

# BROOMS NEWS



January 2010

Visit the club website at [www.broomfieldparksc.org.uk](http://www.broomfieldparksc.org.uk) for the latest club news

---

## **PRESIDENT'S PIECE**

**Andy Crowfoot**

I hope you have all had a good Christmas and New Year.

There are some exciting new changes to the squads this term. As we now have a lot of swimmers who have made, or are close to making Middlesex BAGCAT (British Age Group Categories) qualifying times we need to make more pool time available to them, and two new squads have been made to facilitate this. We also have some members who just like to swim to keep fit, they do not necessarily have goals to break personal best times and enter competitions so it is logical that two more squads be made up to accommodate these people also. The aim is to be able to accommodate all swimmers of various abilities with very different goals. By rearranging the squads, Luke has managed to accommodate all swimmers and whilst this may at times make the lanes busy, it is a logical and helpful way to run sessions and will in the long run help all swimmers. Extra teachers and coaches are being made available to help with this process and ensure everyone gets the help they need.

It's the time of year to start planning holidays so please keep in mind the visit of our friends from Altenberge, Germany at Easter. We are still looking for host families to care for a German child over the Easter weekend. We have day trips and evening entertainment planned which will make a fun couple of days when plenty of new friendships are sure to be formed.

Later in the year, October half term is time once again for the training camp in Eyemouth. This is a very popular week and if you would like to join us it would be worth booking now to reserve your place on the training week and to secure accommodation as places fill up fast. Every level of swimming is catered for from LTS to national qualifiers and it's aimed at both parents and children. You do not need to be a member of the club to come along. If you would like any more information please speak to Luke or email [mail@totalaquatics.co.uk](mailto:mail@totalaquatics.co.uk) to request further information.

---

## **SWIMMING FEES**

Due to the weather Sylvia has been unable to make it to the first few sessions of the New Year to collect the fees but with the weather clearing, she should be able to start collecting money. Could you please pay her as soon as possible to save her making too many trips to the pool especially this time of year when the weather is against her? Increases in ASA 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.

---

## **PARENTS COMMITTEE**

It is often difficult for parents to make it to Parents Committee meetings so we would like to start up a virtual committee via e-mails to get more ideas and input from everyone involved in the club. If you would like to be involved please click on 'Club Secretary' on the contacts page of the web site and let us know you would like to be included.

---

## **CHIEF COACH**

**Luke Dormer**

This term sees us slowly re-gaining fitness for the first two weeks so the intensity of our training is less, but this is the best time to try and get a hold of your technique so listen to your coaches and teachers very carefully and try and ask questions whenever you can. The program will build in intensity every week as we make small stepping stones towards peak training volume towards the end of February.

The end of February and into March sees some of our swimmers head for the Middlesex county BAGCAT championships. The standard needed for qualification is quite high and we are very pleased to have eight swimmers qualified already this year as opposed to two last year. Well done to those swimmers - it shows your commitment to the work and that if you listen in training and more importantly take that information and change your technique you can have success too.

For other swimmers January and February sees a chance to take part in the Edmonton Phoenix winter sprint meet, where 9-12 year olds some of them for the first time gain valuable experience in shorter distances. We rely on the whole team to take part. No matter how many swims one swimmer has it's the team effort.

Some of our development swimmers can get worried about our race nights they see the older swimmers and think that they won't be able to keep up or are frightened by seeing the pool set up in an official manner. We would urge the parents of our swimmers to let us know if this is the case because the coaches can more than often clear this matter up and alleviate these fears in just one conversation with the swimmers and parents. Our internal race nights are designed specifically to give our swimmers their first experience of racing; it's kept as informal as possible to allow the atmosphere to be more relaxed than a real competition.

The club is trying to set up a "Front of House Team" that will be available to answer questions from swimmers and parents in the lobby/reception area at QE girls pool. We are aware that it's not easy to access this help from poolside whilst teachers are working so we are trying to set up this new service to help with these issues, please look out for a notice detailing when the team will be available in the coming months.

Our club captains also provide a vital role if swimmers need advice with anything please just ask they will be only too happy to help, and if they are unable to help they will refer the matter to us in any case.

The website now has its first news story for 2010 a piece written by our club president Andy Crowfoot please feel free to send us your articles no matter how short and even if they are unconnected to swimming we like to know what everyone is doing and feel that it helps to keep a good atmosphere in the club. Send your articles to [webadmin@broomfieldparksc.org.uk](mailto:webadmin@broomfieldparksc.org.uk)

Good luck with your swimming over the coming months and if any of us can be of service to you please just ask.

---

## **BIRTHDAY GREETINGS**

**Sylvia Burt**

**Birthday greetings for January to** Anna Banks, Maraid Campbell, Hayley Duck, Keira Egli, Lucy Ham, Louise Freeman, Madeleine Lowe, Abigail Wilkinson, Harvey Browning, Harvee Constantinou, Luke Floyd, Joe Hutchings, Ashley Moules, Nikhil Patani, Conor Searles, Nathan Stokoe, Louie Unwin, Dan Stewart, Joe Clune, Steve Mason, David Copley, Oliver Burn.

**Happy birthday to you all from Sylvia.**

---

## Beth Robbins Strikes Gold

---



Beth Robbins came away with a Gold medal in the 10 Year old 400m Freestyle at The Enfield Borough Championships. Other medal winners included Tessa Mason who took a Silver and 2 Bronze medals. The fortunes of the Mason family continued with Alice winning 2 silver and a Bronze, Issy winning a Silver and a Bronze and Ross winning a Silver and a Bronze. Ross also achieved a BAGCAT qualifying time in his 200 Metres Freestyle. Other medals winners were Charlie Crowfoot and Ella Wywras who both won silver medals, Kelly Floyd who won two Bronze medals and Joshua Rock who came away with a bronze in the 200m Breaststroke. Tessa, Issy and Ella along with Finnley Blake, Jamie Greenwood, Peter Jackman, Sorchia Jackman, Joe Mangan and Michalis Kashis all took part in their first distance meet. Tim Robbins completed the line up which saw 38 Personal best times and 24 new club records.

---

## SWIMMERS CAPTAINS

**Alice and Laurie**

Both of us would like to thank everyone who voted for us to be Swimmers Captains.



I'm Alice Mason – I swim on Mondays, Tuesdays, Wednesdays, Fridays and Sundays. I teach in the learn-to-swim sessions on Fridays.



I'm Laurie Pearce – I swim on Mondays, Tuesdays and Sundays. I also teach on Mondays and Fridays.

If you have any issues to raise to improve the club, come and see us and we will be happy to speak to Coach Luke. We hope to represent and promote the club to outside organisations and offer help, motivation and support to swimmers before and after races.

Thanks again, and good luck to all those participating in galas in 2010.

---

## KIT

**Lisa Robbins**

New members particularly note that we are affiliate members of 'Swimshop', who currently supply us with much of the club shop kit etc. This means that if you access the 'Swimshop' website through our BPSC website and purchase equipment online 10% of the purchase price is returned to the club by 'Swimshop' as a way of fundraising for the club. Remember that **only purchases made via the BPSC link** will qualify for the 'cash back' to the club.

The 'Swimshop' link has been added to the BPSC home page under 'links' and looks like this. Simply go on to the BPSC website and click on this link.

'Swimshop' sells every sort of swimming equipment and kit - flippers, goggles, bags etc. The Club shop will continue to stock costumes, hats and t-bag t-shirts etc with the club logos, but will probably not keep as big a stock of basic items which can be purchased from 'Swimshop'. The club shop will continue to buy and sell second hand fins (flippers) and currently have a good stock of goggles, so please try us first if you need these.



Feel free to ask either Julia or me if there are any queries or feedback.