

# BSC Swim News

Friday 07 October 2016

Year 2016/17 Issue 01



Birkenhead Swimming Club train every week at Leasowe Recreation Centre, Europa Pools and the Liverpool Aquatic Centre, Picton, (50m pool)



Best action to help the club—help it grow  
Do you know any friends etc., who want to swim faster, invite them to come along!



Had a good summer.....stayed fit.....come back ready to train?  
The more sessions you attend the more improvement you get.....

## Club future Fixtures:

### Dates to keep free.....

- \* Oct 09 Dev All Clubs, Europa
- \* Oct 22/23 Liverpool & District Champs, Everton Park
- \* 19/20, 26/27 Nov & 04 Dec Peninsular Champs—entries now being taken, all strokes & all distances.

### BSC Sessions altered or cancelled in next few weeks

Turns Workshop **Sat**  
Europa (18 swimmers only) **29 Oct**  
**14-16:00h**

Europa & Leasowe sessions cancelled **Sat**  
**05 Nov**  
Bonfire Night!

## General News, availability for galas, swim workshops, upcoming gala events & How can you help?

You will all know that we send out emails requesting attendance at galas. We would greatly appreciate quick replies to these requests as the process of constructing the team to give everyone swims appropriately is time consuming and difficult to repeat in the 30mins before a gala! If you know “yes” or “no” please let us know immediately. If you need time, then let us know when you will be able to decide so we can organize to meet that if possible. Thank you for your help in this, it allows us to give your child appropriate swims and organize the best performance for the team. Please therefore monitor your email inbox and ensure we are added to your trusted senders so we don't end up in your spam!

We also understand that some of our higher level swimmers will need to adapt their schedule of competition to match their performance clubs schedule, if this causes any issues it should be discussed directly with the chief coach, Nic Winter.

The club organized swim stroke workshops using the City of Liverpool coach Ian Ingham over the summer period. These were very successful and covered all four strokes over four sessions. We have now arranged two further events on 29 October for fly and breast turns and starts and 25 February for freestyle & back turns and starts. There is an extra fee for these events and a maximum swimmer number of 18 swimmers. If you are interested in attending please contact Cath Long or Sarah Wylde for more details.

The swimming year begins again in September and then runs through to August 2017. In this period from September to December there is a multitude of competitions and fixtures/events will come thick and fast! As has been said earlier please answer any requests speedily so we can confirm teams & attendance early, thanks.

All the coaches you see at galas and training sessions from BSC are volunteers who give their time and effort for free. All are professionally qualified by the ASA (Amateur Swimming Association) a process that takes some time and expertise! However they all originate from being parents of children in the swimming club, in fact some you will know are parents of children still swimming and some are older than that!! If you think you might like to try this have a chat with the chief coach, Nic Winter.

There are also two other routes into supporting the club:

1. Officiating—these are the people you see at galas ensuring it takes place according to the agreed rules. Again there is training and support to enable anyone to follow the route of timekeeper, judge, starter & referee, if you are at all interested please see Peter Blood.
2. Officers of the club— these are the people who carry out the various administrative functions of the swimming club. If this appeals please speak to Peter or Sarah Wylde.

## Our swimmers perform well at the City of Liverpool Tadpole Galas. Galas held at Everton Park, Sat & Sun 17th & 18th September

The City of Liverpool Tadpole Galas are held each year, promoted by City of Liverpool Swimming Club they are a competition designed to allow an opportunity for younger swimmers aged 9-12 to swim a range of distances and stroke events not normally available within our local galas. Held over two days and four galas they provide a chance early in the season to set a mark that can be improved upon through the rest of the swimming year in all events and distances.

Five of our swimmers entered this gala which had some of the good young swimmers on Merseyside and a high standard of competition, lets see how well they swam.

Darcy Jenkins competing in the 11yo and three events, showing a marked improvement in her 200 backstroke time by over sixteen seconds. She also swam the 50 back & breaststroke and was very close to her pb in both!

Megan Byrne also swimming in the 11yo age group, Her first two swims at an open style gala and she recorded a first time for her 50 back and a pb by over 7secs in the 50 breaststroke, quite an improvement!

The boys and Megan's brother Jack was also swimming his first open gala, two races and both completed in pbs, his 50 back improving by a quarter of a second and his 50 breast by 3½ seconds.

Also competing in the boys, Lewis Foran and a very successful competition for him. He completed a 200 freestyle for the first time in competition recording a very creditable time under four minutes. He also swam the 100IM improving his pb by 50secs, yes that is 50seconds! It is a little while since he recorded that time, but it just shows how much of an improvement he has made! His other two events, 50 breaststroke and again an improved pb, faster by almost 8secs than ever before. Lastly but by no means least he did the 50 back which he completed over 7½secs faster than ever before, a good 2 days work! for him

Last on this list, but not in the pool, Borys Rogala also set about improving his pbs in every event he competed in and the result?.....

The 200 freestyle and a pb by six seconds, 100IM and a pb by 2½secs, 200 breast and a pb by over four seconds and finally a 50 breaststroke and a pb by a second.

Well done to all swimmers in this gala, it was especially good to see our competitors encouraging and cheering on their teammates when they were swimming.

All results from this gala are available at the link below:

### [Peninsular Development League Gala v Woodchurch 24 September](#)

<b>Birkenhead</b>	<b>143</b>
<b>Woodchurch</b>	<b>150</b>

A very close gala, with us just a few points behind at the end of the gala. In this league year ourselves and Woodchurch are competing for 1st place. This is by total number of points so they have another fixture to complete against Bebington and we will have to wait and see the overall result.

These development galas are organized to ensure that swimmers compete in appropriate races with swimmers of like standard. When you compete in a development gala you may not swim your normal strokes or distances because of this. The number of swims is also variable, but if you need to compete in a particular stroke or distance speak to Nic, Peter or Sarah before (well before) the gala! It is this fact that makes it such a problem when swimmers don't appear for galas. Not only have the coaches to find a replacement but they have to be around the same performance as well. All coaches understand we can have emergencies but please advise early if saying no to a gala and please advise immediately if anyone subsequently can't compete.

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**In this Tadpole  
competition all club  
swimmers had a pb.  
Overall 85% of swims  
in this competition  
were faster than  
swimmers had  
achieved previously.**

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**Well done to all,  
keep improving!**

This simply action will save 90% of the coaches stress son poolside every gala!!

Back to the races, and in the 11 yo boys Borys Rogala and Aiden Hughes sharing all the swims, Borys with two pbs, ½ second quicker in the 50 back and 1½secs faster in the 50 breaststroke. Aiden Hughes also gained a pb, improving his 50 breast by over 22 secs. The 11yo shared the relays with Woodchurch with two wins each.

Borys and Aiden again swimming up into the 13yo age group with Borys recording a further 2 PBs, 50free a fifth of a second faster and 50fly over a second quicker as he took first place! William Jones in two races in this age group and recording 2 PBs, 50 back by a third of a second and 50 breast by one and a half seconds! Sam Lindsay swimming two 50s and in the 50 fly showing a marked improvement, quicker by over nine seconds than ever before! The boys won all their four relays!

The open age group and Will Jones swimming up an age group, going over the 100 free and nearly 3 seconds faster, he also swam the 100 back to ensure we got as many points as possible. Ciaran Doughty with 3 1st places in the open events, only the 100free with a 2nd place stopped it being a clean sweep. On the way he gained two PBs in the 100 back by a second and a quarter and in the 100 breaststroke by over 4½ seconds! The open relays were shared 2 each.

So how were the girls doing? 11yo and a different winner for Birkenhead in 3 of the 4 strokes, Charlotte Wyld winning the 50 back, Evie Stirrup the breast and Isabelle Naylor the fly, Only Evie's swim was a pb, by just over a tenth of a second and she also recorded a pb in the 50 free by a second and a quarter. Olivia Busik also recording a first swim at 50 breaststroke now with a time to beat, and Evie Stirrup with a half second PB in the 25 fly.

Isabelle and Niamh Doughty also swam up into the 13yo to complete the team and gain points, isabelle recorded a further pb in the 50 back by over a tenth of a second. Kate Douglas also pushed he 50 back time down by a quarter of a sec-

ond and Hannah Hughes, swimming her only event in her own age group took over half a second from her best ever time in the 50 breast. Halle Jones also performing well with two PBs in the 50 back by over a second and the 50 fly by over two seconds, now that is quicker! Weronika Stasik recording her first two swims at 50 back and breast, she can now compare her swims in the future and measure her improvement!

Hannah then got down to business in the open age group, swimming up into all four events in this age group and recording PBs of around 3 secs in three of these events, an outstanding achievement. Joining her in all four events was Sarah Robson who only just missed a clean sweep in all four strokes when she was just beaten into second place in the 100free, she won the 100 back, breast and fly!

All in all an excellent gala for those swimmers who were able to attend, it was good to see the willingness of team members to swim and swim again to gain more points for the team, not always in their best strokes, thank you to everyone for a really enjoyable gala that wasn't decided until the last few races, well done to all.

## Echo Cup Gala—Round 2 Everton Park 24 September

This was the second round of the Echo Cup, a high level team competition for the Merseyside area, the top eight teams from two heats go forward to the final. We won't be one of them this year:

Halton	233
Liverpool Penguins	205
Ormskirk	197
Prescot	187
Birkenhead	93
Bridgefield	83

However with the team we had the performances were outstanding, with almost 50 events we had 11 in which we couldn't score points, the only way to correct that, **more members, more swimmers available for galas and more training—over to you!**

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**Birkenhead are still in with a chance of winning this league, we'll advise as soon as the last gala is swum.....**

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## KIDNEY RESEARCH UK

Hannah Hughes is swimming 10,000m in Leasowe on the 11th November to raise money for kidney research  
You can help Hannah raise money for this great cause by donating directly to her fundraising page

[HERE](#)

### Echo Cup Gala—Round 2 Everton Park 24 September continued.....

Now let's talk about those swimmers who were there.....

9yo girls, Niamh Doughty and Charlotte Wylde the swimmers covering all the events in this age group themselves, one pb from Charlotte in the 25free, quicker by nearly half a second. No relays with only the two of them!

10yo and four swimmers sharing the events, Eva Anderson in the 50 free, Evie Stirrup clocking a near four second pb in the 50 back and Isabelle Naylor in the 50 breast. The 50 fly and it was Charlotte Wylde swimming up an age group and recording a very creditable time as a first swim at this stroke and distance.

11yo and two swimmers sharing the swims, Darcy Jenkins in her own age group in the 50 back and fly, a quick pb in the back with a quarter of a second improvement. Isabelle covering the other two strokes.

12yo, Madeline Bell and Kate Douglas sharing the swims with Kate gaining a 50 fly time over one and a half seconds faster than before.

The boys and in the 9yo four swimmers each taking a stroke, now this is more like it! Borys Rogala in the 25 free, Bobby Dean in the 25 breast. Toby Anderson getting a pb by the narrowest of margins, one hundredth of a second quicker in the 25 fly, and Lewis Foran four hundredths quicker in the 25 back, but it's still improvement! Well done to them.

10yo boys different story only one swimmer Brad-Lee James taking on the 50 free.

11yo and Aiden Hughes completing the 50 free and Linus Wilm the 50 back and breast.

In the 12yo Aiden also swam the 50 free, recording a pb over his 11yo time by nearly three quarters of a second, if that's a pattern we must swim him some more! Lucas Potter swimming the 50 breast for the first time in competition now with a time to measure his improvement in future. The other two events completed by Ellis Cleworth, both first places (no mean achievement in this competition) and both pbs. 50 fly faster by nearly two tenths of a second and the 50 back by well over half a second, an impressive outing which shows what can be achieved by attending training and working hard. The club enjoy having their top level swimmers back to compete in our local galas for the club.

In this gala 11 of the 49 events had to be non scoring because there were not enough swimmers to complete the team. This is no problem as those attending get more swims, however if we as a club wish to progress we need to have more members and more of our members turning up for galas. 11 out of the 29 individual swims were pbs in this gala in a notoriously slow pool at Everton Park. Yes really; there are slower competition pools, it is caused here by the long shallow end of the pool comprising 50% of the length. Compare this with Europa Pools or Picton 50m pool in Liverpool which are both 2 metres in depth throughout their length and consequently "faster".

OK that's all the results from 3 galas over the last two weekends, the pace doesn't lessen however going forward!

We're on the web:  
[www.birkenheadsc.org.uk](http://www.birkenheadsc.org.uk)