

Winter newsletter 2008

Welcome to the winter edition of the Boston Amateur Swimming Club's newsletter. I hope you find the information inside both useful and informative and also please take note of the Christmas and New Year swimming arrangements inside.

I would like to start by apologizing for the disruption to lessons and squads while the main pool is closed for maintenance work. Hopefully we will be back to normal times at the start of the New Year.

The club held its AGM in November and I am very pleased to have been appointed as club chairman again and I will do everything in my power to look after the best interests of the club along with the rest of the executive committee. This year we have four new members on the committee and I would like to welcome them and I am looking forward to their input.

Some good news the club has now received its Swim 21 accreditation we have been working towards this for the past year. I hear you ask: "What is Swim 21?" Well, inside there is an explanation from the club secretary. I would like to thank the Swim 21 team for all their efforts in ensuring we acquired this benchmark.

This September saw a major change to the squad structure. From time to time it becomes necessary to reorganise the squads due to the numbers in a particular squad or health and safety reasons. The club does not take changes to the structure of the squads lightly and every effort is made to keep disruption to a minimum. The new squads seem to be working well.

In November we held the winter club championships. Once again several championship records were broken and numerous county qualifying times were achieved. Well done to everyone who competed and thank you to all the officials and helpers who made this possible.

Once again, the club's January Open meet is nearly upon us, this will be the fourth time it has been run. Another first for the open meet is that we will be running over two days. Let's hope it proves as successful as previous ones.

I would like to take this opportunity to thank all the helpers, teachers, officials and committee members who have given up their time during the past year all on a voluntarily basis.

Finally I would like to wish you all a Happy Christmas and a successful New Year.

Peter Hockerston
Club Chairman

GOOD START TO THE NEW SEASON

In the **Anglian League** final held in September, it was the first time that all the teams have swam together on one night, this was because two teams pulled out of the league. Boston's A team had to beat St Ives. Boston were one point ahead due to the fact of winning every round. But St Ives had more gala points and knew if they beat Boston they would win the league. In the gala it went to the last round and with the end result being joint first for Boston and St Ives. This meant the A team had won the league. Meanwhile, the B team had their best finishing position in the league with a third place finish.

The **Geoff Moulder Memorial Trophy** competition once again saw the A team win the gala. It is now an impressive eight times out of eight that the name of Boston has gone on this trophy. Once again Boston had B team members swimming well above themselves and turning over A team members. In the end, our B team beat Wellingborough B.

The South Lincs-organised **Gerry Gibbons Memorial Trophy** gala at Spalding saw Boston win again for the fifth year in the row. We also gave few younger swimmers a chance of experiencing a competitive event. So it was nice to introduce them to winning ways.

In the **Fenland League** the A team started the new season with win and went into the final in second place behind Peterborough. A gala win would have seen Boston crowned league champions for the first time. But on the night, Peterborough were just too good. Boston finished second on the night and second in the league. Our B team had to start with minus 80 points due to us not sending team to the round that clashed with Coventry Open meet in July. The B team finished in 14th places in the league.

On the **National Swimming League** front, we compete in the East Midlands district with the first four teams in each area going to the national final. The first round was tough and three of the teams we met in the first round make up half the area final. We are sitting in 12th place after two rounds so we are at least secure in Division One next season. This ranks us as second place in Lincolnshire with Lincoln Vulcans top. Deepings, South Lincs, Lincoln Pentaqua and Louth are in the relegation battle to stay in Division One. We take this league very seriously as it's the only national league in which we are involved. As such, we do ask swimmers to be available for these three galas.

The **Leicester Open** meet was great success for those who gained the qualifying time and gave all concerned a taste of the standards they need to achieve. Once again, our swimmers brought home lots of trophies. We also attended the **Deepings 200m Open** meet. There were lots of best time and trophies won with Luke Jones winning best boy accolade.

In the **Midland Short Course Championship** held at Leicester, our juniors swam well with Patrick Ikkena being champion at 50m breaststroke, second in 50m butterfly and third in the 50m freestyle. Zak Lomas was second in the 100m backstroke and fourth in the 200m backstroke. Ben Pogson, who moved up to senior level, finished fifth in the 50m backstroke and seventh place in the 100m backstroke.

At this seasonal time of year, I would like to take this opportunity to wish everybody connected with Boston Swimming Club a happy Christmas and winning new year!

Ian Wells
Club coach

TRAINING OVER THE CHRISTMAS PERIOD

Monday December 22

5.15am-7.15am Backstroke training

7.00pm-9.00pm Midland/County

9.00pm-10.00pm Seniors/Masters

Tuesday December 23

6.00am-7.15am General training

6.00pm-7.00pm Juniors (two lanes)

7.00pm-8.00pm Future (two lanes)

8.00pm-9.00pm Midlands/County

9.00pm-10.00pm Seniors/Masters

Wednesday December 24

7.00am-9.00am Midlands/County

Thursday December 25

No training

Friday December 26

No training:

Saturday December 27

No training.

Sunday December 28

4.00pm-5.00pm Juniors/Future

5.00pm-6.00pm Midlands/County

Monday December 29

7.00am-9.00am General training

4.00pm-5.00pm Future

5.00pm-7.00pm Midlands/County

Tuesday December 30

7.00am-9.00am General training

4.00pm-5.00pm Juniors

5.00pm-6.00pm Future

6.00pm-7.00pm Midlands/County

Wednesday December 31

No training

2009

Thursday January 1

No training

Friday January 2

7.00am-9.00am General Training

4.00pm-5.00pm Juniors

5.00pm-6.00pm Future

Saturday January 3

No training

Sunday January 4

No training

Monday January 5

Normal training resumes

CLUB CHAMPIONSHIPS

Once again swimmers broke records in the club championships, which is always good see. Jessica Murfin broke Melanie Marshall record. Ben Pogson was setting more records for the future swimmers and also saw some of his records go. So well done to all those who broke records. Well done those who swam best times. There were also lots of county qualifying times achieved.

THE POOL CLOSURE

The swimming club's management team and the committee spent lot of time and in discussions on how best to use the water time given to us by the council. I went back to Dave Horry, manager of the Geoff Moulder Leisure Complex pool, to discuss a few changes to his programme and he was very understanding. We were able to swap some times round. I wanted to hire other pools but the expense and potential travelling difficulties prevented this. The committee felt with the morning training, the agreed arrangement was sufficient.

The Tuesday morning session was a success. And when we go back to the normal training schedule on the January 5, we will keep the Tuesday morning and do away with the Wednesday morning, which is not being used.

The only pool we did hire was Princess Royal Sport Arena whose staff were very helpful and we were able to keep the bottom end of lessons going, I attended on the first week to make sure everything went smoothly. With the session being held in a different venue, I felt it might be bit daunting for the young members.

I'd like to say big thank you to Pete Simpson, Laura Simpson, Emma Barnes and Sarah Walters as teachers for putting themselves out and getting wet for the two hours. I'd also like to say special thank you to Pete Watson who has done such wonderful job in the teaching the section for many years.

The future of the Geoff Moulder Leisure Complex swimming pool is being reviewed and I was involved with the chairman and vice-chairman on the new swimming pool committee when the cost and site were discussed along with how the council was going to raise the capital to pay for the facilities. As such, it's "no go now" and this committee has disbanded.

Reports are that £2 million will spent on the Geoff Moulder Leisure Complex pool with a new pool taking the place of the flume area with movable floor which be ideal for teaching. My estimation is that the new pool will be about 20m long. The down side is that the council will demolish the training pool. In respect of this issue, the council will have voted on the matter on Monday December 8 and if agreed will go out to public consultation until mid-January.

The Geoff Moulder Leisure Complex pool is likely to be given out to tender to a private company with a long-term contract with the understanding they develop the £2 million in the complex. Where will that leave your club? A lot of work negotiating for pool time and shared water time, but I'm sure the council and the pool staff will look after their number one customer. A private company could work in our favour as well, as we pay regular income come rain and snow.

Ian Wells
Club coach

SWIMWEAR AND ACCESSORIES

The club has arranged a 5% discount for you if you buy online at www.Mailsports.co.uk website. The discount is not included on sale items. When you get to point of purchase on the site there is a section for a promotion code all you have to do is insert this code BOSC186 and then update and the discount will be deducted. There is a link to Mailsports site with the promotion code on the club's www.bostonasc.co.uk website.

If you prefer to order through the club we can still get the items you require just see Pete Hockerston. There should be a Mailsports catalogue on the club notice board in the training pool please return after use. Pete is also contactable through the club web site my email address is in the contacts section (club buyer). The club still stocks floats, pull-buoys, Boston hats, T-bag shirts and polo shirts. Tracksuit tops and bottoms plus sweatshirts are also available to order plus various other items.

ADULT SWIMMING LESSONS

If you are a non-swimmer or a swimmer wanting to improve your breathing or your stroke technique, why not come along on a Wednesday and find out what it's 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-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 dates for the courses for next year are given below. Why not make your New Year's resolution to get fitter for 2009. And what better way to do that than to join our swimming lessons?

The adult swimming lesson dates:

January 7 to February 18	7 week course
February 25 to April 1	6 week course
April 8 to May 27	8 week course
June 3 to July 15	7 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 (01205) 358847.

Sarah Goodale
Assistant coach

MASTERS SWIMMING

If you enjoy swimming for fitness or sport the Masters section 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

SWIM 21

Over the past 18 months you may have heard that the club has been working towards Swim 21. If you look on the ASA website it defines Swim 21 as follows:

Swim 21 is the ASA's club development model — a planning tool, based on the principles of long-term athlete development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses particularly on the needs of athletes — striving to provide them with the best possible support and environment.

Swim 21 accreditation is a 'quality mark'. It recognises nationally and regionally the clubs that are committed to providing safe, effective and quality services for the benefit of their members. Clubs work steadily towards the attainment of a series of outcomes all of which are seen as essential if the right level of support is to be provided at each stage of an athlete's development.

I am very pleased to advise you all that after a lot of hard work and time spent by a small working sub-committee for Jo French, Jacki Wright, Phil Featherstone, Sarah Goodale, Pete Hockerston and myself we have successfully achieved Swim 21 accreditation at the skill development level.

This is excellent news for the club and hopefully will enable us to use this to assist in obtaining grants and sponsorship for the future. A big thank you also to everyone in the club who has been on a course in connection with our Swim 21 application. Can I please ask that anyone who has been on a course for the club that when you get your certificate of attendance that you let me have a copy as we need to keep it with our Swim 21 evidence.

However Swim 21 doesn't stop here as we have to be reassessed in four years' time to keep the accreditation and to ensure the high standards we have set throughout all levels of the club are continuing. One of the new initiatives we have introduced as a result of Swim 21 is the swimmers log books – if you haven't got one yet and are in junior squad or above then please let Sarah Goodale, Jo French or Jacki Wright know and they can get you one, additional pages can be downloaded from the website. Swimmers please note that the Log Books will be reviewed early in the new year so get them filled in — remember they are there for your benefit .

Guy Dix

Secretary

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CLUB CHAMPIONSHIPS 2008

The final event of the 2008 club championships, the 800m events, will be held at the start of the New Year.

All told, nine heats will be featured over two evenings. The first part takes place on Tuesday January 6. Warm-up 6.15pm for heat 1; 6.30pm for heats 2 to 4. The gala will start at 6.45pm.

On Wednesday January 7, warm up is 6pm for a 6.20pm start.

Tuesday January 6		Wednesday January 7	
	<i>Heat 1</i>		<i>Heat 5</i>
1	Emily Murfin	21	Harriet Housam
2	Katy Tointon	22	Elvijs Roberts
3	Caoimhe Atkin-Palmer	23	Jemma Tointon
4	Bethany Holderness		<i>Heat 6</i>
5	Natasha Berg	24	Stephanie Goodale
	<i>Heat 2</i>	25	Emma Penniston
6	Amber Nuttman	26	Paige Royce
7	Toni Keal		<i>Heat 7</i>
8	Tom Roland-Shrubb	27	Susannah Yielding
9	Luke Macleod	28	Michael Craven
10	Brad Cooke	29	Molly Wright
	<i>Heat 3</i>	30	Scott Richmond
11	Michael Keal	31	Rebecca Craven
12	Harry Dean-Allen		<i>Heat 8</i>
13	Connor Spinks	32	Kimberley Van Haren
14	Sofia Parla	33	Oliver Street
15	Henry Careless	34	Amelia Murfin
	<i>Heat 4</i>	35	Heather Guy
16	Pippa Wilson	36	Brendan Clark
17	Thomas Tamberlin		<i>Heat 9</i>
18	Hannah Macleod	37	Jessica Murfin
19	Joseph Howe	38	Reuben Reed
20	Luke Jones	39	Sam Wright
		40	Zak Lomas
		41	Ben Pogson

Once the 800m has been completed and the results have been processed we shall arrange for the Bagcat certificates and awards to be made. Full details of this will be posted on the notice board.

Please note: Juniors will train as usual on Tuesday January 6. Future and County training is cancelled. On Wednesday January 7 all squad training is cancelled.

Guy Dix
Secretary

EXECUTIVE COMMITTEE 2008/2009

Following the 2008 AGM I am pleased to advise you that the executive committee for the next 12 months is as follows: Chairman, Pete Hockerston; vice-chairman, Phil Featherstone; secretary, Guy Dix; treasurer, Jo French; membership secretary, Susan Holderness; fixtures and championship secretary, Jane Thorn; records officer, Tracey Nuttman; gala and officials secretary, Karl Royce, public relations officer, Mick Macleod; minutes secretary, Jacki Wright; fundraising officer, Wendy Featherstone; committee members, Mark Craven, Sharon Dean, Sue Dix, Mark Jones, Mark Keal and Paul Penniston.

ASA CATEGORY 2 REGISTRATIONS 2009

Registration fees for Category 2 registered swimmers will be collected in January and February 2009 – full details will be posted on the notice board. The fee for 2009, in line with our club rules, is £15.25 (the difference between the Category 2 fee of £22 and the Category 1 fee of £6.75). Category 2 registrations are for all swimmers who compete in Open meets, County, Midland and National Championships. If you require additional information on this then please speak to any of Jo French, Susan Holderness or Guy Dix.

COUNTY CHAMPIONSHIPS 2009

Elsewhere in this newsletter there is an entry form for the 2009 Championships, the closing date in Saturday January 10. Sue or Guy Dix will be at the pool on Tuesday January 6 and Wednesday January 7 (during the 800m club championships) and on Thursday January 8 between 6pm and 7.30pm.

Please complete the application form using the times on the website. County qualifying times are on the notice board and on the Lincs ASA website. Please remember times must be achieved between July 1 2008 and January 10 2009 and it is age as at 28/3/09. Cheques should be made out to BASC as usual plus the £2 coach fee.

Guy Dix
Secretary

TRIATHLON ACADEMY

Sam Wright of the club's Midland squad has just been accepted to the East Midlands Regional Triathlon Academy. Ben Pogson and Patrick Ikhenya are in the Regional Academy for swimming. Sam attended a selection day which was held at Loughborough University in November. The day consisted of a briefing by Olympic triathlete Steph Forrester and the national coach Ben Bright. There was also a question and answer session with Hollie Avil who, at 18 years old, is British champion and went to the Beijing Olympics. She has only been competing in triathlon for three years.

Triathlon comprises running, swimming and cycling. The selection day consisted of a 200m swim and a 1500m run, although Sam was excused the swim as he had a Speedo gala at night in Spalding and had to travel back from Loughborough in time for it. He was able to submit his personal best as a time. He did, however, have to do the 1500m run which was not pleasant as it was a really windy day and started to rain towards the end of his race. Nevertheless, he achieved the times required and has now been awarded a place. From January, he will attend monthly training sessions at Loughborough, which will include help and advice on nutrition, strength and conditioning, open water swimming, group riding and race selection.

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FUNDRAISING

We had a fantastic day at the summer club championships. This year the weather was kind to us on a day when we had a “soak-the-coach” theme where the children grabbed the opportunity to “pay back” the “suffering” the coach inflicts on them training-wise throughout the year. For the first time we had a parents sponsored race duly won by our coach. Many thanks to everyone who supported this. A special thank-you goes to Mark Jones for all his hard work with organising this day.

Looking ahead, we have a **Summer Ball** organised for next June. There are possibly still some places available but you need to move fast to take advantage of this. There will be more details in our next newsletter. On the **Bonus Ball competition** front, there are currently 13 spare lottery numbers. Each number costs £1 per week. To get one of the few numbers still remaining, go over to the training pool and see the notice board or contact Emma Parla. Unfortunately we had to cancel the **Asda Bag Pack** on the December 6 and 7 due to Asda double-booking the date. They have promised us a good weekend in April in 2009 so we will keep everybody posted about the new date. **Prize Bingo** was organised by Julie Clarke and her band of helpers. It raised around £570 for the club we had a good night with hot dogs at the interval kindly cooked by Nick French. Thanks everybody for the effort you put in on the night. Finally thank you to everybody who has helped raise funds during the year. Without your help we cannot continue to keep our subscriptions to a level at which they are now. If anyone would like to join us in fundraising, please see any committee member. We would love to see you helping out. It's good fun and we keep everybody busy.

Wendy Featherstone
Fundraising officer

MASTERS SECTION

Boston Swimming Club played host to the 21st Lincolnshire County Masters swimming gala. Adult swimmers between the age categories of 18 to 75 took part in races between 50m and 100m in length. Also at stake was the Carol Patch Team Trophy. Reigning champions Gainsborough were determined to hold on to their title but faced strong competition from Lincoln Vulcans and Boston. It was Gainsborough who started the strongest and soon built an early lead. This was to last until the half-way point when a string of good results for Lincoln Vulcans gave them the lead. This they held onto for the rest of the competition. Although the Boston swimmers produced some good swims, they could never quite catch their counterparts from Lincoln and Gainsborough and had to settle for third place.

On the day Boston claimed 25 gold medals, along with 19 silvers and four bronzes. Anton Kiss was Boston's most successful male swimmer, claiming six county titles, closely followed by Paul Allen and Lewis Moses with three each. For the ladies Chloe Dix with two titles and Emily Dix and Ruth Kennewell with one each also enjoyed a successful afternoon. Gold medals: Paul Allen (3), Chloe Dix (2), Emily Dix, Archibald Grant (2), Richard Howes (2), Ruth Kennewell, Anton Kiss (6), Lewis Moses (3), Dennis Taylor, Chris Willerton (2), 18-24 freestyle and medley relay teams; Silver medals: Emily Dix (2), George Dix, David Graves (2), Richard Howes, Ruth Kennewell (3), Lewis Moses, Avril Porter (2), Dennis Taylor (2), Sarah Walter (3), Chris Willerton (2); Bronze medals: Emily Dix, Avril Porter, 120-159 freestyle and medley relay teams.

Why not make it your New Year's resolution? Boston Swimming Club officials are looking to bolster their adult squads. Whether you are looking to learn to swim, swim to keep fit or want to become the next county champion, why not call Sarah Goodale on Boston 358847 for further details?

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