



50th Anniversary Year
www.bromsgrovesc.co.uk



March Newsletter



Welcome to our Newsletter. Our aim is to keep you up to date with events and other important Club information. Please let us know if there is something you would like featured in future Newsletters.

	Upcoming Events
March	
5th & 6th	Long Course Training Weekend in 50m pool at Cardiff (for those who have already paid).
12th 6.00pm-9.00pm	PGL League Round 2 - Wombourne Leisure Centre, WV5 8BJ, warm up 6pm (please be poolside 5.45pm latest). Swimming against Northgate, Stourbridge & Evesham.
14th	School Pool Closure.
19th 5.30pm-9.00pm	Worcester Winter League Round 2 - Redditch Abbey Stadium, Warm up 5.30pm (please be poolside 5.15pm latest). Swimming against Redditch A, Worcester B, Pershore & Perry Beeches.
April	
2nd & 3rd	Stoke Open Meet - for swimmers who have entered and received entry confirmation.
9th 6.00pm-9.00pm	Nuneaton JSL League Round 1 - Chase Pool, WS11 4AL, warm up 6pm (please be poolside 5.45pm latest). Swimming against Dove Valley, Chase, Kingsbury Aquarius A, Wellington & Market Harborough.
16th Times TBC	PGL League Round 3 - Venue & warm up TBC. Swimming against Cheltenham, Haden Hill & Wyre Forest.
17th Times TBC	Worcester Winter League Round 3 - Venue & warm up TBC.
23rd	Wycombe Open Sprint Meet - for swimmers who have entered and received entry confirmation.
30th 6.00pm-9.00pm	Mercian League Round 1 - Tamworth Snowdome, B79 7ND. Swimming against Nuneaton, Tamworth, Northgate, Lichfield and Stratford Sharks.
May	
7th 5.30pm - 9.00pm	PGL League Round 4 - Bromsgrove SC are hosting this event at the Dolphin Centre, Bromsgrove, warm up TBC likely to be 5.30/6pm Swimming against Warley Wasps, Northgate & Pershore. (ANY VOLUNTEERS WOULD BE WELCOME TO HELP).
14th Times TBC	Nuneaton League Round 2 - Venue & warm up T.B.C.
21st, 22nd, 28th & 29th	Midland Championships - for swimmers who have achieved qualifying times.
June	
4th Times TBC	Ross PGL League Final - for those teams that have qualified.
11th Times TBC	Mercian League Round 2 - Venue & warm up TBC.
19th Times TBC	Annual County Relay Championships - Venue & warm up TBC.
25th Times TBC	Nuneaton League Round 3 - Venue & warm up TBC.
July	
9th	Club Sprint Championships, Dolphin Centre Pool.
10th Times TBC	Three Counties Gala - for any swimmers called up to swim for the County.
September	
10th	50th Anniversary Celebration - Keep this date free!! More details to follow.

PLEASE KEEP CHECKING OUR WEBSITE FOR UPDATED VENUES AND WARM UP TIMES.

NEW SQUAD STRUCTURE

As you should all now be aware we have a new Head Coach, Matthew Lowe. Since recently joining Bromsgrove SC, Matt has been hard at work organising and restructuring our squads, you will have received details via email of all changes. Below is a brief overview of proposed squads, training timetable and fees, which will be effective from 1st March 2016.

Squad	Fees	Available hours
Minnows	£22.00	0.5
Sharks	£22.00	0.5
Junior Bronze	£27.00	1
Junior Silver	£29.50	2
Junior Gold	£33.00	4*
Junior County	£36.50	7*
Junior Regional	£40.00	9.5*
Senior National	£40.00	9.5*
Master	£25.00	4.5*

Group	Mon	Tue	Wed	Thurs	Fri	Sun	Hours
Senior National	School 8-9.30pm	Dolphin 7.15-9.15pm	Dolphin 7.15-9.15pm	Dolphin 8.15-9.15pm	Dolphin 6-7am	School 7-9pm	*9.5
Junior Regional	School 8-9.30pm	Dolphin 7.15-9.15pm	Dolphin 7.15-9.15pm	Dolphin 8.15-9.15pm	Dolphin 6-7am	School 7-9pm	*9.5
Junior County		Dolphin 7.15-9.15pm	Dolphin 7.15-8.15pm	Dolphin 7.15-9.15pm	Dolphin 6-7am	School 7-8pm	*7
Junior Dev. Gold		School 7.30-8.30pm		Dolphin 7.15-8.15pm	Dolphin 6-7am	School 7-8pm	*4
Junior Dev. Silver		School 7.30-8.30pm		School 7-8pm			2
Junior Dev. Bronze				School 7-8pm			1
Sharks		School 7-7.30pm				Dolphin 5-5.30pm or 5.30-6pm	1
Minnows		School 7-7.30pm					0.5
Masters	School 8-9.30pm		Dolphin 8.15-9.15pm		Dolphin 6-7am	School 8-9pm	*4.5

- * Land Training for Senior National & Junior Regional Group, Thursday @ Dolphin Centre 7:15-8:15pm
- * Friday Morning Training is in discussion with the centre, but is expected to be available from mid-April
- * Please note, to make the most of the hours available, we ask that all swimmers do the full 2 hour session available to them at the Dolphin Centre.

Proposed Squads

Minnows	Current widths group. FUNdamentals phase of development. Swimmers will work through ASA's NPTS stages 1-5. This stage involves gaining confidence in the water, and learning basic skills such as kicking, pulling, rhythmic breathing and floating.
Sharks	Widths to lengths transition. Swimmers are still in the FUNdamentals phase of development. Swimmers should be aiming to complete the standard of the ASA's NPTS stages 6 and 7. Swimmers are starting to learn legal strokes and how to shallow dive.
Junior Bronze	Beginning of Swim Skills phase of development. Swimmers should be aiming to complete the standard of the ASA's NPTS Stage 8 (the first competitive stage), and also reach the standard of the ASA competitive start award. Targets for progression become time bound, as well as distance bound and swimmers begin learning competitive skills like starts and turns on all 4 strokes.
Junior Silver:	Swim Skills phase of development. Swimmers should be aiming to reach the standard of the ASA's NPTS Stage 9 and swimmers begin to build endurance. Swimmers must commit to represent Bromsgrove SC in Junior / Friendly Galas. Required attendance is a rolling average of 2 sessions per week. Regular attendance is critical due to the increased endurance focus of elements at this stage.
Junior Gold:	Swim Skills phase of development. Swimmers should be aiming to reach the standard of ASA's NPTS Stage 10 (the final competitive stage). Swimmers must commit to represent Bromsgrove SC in Junior / Friendly Galas. Opportunities to attend open meets may also be offered. Required attendance is a rolling average of 2 sessions per week.
Junior County:	Swimmers aged 8+ in the late Swim Skills phase of LTAD. Focus is on refinement of technique and skills on all 4 strokes, starts and turns, and developing of speed and efficiency. Athletes must commit to L2/L3 Open Meets targeted by the club and also represent Bromsgrove SC in Nuneaton Junior / PGL and Friendly Galas. Required attendance is a rolling 5 hours per week minimum.
Junior Regional	Swimmers aged on average from 11-14 in possession of at least 1 county time (at Head Coaches discretion) and targeting regional level qualification. Athletes must be prepared to travel to L1/L2/L3 Open Meets and compete for Bromsgrove in the National League and Junior League. This may be called the 'Learning to Train' phase of development. Required attendance is 7 hours per week rolling average minimum, plus land training.
Senior National	Swimmers in the Training to Train phase of LTAD aged 14+. These swimmers should be in possession of a minimum of 3 county qualifying times (at Head Coaches discretion), targeting Regional / National qualification, competing for Bromsgrove SC in the National League, and prepared to travel to L1 Open Meets targeted by the club. Attendance should be a rolling average 8 hours per week in the pool minimum, plus land training.
Masters / Fitness	Swimmers training 1-3 times a week for fitness purposes. There will be opportunities to compete at local and regional Club / Masters Competitions.

Our Competitive Swimmers got off to a great start to 2016 !

First place at PGL League Round 1!

Held at Droitwich Leisure Centre on Saturday 23rd January. The PGL league gives many swimmers who do not normally compete for the club their first chance at an external competition and to finish in first place was an excellent achievement for them all.

Bromsgrove SC took the lead early on, against Evesham, Warley Wasps & Worcester, in the 60 event gala and didn't look back. With 21 victories and 19 2nd places and lots of PBs.

First places from; Matilda Anderson 12/U 50m Fly, Madeline Sharpe 11/U 25m Breaststroke, Michael Bray 12/U 50m Breaststroke, James Maycock 13/14 50m Backstroke, Joel Maretic 25m freestyle, Ben Collett 25m Breaststroke, Joe Troth 25m Backstroke, Hannah Smith 25m Backstroke, Eva Tselepis 25m Fly, Liam Wang 10/U 25m Fly & 25m Freestyle, Connor Bray 10/U 25m backstroke, Ryley Malone-Priest 10/U 25m Backstroke & 25m Breaststroke, Tristan Gee 13/14 50m freestyle, and Luke Culwick 10/U 25m Breaststroke.

The medley relay teams were on form with successes in;

10/U 4 x 25m Medley – Connor Bray (Back), Luke Culwick (Breast), Ben Collett (Fly), Liam Wang (Free).

11/U 4 x 25m Medley - Michael Bray (Back), Luke Jones (Breast), Edward Maycock (Fly), Thomas Hepinstall (Free),

9yr 4 x 25m Medley – Lucy Charles (Back), Mille Ryall (Breast), Bromley Arnold (Fly), Jasmine Kilmartin (Free).

By far the noisiest event of the evening! Event 60! the Girls Cannon Freestyle Relay was won by Emily Bower, Ellie Mansell, Ryley Malone-Priest, Abigail Salcolombe, Lucy Charles, Jasmine Kilmarton, Keiva Cheshire, Felicity Gee, Catrin Carter, and Matilda Anderson.

Three "Speeding Tickets", for going faster than the allowed standard for this level of competition, were awarded to;

Cartin Carter 13/14 50m Freestyle 00:32.14.

Edward Maycock 11/U 25m Backstroke 00:18.91.

Emily Bower 9yr 25m Breaststroke 00:22.41.

County Championships

This year 15 swimmers achieved qualifying times and were able to compete at the County Championship events held at Wolverhampton Central Baths on the weekends of 30th - 31st January and 5th - 6th February 2016.

Each session was well attended with around 215 spectators – very few spare seats. 2 sessions per day – 4 events per session. Bromsgrove SC came away with **8 medals!**

Cyrus Passman 11 years qualified for 10 events (but only compete in 6) and gained **2 Gold medals** in the 200m Free (02:38.89) and 400m Free (05:30.31) and **2 Silver medals** in 50m Free (00:33.87) and 100m Free (01:12.87), all of these times were PBs!

Jacob Elliott 14 years qualified for 14 events and came away with 3 medals – **Gold** in 100m Breast after reaching the final (1.13.78), **Silver** after gaining a place in the final of 50m Breast (00:34.26) and **Bronze** 200m Breast (02:45.71) these were also all PBs. **Jacob** also gained PBs in all of the other events he compete in, he went through to the finals in another 4 events - 50m Back (00:34.25), 50m Free (00:28.50), 100m Free . **Jacob's 50m & 100m Breaststroke times were also Midlands Championship Qualifying Times!!**

Jasmine Kilmartin 11 Years qualified for 10 events and brought home a **Bronze medal** and PB in 200m Back (02:59.16), she also made it through to the finals in 4 events 50m Free (00:34.06), 100m Free PB (01:15.01), 100m Back PB (01:24.52) and 100 IM PB (01:28.00) and gained PBs in 200m Free (02:45.53), 400m Free (05:47.60), 50m Back (00:41.92), 200m IM (03:12.48).

Michael Bray 12 years qualified for 14 events and gained PBs in all of the events he compete in, he made it through to 5 finals.

James Maycock 14 years qualified for 10 events, he gained 6 PBs and a final place.

Tristan Gee 14 years qualified for 3 events and gained PBs in them all.

Edward Maycock 12 years qualified for 3 events and gained PBs in 2 events.

Luke Jones 11 years qualified for 2 events and gained PBs in both events and a final place.

Ben Collett 10 years qualified to 2 events and gained 1 PB.

Ryan Lewis 13 years qualified for 1 event and gained a PB.

Perry 12 years qualified for 1 event and gained a PB.

Millie Ryall 11 years qualified for 1 event and gained a PB.

Chris Perkes qualified for 4 events.

Joshua Thorley qualified for 1 event as did **Felicity Gee**.

Other swimmers who gained qualifying times but chose not enter were;

Matilda Anderson 4 events, Katie Masters & Nicholas Clayton 2 events each, Lucy Charles, Catrin Carter, David Allenby & Edd Mansell 1 event each.

Leagues

Bromsgrove Swimming Club compete in number of leagues, listed below are details of these.

Team selections are posted on the Notice Board at the Dolphin Centre about 2 weeks prior to a fixture, so please make sure that you confirm you can swim as soon as possible, to enable us to field the strongest teams.

The National Arena League is the most competitive of the leagues, with the top clubs in each of the regional sections compete against each other in a National Final. The league comprises of three rounds. Competing swimmers are aged from 9 through to Open.

The Nuneaton and District Junior League is the top event for the Juniors. Competing swimmers are aged from 9 to 12.

The Ross PGL Junior League is a local league. We compete mainly against other Clubs from within our County. This league comprises of four rounds, with the top eight teams making it to the Final. In this event, speeding tickets are used, which means that if a swimmer swims faster than the published time, then they will be issued with speeding ticket and will not gain any points. Competing swimmers are aged from 9 to 14.

The Mercian League is a competition for West Midland clubs, targeted at swimmers who don't have Midland qualifying times.

The Worcester Winter League is a small local league, usually closely fought with our neighbours / local rivals.

Below are a few tips when attending Galas and Open Meets

- * Pack - 2 towels, spare swimwear, spare pair of goggles, healthy snacks for between races, Bromsgrove SC swimming cap.
- * Arrive early for parking and seating.

Open meets are full day events, usually with a short break for lunch, as well as all of the above we would advise that you bring a packed lunch, healthy snacks and plenty to drink for swimmers and spectators.

Swim Shop

If you need any BSC swim shop items – in particular flippers, hats and swim bags – please contact Gillian Draycott.

Gillian can be found poolside at many training sessions or you can arrange to meet or place orders by emailing her at swimshop@bromsgrovesc.co.uk.

BSC personalised Polo Shirts and Hoodies are available to order too. Please contact Gillian for an order form.

We also now have items available to order on our website, (photos to follow soon), payments will still need to be arranged with Gillian.

PLEASE NOTE THAT ANY REPLACEMENT SWIMMING CAPS ARE CHARGED AT £4. IF YOU HAVE HAD A CAP LOANED TO YOU AT A GALA AND KEPT IT, COULD YOU PLEASE GIVE THE £4 IN AN ENVELOPE, WITH THE SWIMMERS NAME ON IT, TO A MEMBER OF THE COMMITTEE. THANK YOU.

Website - www.bromsgrovesc.co.uk

Our website is constantly being updated and improved, so please keep checking for updates.

Coming soon - Team Sheets and Gala Results only visible to logged in members.

Matt is keen to make sure all swimmers know what is expected of them during gala / open meet events, ensuring that they are able to give their best and enjoy the events whilst being part of a team. He has recently written and emailed out a Competition Code of Conduct and Hydration Guide, details below.

Hydration

- It is recommended that during a 3 hour gala, or 2 hour training session, a swimmer consumes approximately 2 litres of fluid, as well as 200-500ml of fluid every 2 hours before exercise.
- It is recommended that these fluids are ISOTONIC. Isotonic drinks quickly replace the fluids and minerals which are lost by sweating. They also provide a boost of carbohydrates for energy. They contain electrolytes and salts, essential in transmission of signals in muscles, and to prevent cramp.
- Plain water turns off the bodies thirst mechanism, dilutes electrolytes and increases urine production, further depleting mineral stores.
- It is not necessary to buy these drinks; you can make your own. You will need:

200ml ordinary fruit squash
800ml water
A pinch of salt
Simply mix them all together in a jug and cool down in fridge, and consume.
3% dehydration can result in more than a 10% drop in performance in a race.

Code of Conduct

- At competitions whether they be open meets, national events, or club galas always behave in a manner that shows respect to both your club coaches and teammates, members of all competing clubs and gala officials. This includes during travelling, in the changing rooms, and on poolside.
- Arrive a minimum of 30 minutes before warm up and make yourself known to the team manager. Join your teammates on poolside as soon as possible.
- While waiting to warm up / compete, wear a Bromsgrove SC top with tracksuit bottoms / shorts to help keep warm.
- You should start your land warm up 20 minutes before pool warm-up.
- After your race, report to your coach for feedback. Get dry, and stay warm. If you have to leave poolside for any reason (toilet/changing clothes) inform the team manager, and be as quick as you can.
- It is required that all swimmers stay on poolside until the end of club galas and must be ready to swim at short notice, unless with the explicit agreement of the team manager or head coach.
- Refrain from using electrical devices such as phones, tablets and handheld computer consoles during galas. Listening to music is acceptable, but your focus should be on your race and your team mates.
- Please do not bring sweets, chocolate or sweets to galas, sweets will give a momentary boost of energy due to a spike in blood sugar, followed by a dramatic drop, impairing performance. Snack little and often on low fat easy to digest foods such as rice cakes / fruit (dried or fresh) or milkshakes.
- Most importantly support and encourage your teammates and stay with the team until the points have been announced. ALL SWIMMERS SHOULD BE POOLSIDE FOR CANNONS AND RESULTS. Everyone likes to be supported and your team will be supporting you. We are Team Bromsgrove!