

Winter Newsletter 2004

Welcome to the winter edition of the club's newsletter. I hope you find the information inside useful and informative and also take note of the Christmas and New Year swimming arrangements

Firstly, on behalf of the club, I would like to express our sincere condolences to Judy and Katie Bee and indeed the whole Bee family on the tragic death of Vic Bee recently. Our thoughts are with you.

At this time of year most of us look back on the past 12 months and look forward to the challenges ahead. The club has had another successful year, as I am sure most of you have been following in the newsletters. Between performances in the various galas and open meets as well as attendance at training sessions and lessons, the club continues to go from strength to strength. As most of you will be aware we have created a new squad for 2005, the County Squad. This squad is designed to alleviate the numbers in Future Squad and also provide a place for those swimmers who are unable to commit to the demands of the Midland Squad. As a consequence the training times have changed and the new times are attached.

One of the reasons that these changes have been made possible is the fact that we now have an assistant coach. This position was originally appointed on a temporary basis until the end of December. I am pleased to announce that Emily Dix has been appointed to this position on a permanent basis from January 1. Primarily Emily will be covering Friday afternoons, Saturday mornings and Sunday afternoon sessions. So some Sundays Ian will have off as a consequence of increased water time and demand on his time.

I would like to congratulate all those who completed their officials' exams recently – a 100 percent pass rate provides us with more timekeepers, judges and starters. Thanks go to Guy Dix for his time and patience in teaching these courses.

Many of you will know Greg Marsters and that he is leaving us to take up his new appointment as coach of South Lincs Swimming Club. Best wishes go out to Greg in his new job – I hope we can continue the close relationship that we have with our nearest rivals!

Finally, I wish you all a very happy Christmas and a successful New Year.

Declan Murphy
Club Chairman

CHRISTMAS AND NEW YEAR TRAINING

Details of Boston Amateur Swimming Club training sessions schedule over the Christmas and New Year period are as follows:

Sunday December 19: Time Trials 2-5pm, see separate notice for information. No morning sessions, Lessons and all evening sessions as usual.

Normal training until December 23.

Friday December 24: Early morning only.

Saturday December 25 and Sunday December 26: No training.

Monday December 27: Midlands 3-5pm.

Tuesday December 28: Future 2-3pm, Midland 3-5pm.

Wednesday December 29: No training.

Thursday December 30: Future 4-5pm, Midlands 5-6pm, Masters/Seniors 6-7pm.

Friday December 31: No training.

Saturday January 1: No training.

Sunday January 2: Time Trials only see separate notice. No training or lessons.

Monday January 3: No training.

Tuesday January 4: Normal sessions resume.

Sunday January 9: No morning training. All other sessions restart.

WEBSITE

www.bostonasc.co.uk

If you haven't visited our website yet, please do. The site is regularly updated with swimmers times, records, gala information and club news. Christmas training times and lesson arrangements are also listed as well as details of the recently-held Winter Club Championship results.

If you are new to the club, you can contact the club secretary or coach via the website with any queries you may have. Alternatively, if you don't know who to ask, emails to the webeditor are monitored daily and you can be assured of a quick response to point you in the right direction.

Remember — the www.bostonasc.co.uk website is for YOU!

Please send your comments and suggestions to the webeditor via the link on the site or see me in person. All suggestions will be considered. Our aim is to continually update and improve the site for the benefit of our members.

Barbara Guy

Webeditor

THANKS FOR HELP

I would like to thank everyone who has helped me in any way, especially with collecting money over the last year. Sarah Goodale will be organising the Sunday door rota next year. If anyone else is willing to help out on a Sunday night, they will be more than welcome to assist and can talk to Sarah to make arrangements.

Jo French

Treasurer

CLUB OFFICERS

Boston Amateur Swimming Club, executive committee 2004-2005

<i>Chairman:</i>	Declan Murphy
<i>Vice-chairman:</i>	Pete Hockerston
<i>Secretary:</i>	Guy Dix
<i>Treasurer:</i>	Jo French
<i>Captain:</i>	Sue Dix
<i>Vice-captain:</i>	Paul Heckford
<i>Fixture secretary:</i>	Jane Thorn
<i>Public relations officer:</i>	Barbara Singleton
<i>Minutes secretary:</i>	Jacki Wright
<i>Committee members:</i>	Lisa Bell
	Barbara Guy
	Sarah Goodale
	Jo Lomas
	Brian Martin
	Phil Martin
	Tina Sargeant
	Chris Taylor

Executive committee meeting dates for 2004/2005:

All meetings to be held at the Conference Centre, Pilgrim Hospital, 8pm start.

Date	Main agenda items
January 21:	Finance and reports
March 4:	Club Championships/Open Meet
April 15:	Finance and reports
May 20:	--
July 8	Annual budget and reports
September 9:	--
October 14:	Finance and reports
November 11:	Annual general meeting.

The agenda for each meeting will be posted on the notice board a week before each meeting. If any club member has a wish for something specific to be discussed at a meeting, they should ask any member of the executive committee who will be pleased to raise the subject on your behalf — or email your request to the secretary link on the club's www.bostonasc.co.uk website.

A brief synopsis of the meetings will also be posted on the notice board and on the website for information purposes.

Guy Dix

Secretary

PERSONAL SURVIVAL

Boston Swimming Club has a Personal Survival section where swimmers are taught how to survive in water if they get into difficulty. This section meets once a week.

As swimmers have to swim in clothes to test their endurance, it is recommended that potential recruits to the survival section wait until they have reached the bronze challenge award in the teaching groups. This is a useful activity for junior squad to help them towards silver and gold challenge awards, by building up their endurance.

From January 2005 the sessions are moving to a Sunday evening from 5pm to 6pm in the Leisure Pool. They will take place in the centre of the pool alongside the lessons.

No need to book in advance — just come along.

FEES AND CHARGES

Club subscriptions will increase to £26 per annum for the year ahead (but with a £2 discount for prompt payment). However, the sum due in January 2005 will be £17.50 (£16 with discount) per member, with another sum for the next year due in September 2005. This is because the financial and membership year for the club will now run from September 1 until August 31 every year.

Squad fees will be as follows:

Midland	£25.00	(£22.90 standing order)
County	£22.00	(£20.16 standing order)
Future	£19.00	(£17.41 standing order)
Junior squad monthly option	£15.00	(£13.75 standing order)
Masters and Seniors	£17.50	(£16.04 standing order)

Those paying by standing order are asked to amend their standing orders before the January payment is due — once you know which squad you will be swimming with in the new year. And there is a reminder that squad fees are due on the first of every month, or as soon as possible after that. They can be paid either directly to me, or on the door on a Sunday evening or to the person collecting money for juniors. If you would like to start paying squad or membership fees by standing order, please ask me for a form.

Other Activities are as follows:

Sunday lessons	£1.20	
Sunday Juniors	£2.00	
Monday and Saturday Juniors	£1.80	
PAY GO masters and seniors	£2.50	all sessions now pay-as-you-go
Aquafit	£2.60	members, £3.10 non-members
PAY GO water polo	£2.75	
Monthly water polo by SO only	£10.00	
Junior polo	£1.80	
Survival/rookie lifeguard	£2.00	
Weights (direct to pool)	£1.00	
Buses for competitions	£2.00	swimmers, £3.00 adults

Jo French

Treasurer

Coach's review.... by Ian Wells

WHAT A START TO THE NEW SEASON

We started the new swimming year with the last round of the Fenland League with the A team needing to win to make sure they made the A final. Early on the biggest threat was from our B team with some swimmers beating our A entrants. The A team, though, went on to win in comfortable style. The B team put in wonderful performance, but lack of training found them out and they finished in fifth place. The B team went into the consolation final with A teams from big clubs like Cambridge. Although they finished in fifth place, they still ended up in 10th place in the league which is a super result. The A team went into their final and although finishing third in the league behind Peterborough and Grantham on gala points, we won the cup final beating Peterborough by one point. It was the first time we met Grantham, so it was nice to beat them, too.

ANGLIAN LEAGUE FINAL

Once again the B team put some wonderful results together to make the A final for the first time although I would have preferred them in the consolation final to bring home the shield. The A team have traditionally won this league since it was formed. However, although the A team put in creditable performance by winning on the night, it was back in January 2004 that cost us dearly when finishing in third place. So finally we finished as runners-up this time.

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WE DO GEOFF MOULDER PROUD

In the annual Geoff Moulder Memorial Gala we fielded three teams competing against Louth, South Lincs, Deeping and Wellingborough. The A team were run-away winners with 155 points. Other points: Wellingborough 125, Louth 122, Boston B 105, Deeping 85, South Lincs 67 and Boston C 55.

OPEN MEET

As a club we have only competed at one open meet at the International Pool in Sheffield. This was good meet, although as it was now licensed we were unable to get as many swimmers competing as the previous year. However, the nice surprise was that we came away with the best male trophy.

TIME TRIALS

These will be held on Sunday December 19 and Sunday and Sunday January 2. These are for swimmer to gain county qualifying times. The January 2 session is only for events for which swimmers don't already have a county qualifying time.

OPEN MEETS COMING UP

We will be starting 2005 by attending two open meets the same weekend. On January 8 and 9 the Derby Open meet will be held at Ponds Forge Sheffield. While on January 9, the Stourbridge Open meet will be held at Wolverhampton. This is the last chance for swimmers to gain or improve county qualifying times. The Thetford Open will take place on Sunday February 6. We attended this last year and swimmers gained a lot of experience. It is not licensed. Swimmers can use this meet as a warm up for the County Championships.

Saturday April 2 and Sunday April 3 are the dates for the Peterborough Open meet. This is a licensed meet and will have upper and lower times. This will be the last chance for swimmers to gain Midland youth qualifying times. The South Lincs Open meet will be supported by us again on April 30 and May 1. This is not licensed meet and swimmers cannot gain Midland or National qualifying times.

On May 9 and 10 there will be a licensed meet. This be the last chance gain a Midland age group time. There were a few swimmers who did not perform well at Haverhill last year as they did South Lincs Open meets the weekend before. I also felt this had a knock-on effect at the Midlands due to swimmers over-competing. This time of year (early spring) gets very busy. We have County Championships on three Saturdays in March plus Peterborough in April.

There is also the South Lincs (licensed) meet May and the Midland Age group competition in June.

HOLIDAYS

We have a long break in the summer with four to five weeks off. Swimmers will get back into training in early September, building training up week by week. And by mid-October swimmers should be back to peak performance levels. Swimmers should be wary of throwing away all this good work with two-week holidays at autumn half-term. Anybody in the Midland Squad planning a fortnight's holiday next year at half term should perhaps have August, September and October off and then start after your holiday. It should be remembered that every day you miss, it takes three to get that fitness back. In the autumn half-term just passed, wise swimmers did five hours training at the beginning of the first week of their break from school, then went away midweek to midweek and then put in five more solid hours at the back end of the second week. I provide training over Christmas not because I am bored, but for the sole benefit of swimmers so they do not lose fitness over this time of year. Remember you have time trials and open meets early in January. Do not lose your fitness levels.

Ian Wells
Club Coach

AWAY GALAS

Anyone whose name has been included on a team sheet as a judge or official for away galas, but who is unable to attend, is asked to find a suitable replacement. Anyone unsure of other people qualified to officiate can ask Tina Sargeant, Jo Lomas or Guy Dix who will be able to provide the relevant information. The club coach should not be involved in finding replacements as his responsibility is solely in supervising the composition of the swimming squads for galas/meets etc.

LEARNER (BABY) POOL LESSONS

Sunday December 19, 2004

The session on Sunday December 19 is to be a fun session. Children who usually attend at 5pm and 5.30pm will have their fun session from 6pm to 6.30pm. And children who usually have lessons at 6pm and 6.30pm will have a fun session from 6.30pm to 7pm.

Children who have lessons in the main pool will have a fun session at their normal time unless advised differently by their teachers.

MONDAY LESSONS

The Monday evening adults lessons finish for the year on Monday December 13. There will be curry night on Monday December 20 for all those involved (past and present) in the Monday lessons sessions.

PRESENTATION / SOCIAL NIGHT

The club's presentation and social night is booked at the Boston West Golf Club on January 14. All trophies from the Winter Championships will be presented here but the night is open to all club members. Details are on the notice board or speak to Lisa Bell for more details.

ATC CADETS STRIKE SWIMMING GOLD

Four junior members of Boston Amateur Swimming Club have recently achieved tremendous success swimming in the 2004 Air Training Corps Swimming Championships.

Initially swimming for 141 (Boston) Squadron, the four — Tom Sperring, Darren Priestley, Kathryn Sperring and Samantha Abbiss — helped their squadron achieve an excellent second place overall in Trent Wing. All four secured first place and gold in every event they swam in, resulting in 141 (Boston) Squadron retaining the Senior Boys Trophy and securing the Junior Girls Trophy.

Tom, in his final swim for ATC before heading off to university, won the butterfly, front crawl and individual medley. Darren partnered him to also win the backstroke and breaststroke.

The girls matched this success with Kathryn winning the butterfly, front crawl and individual medley and Sam the backstroke and breaststroke.

Darren, Kathryn and Sam all then represented Trent Wing in the Central and East Region Championship. Darren won gold in the front crawl, bronze in both the backstroke and freestyle relay. Kathryn won three individual silvers — butterfly, front crawl and individual medley — and gold in the freestyle relay.

Sam won silver in the backstroke, a bronze in the medley relay and was fifth in the breaststroke.

Darren and Kathryn then represented the victorious Central and East Region in the Nationals with Darren securing silver in the front crawl and bronze in the freestyle relay. Kathryn was fifth in the butterfly and won two silvers in both the freestyle and medley relays.

Darren has been selected to represent the Corps in the Inter-Services Swimming Championships.

TRAINING TIMES 2005

All training takes place in the Training Pool unless indicated.

Monday

Morning training by invitation only 5.15am-7.15am
5.30pm-6.15pm Future
6.15pm-7.15pm County
7.15pm-9.00pm Midland
9.00pm-10.00pm Masters/Seniors/Technique and drills

Tuesday

5.30pm-6.15pm Juniors
6.15pm-7.15pm County
7.15pm-8.30pm Midland
8.45pm-9.45pm Masters/Seniors {Leisure Pool}

Wednesday

Morning training by invitation only 5.15am-7.15am
4.45pm-5.45pm Gym {Upstairs Room}
6.00pm-7.00pm Future
7.00pm-8.00pm County
8.00pm-9.30pm Midland

Thursday

5.30pm-7.30pm Midland
7.45pm-8.45pm Weights {Old Gym}
9.00pm-10.00pm Masters/Seniors {Leisure Pool}

Friday

Morning training by invitation only 5.15am-7.15am
4.00pm-5.00pm Future
5.00pm-6.00pm County
5.00pm-6.00pm Midland Select {Leisure Pool 2 lanes only}
6.00pm-7.00pm Midland Select {Leisure Pool 2 lanes only}

Saturday

9.30am-10.30am Juniors

Sunday

8.00am-10.00am Midland
10.00am-11.00am County
4.00pm-5.00pm Juniors
5.00pm-6.00pm Lessons (2 sessions of 25 minutes) {Leisure Pool}
5.00pm-6.00pm Survival {Leisure Pool}
5.00pm-7.00pm Lessons (4 sessions of 25 minutes) {Learner Pool}
5.15pm-6.15pm Aquafit
6.00pm-7.00pm Future {Leisure Pool}
6.15pm-7.00pm Junior Water Polo
7.00pm-8.00pm County/Midland {Leisure Pool}
7.00pm-8.15pm Senior Water Polo
8.00pm-9.00pm Master/Seniors {Leisure Pool}