

BROOMS NEWS



March/April 2010

Visit the club website at www.broomfieldparksc.org.uk for the latest club news

TESSA WINS KEVIN ASTLEY TROPHY

The latest winner of the Kevin Astley trophy is Tessa Mason. The Trophy is awarded to the swimmer with most improved butterfly time. Tessa improved her time by a massive 12 seconds between June and December last year going from 1.03.31 to 51.82.

The trophy was first awarded in 1986 in memory of Kevin, one of our best butterfly swimmers, who was sadly killed in a road accident when he was just 18 years old. Kevin's parents gave the club a cup in his name, to be awarded every 6 months to the young swimmer showing most improvement in butterfly. The cup was not awarded for many years, only reinstated last year when it was presented to Kelly Floyd. Tessa becomes the second swimmer in recent years to be given the honour of receiving this memorial trophy.



PRESIDENT'S PIECE

Andy Crowfoot

It's not long now until our friends from Germany arrive. So far we have 11 Children and 11 adults coming over for Easter. We are holding a party for them on Easter Sunday which I hope many of you are going to come along and enjoy. We also have a gala on Saturday 3rd April - all club members are invited to take part, but you will need to let us know if you are available to swim. The draw for the Easter raffle will be held at the party on the Sunday so make sure you get your tickets beforehand if you are unable to come on the night.

ALTENBERGE GALA
SATURDAY 3RD APRIL 2010
TIME: 2-4pm QE GIRLS' POOL
OPEN TO ALL BPSC SWIMMERS
For more information speak to Andy or Allan

EASTER FAMILY DISCO
OPEN TO ALL CLUB MEMBERS AND FAMILIES
COME AND PARTY WITH OUR GERMAN VISITORS
PLEASE BRING A FOOD OR DRINK CONTRIBUTION TO SHARE
SUNDAY 4TH APRIL 7.30-11.00PM
HADLEY WOOD ASSOCIATION HALL
CRESCENT EAST
HADLEY WOOD

We have had an amazing number of 51 entries for the LBESA Championships on 27th & 28th March at Southbury Road. This is a really fantastic turnout and should give us a strong team. Good luck to everyone taking part, especially if it is your first time competing. Most BPSC spectators try and sit towards the middle of the balcony about half way up. If you are coming along to watch, please come and find everyone and be prepared to cheer all our swimmers through their races.

Looking forward to next term we have a few changes to the timetable which are explained further on. We are also planning to hold a biathlon for club members and parents, a competition to find a slogan for the club, and a charity fund raiser which will be based on 'Round the World in 80 Days'. So please keep any eye on the notice board and web site for more details. Thank you for your continuing support.

CHIEF COACH

Luke Dormer

Thank you for all making the club such a success over the recent months. We continue to grow and develop strong links within swimming in the Barnet area. Our collaboration with QE Girls School is expanding so that we can join forces to encourage more sport participation. These are exciting times for London in the run up to 2012 Olympics.

Our Adult Development and Triathlete membership has increased significantly which is great news with some also progressing to Masters. Monday night Development swimming is very popular as is Karen's Sunday morning session. We are also pleased to see an increase in swimmers at Southgate. It's such a great building and fun to swim in a pool of a different length. QE Girls is a 25yd pool, Southgate is 33m. All of our younger development swimmers are welcome at Southgate - we even do half lengths for the younger swimmers.

The club is committed to catering for all abilities from 4 years upwards. If you would be interested in Adult and Baby Classes please contact membership on the website. We are also about to launch **BPSC Swim School (Barnet)** which as well as catering for Child Learn To Swim will also now be registering interest for Adult Learn To Swim lessons. Contact memberships on the website for more info.

April to July 2010 Term - Session Time Changes

The club has made some changes to the timetable so look out for posters on Notice Boards or download your copy from the website.

SWIMWEAR

Luke Dormer

Fina and ASA rules which govern swimming changed recently so that no one is allowed to compete with a costume which passes the knee.

The club recommends the following kit.

For normal training sessions: boys boxers or jammers, girls all in one costumes.

For racing & competition: boys boxers or Speedos, girls all in one costumes

Note that it is OK to use up old costumes by wearing two or even three at the same time in training, as the drag factor is advantageous. However during racing costumes need to lessen drag factors to they need to be very well fitted with no areas that are likely to allow air and water to get in as this may slow swimmers down considerably. They are usually a size or two smaller than training costumes.

Swimmers should not be turning up for any sessions in beach shorts! This tends to happen sometimes in the Learn to Swim and Development sessions. The additional weight and drag that these shorts impose do not help at all when young

swimmers are trying to learn and develop their leg kick – they make it a lot harder to get things right and quite literally hold them back! At this time of the year perfectly good swim shorts can be bought from supermarkets for as little as £2 and girls swimsuits from £3. If you are having difficulty getting this type of swimwear please talk to Allan.

Goggles: For training we can recommend Zoggs Predator or Speedo Pacific Storm, for competition Speedo Speedsocket.

Fins: From time to time during skill work in the pool it is necessary to use short training flippers. All swimmers in Development, Juniors & Seniors should have their own pair where possible please. The small mesh bag that you can get with them can also be a good place to put those goggles after the session so that you don't lose them.

Adult development, Triathlon trainers and masters should also have a pair.

The club has recently purchased some new Kickboards and Pull Buoys so they are available to everyone during sessions.

As swimmers progress and reach higher levels it is expected that they have all their own kit in a mesh bag. That way they can train at other pools or during holidays with the right equipment - kickboard, paddles, pull buoy, fins.

Hydration: All swimmers should be bringing water bottles with 50% isotonic 50% water to sessions; your body becomes dehydrated very fast during swimming. If you do not replace the water salts and minerals you will develop headaches and cramps faster and have a bad training experience. Please get yourself a 1.5L min water bottle for this. Our club 750ml bottles are ideal for Development and Adult Development Groups.

Session Punctuality: Please note that all swimmers should be on poolside with hats and goggles on ready 10 minutes before the session starts. This enables them to do some poolside mobilisation of the joints which is recommended before exercise to increase blood flow to the joints. Any swimmer who is not ready to dive in on time after the Easter holidays will be asked to complete a land based 15 min warm up whilst the other swimmers do their pool warm up.

Lost Property: Remember to write your name on your kit with permanent marker. This may help us get it back to you in the event that you lose it.

BIRTHDAY GREETINGS

Sylvia Burt

Birthday greetings for March to Hana Assadi, Jessica Corbett, Ciara Cooper, Ella Hancock, Emily Humphreys, Katie Unwin, Rose Scott, Megan Lockheart, Isolde Rees, Tia Needham, Amy Breese, Frances Cooper, Molly Stogdon, Natalie Broadbent, Louis Taylor, Oscar Browning, Charlie Crowfoot, Maximilian Metcalfe, Tim Robbins, Steven Ramsay, Jay Slawson, and Arthur Ellis-Jones.

And birthday greetings for April to Kelly-Sarah Floyd, Linda Lingley, Kara Teale, Sara Taklo, Beth Wilson, Lucy Georgiou, Aine Campbell, Lisa Robbins, Beverley Coyle, Lucia Keaney, Mollie McGarva, Megan Busby, Rebecca Caittlin, Paige Kelly, Archie McMurray, Nigel Birdsall, Andy Crowfoot, Sam Bull, Finnley Blake, Peter Jordan, Homam Limam, Oliver Pinkett, Eliot Roberts, Joshua Rock, Omar Salem, Elias Bull, Nathaniel Byrne, Tomas Campbell, and Brandon Boyd.

Happy birthday to you all from Sylvia.

And a Happy Birthday to you Sylvia, from us all.

EASTER EXCHANGE VISIT



We are holding an Easter Raffle. The tickets are available in the foyer at QE on Monday and Thursday evenings and are £1 for a strip of 5 tickets. The main prize is the gigantic 2kg chocolate egg worth £35 and there are 6 other chocolatey treats to be won.

The raffle draw will take place on Sunday 4th April at the Easter Party held in honour of our German guests.

All proceeds from the raffle will go towards purchasing new and much needed equipment for the club so please support us by buying some tickets!

CHANGES TO THE TIMETABLE

We are constantly reviewing the sessions to make the best use of the facilities open to us as the club changes and evolves. There are a number of changes planned for next term to address specific issues such as sessions being too crowded and others too quiet etc. It will mean changes to swimming start and end times for some swimmers – so please take time to take note of these changes, which are displayed in detail on the notice board.

There are a few changes with immediate effect to the Wednesday session at Southgate, where there is a lack of numbers in both sessions. Changes to address this are as follows:-

8-9pm session

- The last session of every month will focus on starts and turns with the pool set up for widths.
- All Development squad swimmers are welcome.
- Adult Development will have a lane in this early session to enable Adult Development parents to swim at the same time as their kids.
- For the remainder of this term and through to the start of next term 'single' sessions swimmers can come along on Wed at no additional cost.

9-10pm session

- 1 lane will have the session tailored for long distance & tri-athlete training.
- 1 lane will be provided for Senior squad for 30mins to extend their session to 1½ hrs from 8pm.

British Gas Bagcat & Youth Competition 2010 Luke Dormer

The first sessions of this competition, the 50m sprints, took place on the 20th and 21st February at Southbury Road Pool. This is the highest level of competition our swimmers have achieved so far, so the competition was bound to be fierce. They did not disappoint, putting in some sterling performances and showing that all the hard work in training is paying off. Tessa Mason, 10, was our youngest competitor. With an entry time of 53.45 she smashed her PB on the 50m Breast, recording a time of 49.16 which placed her 6th for her age in the county. This is also a BPSC record. In her next event, the 50m Free she once again did a PB recording a time of 38.43, against her entry time of 39.84, putting her 13th in the County and another Club record in the 10 Years Girls category.

Next up was Kelly-Sarah Floyd. Her time of 41.04 in the 50 Breast placed her 6th in the county for her age and was also a BPSC Club and Junior Record. In the 50m Free a new PB of 33.22 placed her 18th in the county, and in the 50m Fly another PB of 36.62 placed her 16th; again, both times setting BPSC Club and Junior Records.

Also swimming was Carl Wyrwas. In the 16 years 50m Free he smashed over a second off his PB coming in with a time of 27.11, coming 11th in the county with new BPSC Club, Junior and age 17 records.

Well done to all three swimmers for not only qualifying for this event but also conducting themselves so professionally on poolside, wearing the correct clothing and making sure they spoke to the coach before and after their races.

It's easy to listen to your coach but not so easy to put the tips into practice during the pressure of competition.

Follow-up: Middlesex Bagcats Sessions March 2010

Kelly-Sarah Floyd added to her tally of PB's at the latest round of the Middlesex Bagcats, her 15th in the 200m IM with a time of 2:55.35 (previous time 2:59.67) is a post-2000 club record. Kelly set unofficial PB's in her 50m times going through the 200M IM (two lengths of the pool on each stroke).

Tessa Mason did a another brilliant performance, 7th in the 200m Breaststroke with a time of 3.46.78 (previous time 4.06.80). Tessa attacked this race showing that she has the endurance to compete in 200m events whilst holding proper technique and not just the 50m dash. Another BPSC Record for Tessa.

Beth Robbins qualified for the 50m Backstroke last year and this year she did not disappoint. Her time of 3.06.63 (previous time 3.28.12) in the 200m Backstroke would have placed her 11th in the county but for a disqualification on the second to last turn! Beth came away happy knowing that she nailed all the other turns during the race which has greatly contributed towards her 22 second time improvement. Well done Beth.

Charlie Crowfoot went out like a storm on his debut County Champs race. He qualified for the 100m Individual Medley which demonstrates the ability to swim all four strokes to a high standard. He returned a PB time of 1.12.84. The Fly and Backstroke legs were done in a blistering 32.9 seconds, the Breaststroke leg in 22.00 and Charlie brought the swim home with a freestyle leg of 17.7. This placed him 18th overall in the Middlesex County which is fantastic. Well done.

Kelly was up again this time swimming in 200m Freestyle. She took off nearly 3 seconds from her PB coming in with a time of 2.35.14. She went out for the first 100M in a lightning speed of 1.13.53 which was actually a PB in itself. This swim placed her 18th in the county as well. The next day she shaved nearly a second off her PB in the 100m IM to finish 13th. The fly and the backstroke leg were very fast indeed, and her backstroke leg was so fast that it altered her stroke count needed to complete the backstroke to breaststroke turn at speed and meant that she found herself unable to push off properly. But she then made a great recovery to get her speed back up on the breaststroke leg showing great experience under pressure.

Carl Wyrwas learned a very hard lesson when he turned up for his second event of the championships, the 16 Years 100m Freestyle, having put in a PB for the 50m freestyle of 27.11. This meant that he was on form to be the first boy at Broomfield Park in some years to break the 1 minute mark for the 100m Free. You can imagine our dismay when we found out it was not to be. He was disqualified at the start under ASA law for going in before the starting signal. What compounded matters were that the swimmer in the next lane started to dive in and Carl saw this from the corner of his eye whilst waiting for the signal. So we didn't get to see Carl swim as he was pulled out. But we can't wait to see Carl do this event in the future - we have a feeling it's going to be very fast indeed.

MASTERS SECTION

Derek Parr

Nick Robbins, Andy Crowfoot and Duncan Jackman emerged from the Bracknell Masters Open Meet awash with personal bests on March 6, when their hard efforts in training paid off in a series of strong swims.

Nick notched no less than five lifetime PBs, striking gold in the process in the 50m backstroke with 39.39 to win by 0.01 seconds, having first dipped under the 40-second mark at last November's Enfield Borough Masters. Nick added to his medal collection with a bronze in the 100m backstroke in 1:29.04. His other pbs came in

the 100m individual medley (1:24.38), 50m freestyle (31.85) and 50m butterfly (35.02). He also swam the 100m freestyle in 1:13.90, not a pb this time but one that will go before long. All in all, a very solid showing by Nick, full of promise for the season ahead.

Andy claimed four Masters-career PBs in his six races, including a 3:15.70 clocking in the 200m breaststroke which brought him a silver medal in a neck-and-neck tussle with the guy in the next lane who claimed the gold by just 0.02 seconds. Andy also returned pbs in the 100m individual medley (1:20.28), 100m breaststroke (1:30.07) and 200m individual medley (3:00.04), tantalisingly close respectively to sub-1:20, sub-1:30 and sub-three minute swims. Next time, for sure, Mr President! He also swam 31.61 in the 50m freestyle and 41.34 in the 50m breaststroke.

Duncan registered spectacular progress with a nine-second lifetime PB in the 100m breaststroke (1:41.76) and 5.6-second PB in the 100m freestyle (1:19.43). It would have been three lifetime bests but for a DQ in the 50m breaststroke from which Duncan took the positive lesson of a "good learning experience". Creditable swims in the 100m individual medley (1:37.44) and 50m freestyle (34.62) rounded off a splendid day's work.

No personal bests for me – far from it – but I left with four golds (100m IM and 50m, 100m and 200m butterfly) and one silver (200m individual medley). Broomfield's four-man squad ended a good day by joining forces in the 4x25m medley relay. Come and join us, fellow Masters, next time. How about the Middlesex Masters in June?

SPONSORSHIP – EVERY LITTLE HELPS

Nick Robbins

Tesco Express, High Barnet have donated a large cage to store our poolside equipment in, under their 'Support Local Communities' scheme. This may seem an odd item to ask them to donate but the small aluminium cage we currently have on poolside to keep most of our equipment in cost £400. We have recently bought a number of items and well outgrown the small cage including floats, pull buoys and paddles for swim training. The new cage will also hold items for our gym-based land training on Thursdays including skipping ropes and stretch cords.

EASTER TRAINING

Tuesday 6th April:	6.45-7.45	Development
	6.45-8.45	Juniors, Seniors & Competitive Masters
	7.45-8.45	Adult Development
Wednesday 7th April at Southgate		Normal Swimming
Sunday 11th April:	8.30-9.30	Masters
	9.30-10.30	Adult Development & Development
	10.30-12.30	Juniors & Seniors
Tuesday 13th April:	6.45-7.45	Development
	6.45-8.45	Juniors, Seniors & Competitive Masters
	7.45-8.45	Adult Development
Wednesday 14th April at Southgate:		Normal Swimming
Sunday 18th April:	8.30-9.30	Masters
	9.30-10.30	Adult Development & Development
	10.30-12.30	Juniors & Seniors
Monday 19th April:		Normal Swimming resumes - See new timetable at pool or on website