



Backwell Swimming Club Newsletter

May 2005

Club Championships 2005



3rd, 5th, 7th and 10th July 2005

It's that time of year again, gearing up for the Club Championships at the beginning of July. Kevin, Andy and Clive are putting in a lot of effort into making sure things run as smoothly as last year. Swimmers and parents, please come along and support your local swimming Club.

These Championships are open to all members of the Club (excluding the PSC) and are an ideal opportunity to put all that hard training to the test in a competitive environment. Don't be put off if you think you're not fast enough. The competition is arranged on a "Heat Declared Winners" basis which means you will be swimming in races with swimmers who have similar times. Can you beat your own time and achieve a personal best? Sign up for as many events as you can and find out! Ask your teachers for advice if you're not sure. They do have spare entry forms if you can't find yours!

Once a complete event has been swum, we will know the results across the age group. Gold, silver and bronze medals are

awarded on the evening for the top three places and 4th, 5th and 6th places will receive ribbons. Trophies are also awarded at the AGM for the top boy and girl in each age group across all events, so do enter as many as you can.



Don't forget either that all swimmers entering for the first time will receive a Club tee-shirt!

Junior League

On April 23rd young swimmers from BSC swam their hearts out at the first round of the Junior League at Easton Leisure Centre.

The water was salty! It was hot and steamy for the spectators! It was noisy, not least because of the yells of "Backwell, Backwell" coming from team members in their distinctive black and orange BSC tee shirts! It was very exciting! 26 PBs on the night, out of 28 individual events, a very creditable 3rd place overall. What might have been if more of the boys who train regularly for us had competed? Many thanks to the boys who did come and who swam tirelessly race after race. Well done

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to all the girls, especially to those who felt nervous but nonetheless put in great performances. Exceptional swims in the 50m backstroke and 25m butterfly from **Lucy Bryan** and special congratulations to **Ingeline Hart** who will set a new Championship record in the backstroke at this year's Club championships if she repeats her performance at this event.

The next round is at Easton again on **May 21st** and the last round on **June 25th**. (Venue tba.) Swimmers and parents, please support your Club.

Sponsorship

Many thanks to **Backwell Parish Council** (£200) and to **RBS** (£250) for their donations. The money will be used to buy swimming aids to assist the Teachers in their lessons.

Time Trials

Time Trials were held on April 17th and were so successful that they will be a regular feature of the Club's timetable from now on. Many thanks to all parents who helped on poolside.

They will be held once a month where possible, on Sundays 5.00-7.00 p.m., for all swimmers levels 6-12. The next date for your diaries is **Sunday June 12th**.

Even if you do not usually swim on a Sunday, there are three good reasons for you to come along once a month. It is a chance to participate in a whole Club event; you will be able to keep a record of your times and to measure your personal progress month on month; you can achieve a bronze, silver or gold ASA sprint award.

Freestyle	Butterfly	Breaststroke
Bronze Award		
Ingeline Hart	Hayley James	Ingeline Hart
Katie Jenkins	Chloe Green	Susan Bower
Kamini Taylor		Philippa Gamblin
Annabelle Zinn		Ellie Purchase
Rachel Rowland		Kamini Taylor
Bethan Walker		Bethan Walker
Chris Stewart		Katie Warren
Huw Solari		Adam Rowland
		Bethany Toogood
		Huw Solari
Silver Award		
Ellie Purchase	Lucy Bryan	Lucy Bryan
Katie Warren	Anthony Faulkner	Rachel Rowland
Adam Rowland	Clayton Davis	Anthony Faulkner
Isabel Overton		Chris Stewart
Louis Domaille		Laura Bagnall
Laura Bagnall		
Gold		
Kim Eastoe		Sam Hood
		Sophie Faulkner

Parents...

We all know that boys will be boys but problems with a small minority of boys behaving badly in the changing rooms, particularly at the 7.30 p.m. changeover slot, continue to be an issue for the Club.

Backwell Swimming Club is run by a small group of volunteers but dependent on the involvement of all its swimmers and their parents to operate smoothly. It is up to parents to take responsibility for the behaviour of their children and if necessary, to supervise them in the changing rooms.

Any incidents reported to us will be investigated and dealt with in accordance with the Club's revised Behaviour Policy.

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