its best results at the competition.

Ben Pogson, in his final year in the junior ranks before moving up to the youth championship, enjoyed two notable victories. In the boys' 14 years age group, he won the 100m and 200m backstroke events and will now go on to represent Boston at the national championships. He also competed prominently in other events, being runner-up in the 800m freestyle and fourth in the 400m individual medley. In addition, he had fifth placed finishes in the 100m, 200m and 1500m freestyle races, sixth in the 200m IM and eighth in the 800m freestyle. His achievements gave him second place in the Bagcat awards (overall for all distances and events).

Boston's other champion was Patrick Ikhenana in the boys' 12-and-under age group when he beat all his rivals in the 100m breaststroke (again earning him a place at the nationals). He was also second in the 200m breaststroke.

Elsewhere, Kimberley Van Haren continued her improved form at 10 years-and-under level. She took silver medals in the 100m and 200m butterfly plus the 200m breaststroke. She also secured bronze medals in the 100m breaststroke plus 200m and 400m individual medley events. Her other high places included fifth spot in the 100m backstroke and 100m freestyle, sixth in the 200m backstroke and seventh in the 400m freestyle. She also finished fifth in her Bagcats section.

Laura Swain is Boston's third swimmer to earn progress through to the nationals. At Coventry she took silver in the 11 years-and-under 200m breaststroke and bronze in the 100m breaststroke.

Sam Wright, who missed some preparation work due to a broken wrist, did well to finish fourth in the 13 years-and-under 100m breaststroke and seventh in the 200m breaststroke.

Reuben Reed, in his first championships, took fourth place in the 200m butterfly, fifth in the 400m freestyle and 200m IM plus sixth spot in the 100m butterfly — all at 10 years-and-under level.

Zak Lomas, who missed vital training due to illness in the build-up to the Coventry event, struggled somewhat but still managed a creditable fifth place in the 12 years-and-under 100m backstroke plus sixth placed finishes in the 200m backstroke and 800m freestyle.

Other Boston swimmers taking part and performing well despite missing out on top eight finishes were Sam Reed, Ikhenana, Oliver Street and Jessica Murfin.

PRIDE IN NATIONAL TIMES FEAT

Congratulations go to our three swimmers who have gained National qualifying times — a first such feat for all of them. It's always nice as coach to send swimmers to the national championships and I'm proud of these swimmers.

Ben Pogson has qualified for three events — the 100m and 200m backstroke plus the 1500m freestyle. Patrick Ikhenana has qualified in the 100m breaststroke and 100m freestyle. Laura Swain's time came in the 100m and 200m breaststroke.

Hopefully these three can return the same sort of results next year — but will only do that if they put in the required work. Maybe we might even have others joining them.

Ian Wells
Club coach

TRAINING SCHEDULES

I feel it's important not to stand still and keep reviewing what we do. I do this at the end of one season and see if we can make it better for the next season. More than ever I have to consider how much it will cost the club.

In respect of the lanes in the main pool, I expressed the view that swimmers will need to support them or we will not be able to keep them. So I looked at this first.

Since Emily Dix has left the club we have struggled to get anybody to take the 5.30pm session on Tuesday and had to cancel this session in June as the lanes were not being very well attended. Swimmers who said they would swim were not always turning up.

The Thursday lanes session is for the County Squad. And especially the later time swimmers again did not turn up after putting their name down to swim. Another fact was that the rest of the sessions are not that busy. Cancelling these sessions will save the club £2,600 a year.

Looking at all the squads' sessions — most of which are well attended — I was concerned about the County Squad's one-and-a-half hour sessions on Sundays and Mondays. Early in the year these were well attended but have lately dropped off in numbers.

The reason behind this was that eight swimmers who moved to Midland squad attended these sessions to get themselves prepared for the two-hour training sessions at their new level. In respect of new swimmers moving into the County Squad, I do not like them training for the one-and-a-half hours until they have settled down to the squad training.

So these new swimmers cannot swim on Sundays or Mondays. I felt it wasn't a good idea to have them missing two days together and equally it did not make sense for those who wanted to do the one-and-a-half hour sessions to have them on successive days. This is why there is one-hour session now on the Monday and Wednesday is for one-and-a-half hours.

Midland Squad swimmers do not like swimming on Friday mornings before big competitions. I can understand that it's no good going to a meet feeling tired. But swimmers were missing important training by losing these two hours of work.

Moving the freestyle and individual medley morning to Thursday means there will now be no need to miss the session. Also swimmers can be prepared better as there is no training for them on Wednesday evenings.

I also considered swimmers wanting back-to-back sessions. They cannot possibly do this on Monday evening as it finished at 9pm (and 5.15am until 9pm, I felt, was too long a day). The Monday morning swimmers do not miss out after Sunday competition. Their morning changes to Tuesday. So again this was hard for them to finish at 9pm and be up ready for 5.15am start.

This is the why Midlands Squad time been changed to 5.30pm till 7.30pm on the Monday and the County Squad follows with their one-hour session from 7.30pm until 8.30pm.

Changing the County Squad session to one hour on Monday has a knock-on effect to the Masters whose session is now 30 minutes earlier at 8.30pm until 9.30pm.

We have now programmed in adult lessons on Wednesday evening (8.30pm to 9.00pm). This will be run as a course with money paid in advance and on the understanding we can get the teacher to take the session. Anybody interested in beginners lessons and improvers (full details elsewhere in this newsletter) should see Jacki Wright.

Ian Wells
Club coach

CAN YOU OFFER A HELPING HAND?

As a swimming club we are always in need of more officials to assist at home galas, club championships and away galas.

Every time our club sends a team to an away gala we also 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” but essential jobs needed to be undertaken for a home gala: recorders, drinks, door 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.

Unfortunately the previous course I was planning did not go ahead due to my other commitments and not through lack of interest. So I am now planning to run some courses in September and October for people interested in becoming timekeepers, judges and starters. These will be run at the pool during training.

If you are interested then please have a word with either Tina Sargeant or Jo Lomas (our gala managers) or me. The course is not too onerous and is followed by a multiple-choice exam. So, if you are interested or require additional information then please let us know or give me a ring (01205) 350534 or send me an email via the secretary link on our www.bostonasc.co.uk website.

Guy Dix
Secretary

BOSTON SWIMMING CLUB SQUADS SPOTLIGHT

Summary of the squads

The club committee together with the coach have worked hard to structure the squads in such a way to cater for all ranges of ability. There is a squad for everyone, but equally it is important that everyone is in the correct squad.

Junior Squad

Swimmers in this squad have achieved their Bronze Challenge. They now work towards the Silver and Gold Challenge as well as stroke awards on breaststroke, backstroke and front crawl. The Junior Squad has three sessions per week with the coach taking Tuesday evenings. The assistant coaches take the other two sessions on Saturdays and Sundays. On Tuesday the coach works mainly on stroke technique, while the other two sessions are aimed to working towards the awards. On achieving the awards swimmers progress to the Future Squad.

Future Squad

Swimmers still have awards to be achieved in this squad before they are able to move to the County Squad. These include Competitive Start Award although this can also be taken in the Junior Squad. Butterfly and individual medley stroke awards are required as well as ASA Level 12. The final test before moving up is the 8x100m freestyle, swimmers being required to go every 2 minutes 30 seconds and each separate phase of 100m to be completed in less than 2 minutes. However, this squad still works on stroke drills and technique. Swimmers get used to doing sets of work, which they have to time themselves and inform the coach of their average time for the set. This builds up the swimmer's stamina and improves their swimming.

Continued on next page

From previous page

County Squad

This squad has a big variation of age and ability with new swimmers moving into the squad from Future Squad while also involving swimmers who have been with the Midland Squad but who no longer want to comply with the commitment to the hours and the high standard of the Midland Squad. Some of these swimmers have achieved up to national standard. All the squad do the same training but the top lane do more and go on faster take off time while lane one will do the least with slower take off time. Nearly every session has a set from which swimmers need to report times they are achieving to the coach. This is strict training session with turns being done correctly and no standing up is allowed. All swimmers are expected to work hard to the best of their ability. Swimmers are expected to swim club galas and enter club open meets. The main aim for all swimmers is to achieve County qualifying times and attend these championships.

Midland Squad

In order to move into this squad, swimmers need to have achieved at least an 11-year-old county qualifying time or (for anyone older than 11 years) their own age group qualifying time. The aim of this squad is to achieve Midland and national qualifying times. So it's important that swimmers go to the designated open meets that the club recommends — people cannot get qualifying times at every open meet, for example Spalding. Swimmers must train a minimum of six hours every week and swim with positive attitude. This is a hard working squad and Midland and National times can only be achieved by hard work. Swimmers are put under pressure from the coach to achieve fast times in training where swimmers will often be told what time they swam last time on certain sets and asked to beat those times. Swimming for two hours and not working hard will achieve nothing. Swimmers will gain a lot more than swimming with the County Squad — but only if they are prepared to work hard. The squad does press-ups before and during sessions and are expected to do everything correctly. Toilet breaks are not allowed during training, so preparation from swimmers beforehand is vital. Be prepared for swimming to take over part of your life. Hence this squad is not for everyone.

Seniors/Masters

As indicated in the title, this squad is for the older teenagers and adults. Believe it or not this is a hard working squad that can boast a number of ex-national qualifiers (three at present). When County Squad swimmers no longer want to compete at county championship level, then this is the squad for them. This squad also does sets and in fact the top lane take off times are faster than the Midland squad on shorter distances. It is rare they have a set above 200m so the sets are mainly working on speed and survival for others. This squad is similar to County Squad with big difference between swimmers' abilities. But every lane has its own take off time which challenges the swimmers in those lanes. Although the programme has to be followed, the strict standard in training has slipped with swimmers occasionally missing tumble turns and some of the adults not doing them. This is really a fitness squad although some swimmers do still take part in competitive action for the club.

RINGING UP A CASH INJECTION

The club has received a cheque for £39 from SHP Solutions for the mobile phones that were donated to us from various sources.

Not a massive amount of cash, admittedly, but every little helps as we strive to keep funding issues on a positive footing. Thanks go to everyone who contributed.

The venture remains on-going, so please hand any unwanted mobile phones to Barbara Singleton in readiness for another batch to be “shipped off” and valued.

GALAS PROGRAMME

Due to the fact that several swimmers are regularly indicating their unavailability for Lincs League fixtures and some of our top swimmers having to undertake too many galas, we have decided to pull out of this competition for 2006-2007.

The **Speedo League** is the only national league we compete in, so we do expect swimmers to commit to these important galas. This league lets the rest of the country know how good we are as a club. First round for the new season is on October 14 — the agenda comprising: L1, Boston; L2, Milton Keynes; L3, Norwich A; L4, Notts Leander; L5, Norwich B; L6, Louth. Second round is on November 11 and the final round is on December 9.

Last year in the **Fenland League**, disappointingly we could not raise a team for the B team final. The A team could have won the league but loads of swimmers dropped out of the final gala. Anyone who swam in this league for the bulk of the season should have been available for the final. It would be a tremendous shame if we had to pull the B team out of the league. But if we are unable to raise a team again, that is what will happen.

Next round of the **Fenland League** is on September 9: A team at Thetford; B team at Whittlesey.

A team (at Thetford)

6.10pm warm-up, 6.30pm start.

- 1) Wisbech
- 2) Ely
- 3) Saxons
- 4) March
- 5) **Boston A**

B team (at Whittlesey)

5.40 warm-up, 6.00pm start

- 1) Bottisham
- 2) **Boston B**
- 3) Chatteris
- 4) Downham
- 5) Peterborough

The final is on October 28: Swimmers are urged to make themselves available and not to let the club and team-mates down. The **Anglian League** final, with our A team in top spot, is on September 23.

There are three selectors now involved in choosing the team. Swimmers who have previously indicated “not available” may find themselves omitted in favour of a swimmer called in as a replacement. Anyone feeling they have been overlooked for selection may be able trace the reason down to this factor. Swimmers are duly asked to note all the above dates, note them in diaries and endeavour to make sure they have a calendar clear for these meets.

Ian Wells

Club coach

WEBSITE www.bostonasc.co.uk

Don't forget to check out our website and keep up to date with club news, gala information and any changes in training times and so on. Swimmers can access all their personal times through the site by clicking on “Personal Times” under the “Competitive Section” link. Then all you need is your name and date of birth to access all the official times that you have achieved. Also in this section check out the “Top Ten” swimmers in each event, the most “Dedicated Swimmer” and club records.

The “Coach’s Section” always makes interesting reading, his column also boasting “Swimmer of the Meet.” This accolade is attributed after each gala or open meet, to someone whose achievements are worthy of a special mention. And special praise from our coach is definitely worth a look!

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. And, of course, you can email the webeditor with any comments, suggestions or problems with the website.

Barbara Guy

Webeditor

Newsletter supported by Haven High Technology College

TREASURER'S VIEWS

At Boston Swimming Club our aim is to provide swimming lessons and coaching for everyone — from the four-year-olds in the teaching pool, to those at National (or maybe International) standard, to the Masters section (whose age range I'll not mention), for as reasonable a cost as possible.

To do this we employ a dedicated full time professional coach and, for about 10 hours a week, an assistant coach.

Everyone else who helps on poolside are volunteers who **give** us their time week in, week out. We are also extremely lucky to have the use of both the main leisure pool and the whole of the training pool — sometimes both at the same time!

However, this has to be paid for. Even though we receive a discount from the council for the usage, we will still have to find more than £30,000 in the coming year!

We are also one of the few clubs around who provide transport to and from team galas for a small match fee.

When I first became treasurer four long years ago it cost us £53,000 to do this. As the club has developed over the last few years and costs have risen, we estimate that in the coming year, we will need income of just in excess of £80,000.

Last year we were extremely grateful for a grant from the Lincolnshire Community Foundation for the cost of providing Sunday lessons. This meant that we could keep our lesson fees at £1.20 plus the annual membership.

Everyone pulled together in January and made a handsome profit of £5,000 in just one day at our open meet at RAF Cranwell — and this has been booked again for January 2007 and once again we will be asking for everyone's support.

We are also supported by Haven High Technology College for things such as photocopying and use of minibuses when needed.

To balance the books in the coming year we will need all this, plus extra fundraising events and sponsorship. In view of this, please support the efforts of our fundraising committee. Their work benefits all of us!

Jo French
Treasurer

WINTER CLUB CHAMPIONSHIPS 2006

The Winter Club Championships will be held in the training pool over several evenings and afternoons during a full calendar month starting from Sunday November 12. For complete timetable, full entry conditions (please read carefully) and entry form, see the back section of this newsletter.

YOUR NEWSLETTER

Special thanks go to the Haven High Technology College for continued support in helping to bring you this newsletter and to all contributors from the club for supplying the wealth of information to keep swimmers and parents up to date with all events connected with Boston Swimming Club.

ANNUAL GENERAL MEETING
(November 2006)

Although the annual meeting of Boston Amateur Swimming Club is not until November, nominations are still required in writing for positions on the executive committee by September 10.

Based on the club constitution adopted in 2004 not all committee positions are up for renewal this year. For further information contact Guy Dix

Nominations cannot be made at the annual general meeting.

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 2006)

We would like to nominate

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

Signed (Proposer)
Name in full

Signed (Secunder)
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, 2006.

(If you wish to avoid cutting up this newsletter, simply photocopy this coupon for use)

HAVE FUN IN HELPING BOOST CLUB FUNDS

(for entry sheets see Barbara Singleton or Ian Wells)

The swimming club has been invited to benefit from a half share of profits generated by the football-based Scorecast League competition, run by Rob Singleton.

The recent World Cup saw a condensed version of the competition being run, with several swimming club connections figuring prominently in the race for a share of the £300 cash prizes. As an aside, a total of £150 was raised for the club.

And now forms are out for the 2006-2007 English League season. Simply fill in 46 match scorelines to last the duration of the new football campaign, complete the various bonus sections and pass on your form (along with £2.50 entry fee) to Rob, his wife Barbara or Ian Wells — and then watch your points pile up on a weekly basis via the www.bostonbuzz.co.uk website (football section).

You'll be amazed at the simple fun (and frustration) the competition generates, especially when you think certain teams will be bankers to achieve key results, only to find they flop once the season gets under way.

It's a one-off entry fee 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 4 at the latest.

Besides helping to generate much-needed funds for the club, there is big money to be won by anyone who reckons they can predict future footy events. Last season's competition paid out a total of £400 in prizes.

Why not take the plunge and join the fun of a great competition. Club coach Ian Wells reckons he's unrivalled when it comes to predicting matters football. So the more swimming club people who enter — and perhaps put him in his place and prove otherwise — the better!

Handy guide (immediately below) to which teams play in which divisions (helpful to assist in completing the Scorecast League bonus sections).

PREMIERSHIP: Arsenal, Aston Villa, Blackburn, Bolton, Charlton, Chelsea, Everton, Fulham, Liverpool, Man City, Man Utd, Middlesbrough, Newcastle, Portsmouth, Reading, Sheff Utd, Tottenham, Watford, West Ham, Wigan.

CHAMPIONSHIP: Barnsley, Birmingham, Burnley, Cardiff, Colchester, Coventry, Crystal Palace, Derby, Hull, Ipswich, Leeds, Leicester, Luton, Norwich, Plymouth, Preston, QPR, Sheff Wed, Southampton, Southend, Stoke, Sunderland, West Brom, Wolverhampton.

LEAGUE ONE: Blackpool, Bournemouth, Bradford, Brentford, Brighton, Bristol City, Carlisle, Cheltenham, Chesterfield, Crewe, Doncaster, Gillingham, Huddersfield, Leyton Orient, Millwall, Northampton, Nottm Forest, Oldham, Port Vale, Rotherham (likely to start season with 10 point deduction), Scunthorpe, Swansea, Tranmere, Yeovil.

LEAGUE TWO: Accrington Stanley, Barnet, Boston Utd, Bristol Rovers, Bury, Chester, Darlington, Grimsby, Hartlepool, Hereford, Lincoln City, Macclesfield, Mansfield, Milton Keynes Dons, Notts County, Peterborough, Rochdale, Shrewsbury, Stockport, Swindon, Torquay, Walsall, Wrexham, Wycombe.

CONFERENCE: Aldershot, Altrincham, Burton Albion, Cambridge Utd, Crawley Town, Dag & Red, Exeter, Forest Green, Gravesend, Grays Athletic, Halifax, Kidderminster, Morecambe, Northwich, Oxford Utd, Rushden & Diamonds, Southport, St Albans, Stafford Rangers, Stevenage, Tamworth, Weymouth, Woking, York.

FOOTBALL LEAGUE TROPHY: (bonus section 5) is this season contested by League One and League Two clubs ONLY.

STRICT DEADLINE FOR ENTRIES IS AUGUST 4.

FEES AND CHARGES FOR 2006-2007

The fees and charges for the next financial year are detailed below. For the first year ever, we have introduced a discount on membership for families with four or more swimmers.

It is now more economical to pay monthly squad fees by standing order. This is to help us with cash flow as, at the moment, I have a large pool hire bill to pay in the summer and I need all squad money in before the holidays to pay it.

A **standing order form is attached at the rear of this newsletter** and money is due on the first of the month. Please fill it in with the name of the swimmer in the 'reference' section.

If you already pay in this manner, then don't forget to ask your bank to pay the new fees from September 1. To help with the cost of sending a coach to open meets, there will also be a £2 charge per swimmer per meet — equivalent to less than one extra event per meet!

The cost of Sunday lessons has also increased this year as we have not yet secured the grant and the fees didn't rise last year. They are still extremely competitive, even with the cost of club membership.

Any queries then please contact me via the web editor on our www.bostonasc.co.uk website.

Section	PAYGO/cheque fee (11 months for squad fees)	SO fee/month (12 months)
Membership	£35 (£33 if paid in September) Family of four £125 then £25 per swimmer	
Midland Squad	£32.00	£29.00
County Squad	£28.50	£25.50
Future Squad	£23.00	£20.50
Masters/Seniors (half price for pensioners)	£3.50 per swim £24 per month	£22.00
Junior Squad/Survival	£2.20 per swim £17.50 per month	£16.00
Sunday lessons	£1.50	
Open meet levy	£2.00	

Jo French
Treasurer