

# BROOMS NEWS



May 2010

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

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## PRESIDENT'S PIECE

**Andy Crowfoot**

Over the Easter holidays we once again had a very enjoyable exchange with our friends from S V Grün Schwarz Altenberge. Many new friendships were made over the weekend and we all had a wonderful time going out on trips during the day and meeting up for evening events. The disco held on Easter Sunday was a particular success and I would like to thank everyone for all their hard work in organising all the events and for all club members who made it such a memorable weekend. We have been invited back to Germany for Easter next year. This is a fantastic opportunity which is open to all club members and their families. We are going to start planning our trip soon so please watch the board at QE for more information.

We have arranged to hold a Biathlon (swimming and running) event on Sunday 13th June. This will be held at QE and is aimed at all club members and their families. You are invited to enter as family teams. This is not a fund raising event and so will be free to enter. So long as the weather is good we hope to be able to have a picnic once the event is finished.

We are also about to launch our fund raising event which this year is based on the Jules Verne story of Phileas Fogg travelling around the world in 80 days. This event will take a similar shape to last year's 'Northern Line' swim and we hope that our fund-raising will be of equal success. For more information on the event please keep an eye on the board at QE.

We had great success at this year's Borough Championships coming away with a total of 45 medals. Year on year our achievements are improving and I was really impressed by the level of swimming. All our swimmers tried their best with many competing for the first time. Well done all of you!

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## CHIEF COACH

**Luke Dormer**



The start to the term has been phenomenal in many ways. The club has started many new initiatives in all directions. We have now launched the Around the World Swim, with an election process for you to select your chosen charity for our fundraising events in 2010. We have a Slogan Competition to help us create an inspiring few words for the back of the club hoodie. Thanks you to all the parents that chipped in to make this all happen - the club is a better place for all your efforts.

**Congratulations to Swimmers of the Term  
Adam and Summer**

Please register **your email address with us via the Membership Enquiry option** on the contact page of the website [www.broomfieldparksc.org.uk/contact.html](http://www.broomfieldparksc.org.uk/contact.html)

This is the best way to stay in touch with what's going on via our Brooms Updates. We realise that people change their emails from time to time so please let us know.

**Well done to all those swimmers in the BPSC SWIM SCHOOL** who achieved certificates and badges last term furthering their swimming credentials. Our swim school teachers and water helpers are ready to help in any way they can. Please arrange an appointment with **Harriet Key** our **Learn To Swim Coordinator** if you wish to discuss your child's progress. This can help to overcome many obstacles in the pool and also encourage better communication between the child and the teacher through your input.

**The club championships are now in view** and the focus for our competitive swimmers is how to improve their technique and aerobic fitness levels so that they achieve a good position and personal best times (PBs) from their swims. On the last Wednesday of every month we are doing a Starts, Turns, Finishes and general racing session. Please come along if you are doing competitions. Good luck to all of you. Remember **if you train the same, you stay the same.**

**Welcome to all new adult development swimmers and triathletes.** The club has grown in this area and now has a thriving section of adults who all have different personal goals but work well together in the pool. Keep up the good work.

Please continue to get swimmers to the pool and make sure they **change and go on to poolside at least 10 minutes before the start of the session.** Sometimes swimmers are left to their own devices and get dropped off on time but don't get poolside until 5-10 minutes after the session has started. We are monitoring this closely. It is unsafe to miss the warm up brief from the coaches and you may be asked to complete a dry land mobilisation or refused entry into the session completely. Swimmers under 12 years of age should be in the care of adults at all times. The club can only be responsible for swimmers whilst they are on poolside and in the care of one of our teachers or coaches.

Well done to everyone who took part in the **BPSC Altenberge Gala** on the 8th May. The whole team of swimmers did a fantastic job bagging the club fourth place out of seven Clubs in total. Parents also rallied around helping to run the gala for which we were the hosts. It was a very professional outfit and I know that the other clubs enjoyed it as well. The confidence levels of our young swimmers should go through the roof as they showed that they could beat other swimmers around them in the last few meters of a race or do a massive PB time. Some swimmers were taking 10 seconds off their 50m and 100m times.

On Monday it was back to the pool and back to business for many - its only 3 weeks until Half Term so that means that everyone has to knuckle down to work now trying to improve and be successful in everything they do, whether it is in the pool or at school or work. Of course sometimes we lose or do not achieve our goals. It is not how long we stand around thinking of failure that makes us champions it is how we learn from the lower points in our swimming career and put a positive spin on things again. How can you change and improve to achieve your next goals.

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## **BIRTHDAY GREETINGS**

**Sylvia Burt**

**Birthday greetings for May to** Fiona Deyes, Martha Browning, Mai Solomon, Kim Bishop-Leggett, Jayne Hopping, Shiva Etemadi, Emily Constandinou, Ella Connick, Summer Crowfoot, Amelia Diomedes, Harriet Ellis, Sorcha Jackman, Zosia Stoklasek, Shahnaz Ford, Sonal Mistry, Phoebe Hancock, Isabella Smales, Deidre Jackman, Jane Crowfoot, Molly Tonini, Alice Gray, Marianne Cohen, Simon Grainger, Michael Andrews, Ayden Ismail, Kieran Peacock, Lui Meere, George Stewart, Tom Sullivan, Carl Wyrwas, Lewis Walters, Nick Timis, and Phil Floyd.

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

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## EASTER EXCHANGE VISIT

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Day 1: The weekend started Thursday evening, just as most of us had broken up for the school holidays. The Germans arrived after a sixteen hour coach journey, their driver getting a fine for speeding and having a police escort for part of the motorway journey! After we collected our exchange children we fed them quickly then took them for training at QE. They must have loved us! The session was fun though with floats and relays.

Day 2: We took the coach to London for a bit of shopping: girls to Primark, boys to the Apple Store! A shared dinner and get together at St Mark's Hall ended the day.

Day 3: In the morning a group visited Camden to see the punk side of London. A gala was held in the afternoon with Adam Tonini stepping up to fill the gap in the girls' race! An evening barbeque at the Floyds' house was a great, fun end to a good day.



Schöne Tage verbrachten die Schwimmer aus Altenberge über Ostern in London.

### Spiel und Spaß in London

Schwimmer freuen sich schon auf den Gegenbesuch

Altenberge. Bereits früh morgens ging es los. Am Gründonnerstag um 7 Uhr bestiegen Kinder, Jugendliche, Eltern und Betreuer am Crocker Platz den wartenden Bus Richtung London. Der „Broomfield Park Swimming Club“ (BPSJC) hatte zum traditionellen Osterbesuch eingeladen und die Altenberger Schwimmer waren dem Ruf an die Themse gerne gefolgt. Während die Kinder die jeweiligen Gastfamilien kennenlernten, bezogen die Erwachsenen ihre Hotelzimmer. Und noch am Abend konnten

die Kinder am Schwimmtraining des BPSJC teilnehmen. Auch einsetzender Regen konnte das mittägliche Picknick im Hyde Park nicht verhindern. Mit einer abendlichen Party klang der Tag aus. Am Samstag besuchten Altenberger und Londoner gemeinsam den Camden Market, einer der bekanntesten und größten Märkte Londons mit täglich bis zu 500 000 Besuchern. Der Nachmittag stand im Zeichen des Vergleichswettkampfes der Vereine, bei

dem sich die Altenberge Mädchen laut Pressebericht gut behaupteten. Der Sonntag war als Familientag eingeplant, hier konnten die Gastfamilien eigene Unternehmungen mit den Kindern aus Altenberge starten. Die abendliche Feier mit stimmungsvollem Abschluss der gelungenen Tage Bernd Mühlkamp dankte den Gastgebern für die herzliche Aufnahme und lud den BPSJC zu einem Osterbesuch nach Altenberge in 2011 ein, schreiben die Schwimmer abschließend.

Day 4: Sunday was a free day with some of us visiting the London Dungeons, some to Southend and others back in town to see the changing of the guard. A goodbye disco in the evening marked the end of a great exchange.

Everyone really enjoyed the exchange, which was very successful, and lots of new friends were made.

We even made the news in Germany!

Hope to see you all next year in Germany!

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## MASTERS SECTION

**Derek Parr**

I took part in the annual Swimathon charity event on April 17, completing 5km at The Venue in Borehamwood in 1 hour 22 minutes 26 seconds, which put me at the top of the age group, beating the previous time of 1:32:00.

The Middlesex Masters is coming up on June 6 (Sunday) at the Southbury Leisure Centre in Enfield. We usually have a good outing at this event and entries need to be in soon: May 14 is the deadline. Entry forms can be downloaded from the [www.middlesexswimming.com](http://www.middlesexswimming.com) website.

Masters are also encouraged to take part in the club championships, which will again be held at Southbury Road on two consecutive Saturdays – June 26 and July 3. Details will follow in due course.

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## Welfare Officer

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The club has a vacancy for a volunteer Welfare Officer. This role is very important as it deals with Child Protection matters and the overall welfare of our swimmers, the majority of whom are children.

The Welfare Officer is there for all swimmers under 18 and makes the needs of these swimmers a priority. If you, as a young member, have a concern about yourself or another swimmer, how you are being treated by others or something that is making you unhappy your Club Welfare Officer is there for you, or if you prefer, your parent or carer to talk to.

We would welcome someone with a background in the area of child protection matters in general, perhaps a health professional, social worker, teacher or similar, or one who may have fulfilled a similar role with another sports or social club with many children members. But mainly we need someone with a commitment to the wellbeing of our young swimmers.

Time commitment is flexible – mainly you will need to be accessible to our young swimmers. Child protection workshops and training are available.

A job description is available which provides more detail regarding the role.

If you have an interest in this role or would like to learn more about it please contact Club President Andy Crowfoot, by email [andycrowfoot@yahoo.co.uk](mailto:andycrowfoot@yahoo.co.uk) , or by phone 07764 768076.

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## CAPTAINS' INTERVIEW

Alice and Laurie

**Name:** George

**Age:** 11

**How long have you been swimming?**

Nearly 5 years

**What hobbies do you do outside of swimming?**

I play the trumpet and drums plus I love to draw

**What do you like best about swimming?**

I like diving and the swimming underwater stuff

**What is your favourite stroke?**

Butterfly

**What school do you go to?**

East Barnet School

**How often do you swim?**

6 times a week

**Tell me one interesting thing about you?**

I love Dr who and collect the Dr Who figures

**Who is your role model?**

Nick Park

**What do you want to be when you grow up?**

I would like to be an architect



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## **Around The World in ... How Many Days ?**

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Last year we had a great success in raising money for Charity with 'Swim The Northern Line', £1000 going to the Alzheimer's Society and a good portion into the Club.

This year we want to build on that great work and run another Charity/Fund raising event starting on Monday 17th May.

The aim is to follow the route of Phileas Fogg in his travels in 'Around The World in 80 Days' - not quite swimming the full 36,471km but the equivalent in metres (1 metres = 1km). More details to follow...

The first stage before we start swimming is to choose a Charity & start collecting sponsorship etc. With that in mind from the 4th May, a small list of charities will be put forward asking for everyone's vote for the BPSC Charity for 2010. The amount raise will be split 2/3rds to this chosen charity and a 1/3rd to the club.

The club 1/3rd will be used for the specific task of renovating and restoring our trophies, which over time have suffered damage and general wear and tear. The Club has a rich history and heritage reflected in the range and age of the various trophies (a number of which are on display at Southgate pool to the side of the reception desk).

Please be on the lookout for further information on the notice board at QE.