

# BROOMS NEWS



December 2009

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## **PRESIDENT'S PIECE**

**Andy Crowfoot**

We have had a very busy term, starting with the Enfield Juveniles competition in September which saw many swimmers competing for the first time. This was followed by the training camp in Eyemouth during October half term, our home gala for the Jim Savory Trophy in November and in December the Bracknell open meet and the Christmas Gala. It was great to see so many younger swimmers come along for the Christmas Gala mixing in with the swimmers from the older squads.

With the guidance of Luke, Karen, Leanne, Harriet and the other coaches our swimmers have achieved some great new Personal Best times. Luke has identified the Middlesex BAGCAT championships in February and March as a competition that swimmers should try and enter. The qualifying times for this meet are set at a high standard and any swimmer that has managed to qualify has made a real achievement. Two years ago we had no swimmers compete, last year we had 2, this year we already have 6 that have managed to qualify and with the closing date for entries not until the end of January hopefully we will have some more to come.

Unfortunately we have lost both of our pools due to maintenance for the Christmas period. However we have managed to secure some pool time at The Venue in Borehamwood. The last session at QE Girls is on Sunday 20th December and the final session at Southgate pool is on the 9th December. We will have a Wednesday session at QE on 16th December.

Hope you all have a Good Christmas and Happy New Year.

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## **CHIEF COACH**

**Luke Dormer**

This term has seen some major developments which will help to make 2010 get off to a flying start. Many new parents have given offers of help to the club enabling us to really move forward in terms of organisation and professionalism. I would like to personally thank everyone who is helping to make a difference.

Our Scottish Borders training camp at half term was a great success with swimmers training twice a day in the pool and doing lectures and land training on alternate days. The Broomfield Park swimmers who attended came back much



stronger both physically and mentally and were a credit to the club. I am pleased to say that all have stepped up the intensity of the training at home once they returned - it's a joy to see our swimmers move on in terms of their commitment to swimming and in turn receive the benefits by smashing their personal best times.

In November we started our new Land Training Sessions at QE Gym on a Thursday evening. These are open to Juniors, Seniors, Masters and Adult Development at the moment and really are a great complement to the work we do in the water. We are learning new exercises that are specific to swimming and will help to strengthen our athletes both young and old. We are also doing a mobilisation program to learn how to properly warm up the body pre-exercise and a flexibility program that will ultimately help swimmers to get into positions in the water that they could not do before this will lead to greater PBs and all of the land work helps to prevent injuries and allows a great amount of fun swimmer/coach interaction along the way. Keep it up guys!

Also in November we ran our Jim Savory Gala. It was the first time in two years that we were able to field a team of swimmers that covered every age group from 10-16 years. Although we were beaten on points by other strong clubs in the area, I was very proud of our team for showing that we have what it takes to perform at a gala of this type. The atmosphere was great with all of our young swimmers conducting themselves in a professional manner that has not been seen on such a scale at the club in many years. Well done Jim Savory Team, you did us proud.

On 5th December swimmers who have gained County BAGCAT qualifications already or are very close to achieving them attended the Bracknell open meet. Swimmers focused on events that they are individually strong in. The overall team morale was very high with the older swimmers helping the younger ones and everyone making sure that they had the correct kit on and conducting themselves professionally around poolside. Swimmers received advice before each race and were given feedback after each race from the coach; this has been done before but has never been carried out by the swimmers to the letter on such a scale as it was at Bracknell. It really does go to show how our team is moving forward now at such competitions with confidence is growing all the time. Our PB time rate was 65% with 44 PBs out of 65 swims. Well done to everyone - keep aiming for those BAGCAT times and remember the harder and more often you train the easier they will come.

From January we will be introducing two exciting sub groups of swimmers. These will be known as County Juniors & County Seniors. Entry into this group will give access to some much needed extra water time to enable our young hopeful athletes to take the next step towards success. Entry to the groups will be via invitation on a termly basis from the head coach. A list of criteria is available from the head coach which determines who will be eligible for assessment. It is based around the following: attendance, technique, motivation, and how close the swimmer is to BAGCAT County Standard qualifying times. We hope that our swimmers will benefit from this extra water time and work hard to achieve the standard needed.

Swimmers of the term for September-December are Tessa Mason & Omar Salem, our youngest ever recipients. They have both made great leaps forward in the pool in terms of attendance and taking advice from their coaches and putting it into practice. It's easy to take advice but not so easy to actually put it into practice so well done to both of you enjoy your trophies and certificates.

We will be shortly announcing our Christmas program of training, please try to swim over the holiday period to ensure that you have a good base level of fitness in

January. Our bodies lose fitness very quickly if we do not swim and we also lose feel for the water which is very important. With such a busy time to come in January, February and March it's important that we don't slip backwards. A well earned rest of two weeks should be taken by everyone in the summer of 2010 when competition ceases.

Good luck everyone - keep up the good work and remember if you train the same you stay the same, try and do something extra in your training over the coming months and you shall reap the rewards.

Merry Christmas and a Happy New Year.

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## **CHRISTMAS SWIMMING**

**December 2009**

Southgate will not be available to us after 9th December until the New Year. There will be a Wednesday session at QE Girls, 6:45pm to 7:45 or 8:30pm for those who qualify to swim at Southgate normally, 8:30pm to 9:30pm for Masters.

QE will be closed after the Sunday training session on 20th December, and will reopen for training on Sunday 3rd January.

We have arranged swimming sessions at The Venue Borehamwood on 22nd, 23rd, 29th and 30th December period, 9am-10:30 for Development and Juniors, 10:30-12 for Seniors and Masters.

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## **SWIMMING FEES**

**Sylvia Burt**

Annual membership and swimming fees are due immediately we start back in the new year. Increases in ASA registration fees have meant we have to increase annual membership to £20 per year. Termly swimming fees are unchanged, at £70 for Teaching groups, £80 for single-swim members, and £100 for multi-swim members.

Under ASA rules, swimmers whose fees are unpaid after the first three weeks CANNOT BE ALLOWED TO SWIM.

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## **MASTERS SECTION**

**Derek Parr**

Congratulations, everyone, on a powerful all-round performance in the pool which enabled us to retain our trophies at the annual Enfield Borough Masters gala on November 29. Our squad of 25 men and 12 women compiled a massive total of 429 points to retain the overall trophy at the Southbury Leisure Centre ahead of Enfield Water Polo (163) and Edmonton Phoenix (132). Our strength in numbers gave us the advantage once again, so thanks to one and all for an excellent collective effort. We took the men's trophy with 257 points ahead of Enfield Water Polo (159) and Edmonton Phoenix (34), while our women prevailed with 172 points ahead of Edmonton Phoenix (98) and Enfield (12). As usual, never a dull moment and scarcely time to pause for breath on an evening of frantic, quick-fire sprint action. The calibre of the opposition showed clearly in the relays, with Enfield Water Polo winning two of the five men's races and Edmonton Phoenix winning three of the five women's titles. But that still left us with three relay cups for our men and two for our younger women's quartets.

Lisa Dawson was our most prolific winner among the women, triumphing in all her five individual races. Lisa, competing in the 30-34 years age group, won the 50m backstroke in 35.20, the 50m freestyle in 32.22, the 50m breaststroke in 42.36, the 100m individual medley in 1:19.67 and the 50m butterfly in 34.62. All bar the 50m breaststroke were the fastest overall women's times of the evening. Naomi Holloway collected four victories, while mother and daughter Berry Birdsall and Cory Hemming each celebrated golden trebles, Cory claiming the best aggregate 50m

breaststroke time in 42.12. Sarah Johnson and Lucy Adams proved an excellent Sister Act, both winning the two individual races they entered in their respective groups. Shirley Stewart, doyenne of the Broomfield Park Ladies, also went home with double gold. There were individual wins for Jan Lloyd, on her debut with us, and Sue Woodrow and pairs of second places for Frankie Gallantine and Sarah Hitchcock.

Among the men, mighty Matt Molloy was in prodigious form in his annual “dive and sprint training session”, winning four events in the highly competitive 40-44 years age band. Second in the opening 50m backstroke in 32.93, Matt stormed home in the 50m freestyle in 29.26, the 50m breaststroke in 38.34, the 100m individual medley in the overall fastest time of 1:09.95 and the 50m butterfly in 30.88. Simon Barnett struck triple gold in the 35-39 age group, winning the 50m backstroke in 35.90, the 50m breaststroke in the overall fastest time of 35.40 and the 100m individual medley in 1:16.55 but had to settle for second behind the fastest man of the night in the pool – former Broomfield Park swimmer Craig Bransby – in the 50m freestyle and 50m butterfly. Craig, now with Enfield Water Polo, clocked 26.01 in the freestyle and 28.97 in the fly. David Tomback won all his four events, while our oldest men's swimmer, Peter Taylor, collected three victories and our youngest, Andre Branco, took one in the 50m backstroke. Nick Robbins and Mike Skinner notched two wins apiece and Tim Abson and Phil Gallantine one each. I won all my five races, with apologies to Nigel Birdsall, who was second on each occasion.

It was good to celebrate the return of Marcus Gallo, who claimed second place in the 50m breaststroke (just 0.10 seconds adrift of Matt Molloy), and to welcome Lindsey Bennister, Jan Lloyd and Jon Brett to our ranks. Thanks again to all our swimmers and to our rival clubs and the officials for making it a grand evening.

The event, however, very much missed the presence of Vernon Davies, the perennial master-mind and organiser of this gala, who recently suffered a stroke. We wish him a full and speedy recovery.

Hats off to Matt Molloy, who burst through the 18-minute barrier for the 1500 metres freestyle, clocking 17:40.37 to win his age group at the ASA National Masters Championships in Sheffield in October. Matt also won the 200m butterfly (2:23.30) and took silver in the 400m freestyle (4:32.93) and 200m backstroke (2:23.31). I picked up six golds, breaking my own British records in the 50m butterfly (31.05), 200m individual medley (2:52.34), 100m butterfly (1:09.66) and 400m individual medley (6:21.15) and also winning the 200m butterfly (2:41.82) and 800m freestyle (11:26.70).

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## **BIRTHDAY GREETINGS**

**Sylvia Burt**

**Belated birthday greetings for November** to Elisa Fardoust, Joe Tullis, Francesca Franchi, Thomas Charnock, Ria Jagani, Owen Cooper-Winkworth, Jamie Greenwood, Luke Atkinson-Coyle, Muhammad Shaheen, Jack Whymark, Jason Prescott, Cameron Amoils, Sophie Watt, Elle Hopping, Marco Pappalardo, Lizzie Watt, Janette Lloyd, Derek Parr, and Mike Wesson

**And greetings for December birthdays to** Ciaran Prior, Christopher Cheney, Oliver Cheney, Erin Carter, Thomas Mangan, Daniel Mangan, Alice Whymark, Henry Smith, Holly Greenwood, James Hooker, Amir Mouelhi, Charlotte Cicco, Katie Cicco, Octavia Cheney, Emily Lowe, Peter Jackman, Joe Mangan, Persia Abbassi, Mohammed Salem, Ahmed Sheekhuna, Nancy O'Connor, Ross Mason, Freddie Flinn, Rebecca Atkinson-Coyle, Charles Langford, Puja Maini, Susan Woodrow, Kusum Maini.

**Happy birthday to you all from Sylvia**