



18 September 2015

Inside this Issue

- 1** Forthcoming GALAS, supporting your club
- 1** SESSION STATUS any changes, cancellations, etc.,
- 1** Development League v Wallasey 05 September
- 2** Cont..Development League v Wallasey 05 September
- 2** Club Championships 2015
- 3** Echo Cup 06 September
- 3** Open Water Swimming by Steven Grist
- 4** Club Fund Raising
- 4** Changes to pool sessions and charges
- 5** Table of charges

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GALA TEAMS!

It is absolutely essential that all swimmers who agree to attend galas do so or make contact in plenty of time to advise of any problem. This is for a number of reasons:

1. It means we may be short to fill team places.
2. The above wil mean the whole team scores or performs less well than we are able to.
3. It is letting down all the other swimmers who have taken the trouble to advise, turn up and swim.
4. Your swims could have been allocated to another swimmer who would benefit from the competition and get us points!
5. You don't get selected for a team without agreeing, once advised it is YOUR responsibility to let the club know of a change, this is not difficult.

We will need to consider the position of swimmers who fail to attend galas and don't advise of problems.

www.birkenheadsc.org.uk

Galas for September

20 September: Peninsular All Clubs Gala – we expect all swimmers to do their best to be available for this gala as it is the ultimate cup comp!
26 September Echo Cup Round 2
27 September: Development League v Woodchurch @ Leasowe 15:30 This gala will decide the champions of the development league, make sure you don't miss it.

Session Cancellations for September

Cancellations below to be aware of in September ☺

P=Picton
 L=Leasowe

Sun 27 Sep 15:30 – 17:00 L

We try to avoid cancelling sessions wherever possible, however there are occasions where we cannot avoid this for a variety of reasons and these will be notified as early as possible. Please always check our website front page for late cancellations!



SATURDAY 05 SEPT
Development League v Wallasey @ Leasowe

Birkenhead	151
Wallasey	101

A result that puts us in with a real chance of topping this league by the year end.....well actually by 27 September as the next fixture against Woodchurch on that date will decide the league. Better be there; but more on that later!

Starting with the 11yo boys and what good performances, 1st and 2nd in 3 of the 4 strokes, well done to all. Linus Willm reduced his one length fly pb by over 2½ seconds as he was racing to the finish with Sam Dunne! Only two hundredths of a second separated them at the end, Sam just getting the touch this time. They both competed to the finish again in the 50 back, less than a tenth of a second between this

time with Sam again getting the touch. Linus also went on to improve his 50 free pb by over a second, taking a first place himself this time. Borys Rogala recording his first 50 back time and in the free, coming back strongly over the 2nd length to snatch 2nd place at the finish. Ellis Cleworth also reduced his 25 fly time by nearly a second. Wins in 3 of the 4 relays, disqualified in the other, wait for that swimmer to touch!

The 11yo girls and an even bigger story of improvement, over half the swims here were personal bests! Isabelle Naylor with two pbs in the fly and free, around a second faster in both swims. Darcy Jenkins, under 20 secs for the first time in 25m fly with a pb by 1½ secs. Evie Stirrup also in this race and recording her first time for one length fly and still competing with Isabelle in to the finish. Also in this age group pbs for Charlootte Wylde who reduced her 50 free time by well over a second, but the biggest pb goes to Eva Anderson in the 50 back beating her previous best by over nine seconds!

13yo boys and again 3 relay wins but disqualified in the fourth as the swimmer wasn't in the correct place, points thrown away....and they may make a difference in most galas! A first place for Ciaran Doughty in the 50 back while Sam Lindsay was collecting an over three second pb in the 50 free. Well done to Ciaran who went on to get another first place in the open 100 breaststroke.

13yo girls and Maddie Jones taking three quarters of a second from her 50 free, she joined Hannah Hughes in the 50 fly to deliver a 1-2 finish for the club. Again 3 wins from 4 relays, take over problems stopped it from

being a clean sweep, have a talk to your coaches.

In the boys open category PBs in every stroke, 100 free and William Jones speeding up by over two seconds whilst in 100 back Thomas Shennan 2 seconds quicker than ever before. Both swimmers in the 100 breaststroke quicker, Ciaran Doughty by over a second and Thomas Shennan by over 2½ seconds. The habit continued in the 50 fly by Nick Wilm recording a time a third of a second faster than ever before. Two relays went down here to changeover problems, there will be training! We need those points!

Girls open races and Sarah Robson winning the 100 free and recording her fastest ever time by over a tenth of a second. Thanks to Darcy Jenkins swimming up into the open 50 fly to get us those points. A win in all relays for this age group.

Lastly thanks to Christian Allen who arrived for a training session and then filled in brilliantly for anyone who was absent or injured and got some good swims in too in fly and free, thanks to him!

Now remember I was talking about the points in this league. Well with one fixture left the top three teams in the League are Bebington, Woodchurch and Bhead. Position as follows:

	Swum	Points
Beb	5	759
Wood	4	599
Bhead	4	604

So if Birkenhead win or W'church win by 1-5points and Birkenhead get 156 points or more; we win the league. If Woodchurch win by more than 5

points and score 161 points or more; Wch win league. Any result and both score less than 156, Bebington win. Average scores per gala for Bhead & Wch so far is 150-1points, IT COULDN'T BE TIGHTERNOW do you see why those relay Dqs and no swimmers in an event can be so important – here we are at the last gala with everything to play for, be there on 27 September, we'll be looking for every point. The team will be selected for maximum points, there will be no changes to swims, let us know early if selected so we can plan the team well in advance..... You do want to win this one, don't you?

Full Results from this gala and League table:

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CLUB CHAMPIONSHIPS 2015

Friday 30 October
200free, 100breast, 50back

Saturday 31 October
400free, 100fly

Sunday 01 November
200fly, 100free, 50breast

Saturday 14 November
200breast, 100back
Sunday 15 November
200back, 100IM

Friday 27 November
800/1500free
Saturday 28 November
200IM, 50fly
Sunday 29 November
400IM, 50free

Friday 04 December
Mini Gala 25s & 100IM

So how does the club championships work? Everyone has the chance to compete in every stroke and every distance that is available to swimmers. So yes that means a total of 17 races.....you can swim in less, BUT you won't get as many points. Points are awarded for placings and competing so the overall champion in each age group is the best all round swimmer. We've published the dates above so all can arrange to attend as many as possible.

The other way this is programmed to support our swimmers is that the events above are repeated at Europa Pools some 1-2weeks after our swims, in the Peninsular Championships. This gives all our swimmers the chance to test their swimming inside our club champs, then go to the local area Championships with a good recent time and knowing what it feels like.

Entry fees for the club champs are £10, which allows entry to as many of the 17 events as you can do! Peninsular Championship swims are usually priced at £4.50 per swim, entry forms etc., from the usual club sources.



**SUNDAY 06 SEPT
ECHO CUP
EVERTON PARK**

Echo Cup is a higher level competition hosted by City of Liverpool to allow an open club competition between the local junior clubs for the younger 9-12 year olds. First two rounds in mixed heats and then the top 8 teams contest a final. The standard of the gala was apparent from the first event and our swimmers rose to the challenge as you'll see from the amount of improvement some attained!

Our 9 year old girls and every individual swim was a pb. Niamh Doughty over four seconds quicker in both 25 free and fly. Grace Jardine a tenth of a second quicker in the 25 breast and her sister eight and half seconds quicker in 25 back!! Now that is better.

The 9yo boys and pbs for all the swimmers here Toby Anderson improving his 25 back by half a second, Borys Rogala faster by 1½ seconds in the 50 breast and Sam Dunne reducing his 25 free time by four seconds, now that is quicker!

The 10yo girls and big pbs for Halle Jones in the 50 free, improving by nearly 3½ seconds, but a major improvement for Darcy Jenkins, some nine seconds faster in the 50 back than ever before, a big leap forward.

The 10yo boys and Sam Dunne swimming up an age group into 2 events and recording a five second plus pb for the 50 fly. Not to be left out Linus Wilm also pb'd in the 50 back, almost 1½ seconds faster.

11yo girls and Halle Jones swimming up in the 50 back and recording a time some 17½ seconds faster than her previous swim in this stroke, now that is improvement. Thanks in this age group to Isabelle Naylor and Darcy Jenkins swimming up to cover swims and get the team extra points!

The 11yo boys and a double first place by Ellis Cleworth in the 50 free and fly, a pb in the free by over half a second, but he warned his 50 fly time was less than a second slower!

The 12yo girls and back to the pbs, Grace Long improving her 50 free time by over three quarters of a second whilst Freya Ainsworth improved her fly by half a second.

The 12yo boys and Ellis Cleworth swimming up to gain a first place and a pb by four tenths of a second in the 25 fly. Also pb'ing in both his swims, Thomas Shennan, a quarter of a second in 50 back and over a second and half in the 50 free.

First round result:

Hoylake	261
Southport	220
Liverpool Penguins	198
Prescot	195
Ormskirk	174
Bebington	171
BIRKENHEAD	124

Full Results

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**OPEN WATER
SWIMMING**

Contributor: Steven Grist

Open water is swimming in places such as a lake, a mere, docks or a river. I have always enjoyed this kind of swimming, I always train in a pool and it is something different.

My first ever open water competition was last year at the NWR championships in Salford Quays. I thought I would give it a go as I prefer long distance swims to sprints. The distance for that competition was 1500m – three times around the quays. Anyone over 12 can enter this competition, you do not need an entry time but you should be able to do a 1500m swim in a pool in a good time. I came first in my age group which was 12, I was made up to get the gold medal. My coach informed me the next day that because I came first in the North West Region – I

had qualified for Open Water Nationals – I was over the moon (and I would get a national hoodie)☺ The Nationals were held at Rother Valley in Sheffield, it was an amazing experience with some fantastic swimmers – I came 7th in my age group which I was proud of. Swimming at Nationals was my goal, and I did it! For these competitions you are not allowed to wear a wetsuit, however there are competitions around where you can use them. (I prefer just my jammers, cap and goggles).

In order to train for the open water competitions, taster sessions are held at Salford Quays prior to the NWR competition and I learnt some good tips – such as getting into the water slowly to climatise, warm up in there and then come out prior to your race. That way your body is used to the coldness of the water, so when you dive in at the race it is not such a shock. The coldest water I have swam in was 13 degrees, it was a taster session this year at Budworth Mere – that was cold!!!! I also train in Liverpool Watersports Centre, the docks there do have jelly fish but they don't sting. There is a lot of banter from the locals and we all get along great, there is also a massive water trampoline which we do somersaults off into the docks – fab! Amy, Alexandra and Ellen also train there, Sunday mornings whenever possible.

Other tips are to drink flat, full sugar Coca Cola – not Pepsi or any other brand, it must be proper Coke. This should be drank before and after the swim as it will kill most bacteria that could be swallowed during my swim – it has worked so far for me. I have known people to

come down with nasty stomach bugs who have competed in the same events as me – they did not drink Coke. Jelly Babies also help to take the taste of the water away well that's what I tell my mum ☺

Another tip from me is after the swim, particularly if it is very cold, to warm up SLOWLY. Don't jump straight into a hot shower as your brain will think you have warmed up, but actually your core will be freezing and you can go into hyperthermia – this happened to me after training in the docks last year in October, when it was starting to get colder. You should warm up slowly with layers of clothing, hat, gloves and socks, make sure all your extremities are covered. Drink warm drinks to warm your insides.

This year I have competed in NWR and National Open Water events again. I have also competed in a Warrington Dolphins event at Budworth Mere which was a two mile race, I came second in that one at junior level. I would recommend anyone to have a go, its lots of fun and something different to the pool, it also helps with stamina. Before you compete in any open water event I highly recommend you get some practice in first as I have seen many people go in for a race and they come in confident and come out in tears.

The first time I went in for training all the adults started laughing thinking I probably couldn't swim I soon showed them who was boss ☺ I was nearly twelve when I first got in to the freezing water and I loved it especially when all my team mates from pool swimming

joined like Amy Compton who came first in the Liverpool dock 2 mile swim and alexander Williams who came first in the 2 mile breast stroke and next season hopefully more people will join!

**CLUB FUNDRAISING
ANY IDEAS?
ANY SUPPORT**



We are looking to start some club fundraising activities but we need YOUR help to make these successful. We are looking to raise funds for our local galas and then for any equipment we may need or continued development for our coaches.

1. Bonus Ball –We start collecting from people this week. There are 49 numbers (from the lottery bonus ball) and each one can be purchased for £20 which covers a 10 week block. Once all the monies have been collected we will then draw each number and name from separate hats to allocate them. These will be sent to all registered. Every Saturday the bonus ball winner for that week (from the national lottery) will receive the jackpot of £30. If there is no winner then it will roll over to the next week. (Ideally we would like to sell all 49 numbers ☺) If you are interested in purchasing a number please give £20 to either Bethan Toale, Cath Long, Peter Blood, Sarah Wylde – REMEMBER to ask Family and Friends if they would like to purchase a number too.

2. Race Night – Asking if you would be interested in us running a race night for parents, swimmers, coaches,

family, friends? Looking to do this late November if we have the interest, should be a fun evening. If you could let me know if this is something you think we should organise please let me know and also if you would be willing to help run it.

3. Additional ideas – let me have votes for what we should do and also volunteers to set them up please – this will also give club more of a social side too 😊 Raffle for presentation night (Feb 5th 2016 – save the date!) Sponsored cycle/swim – for the parents/guardians! Sponsored swim for the swimmers



CHANGES TO POOL SESSIONS AND CHARGES FROM OCTOBER

BSC continues to look to improve its training regime and we have now managed to agree a better training time for our squads. We have previously operated a one lane Sat am and Mon eve session at Picton, Liverpool

50m pool, but we have just agreed an expanded session at Picton on Monday evenings. This means that our club has more pool time in a 50m international sized pool to develop our swimmers. As we wish to encourage swimmers to utilise this expanded session we have altered our charges to include access to this session for an all inclusive monthly training fee set at a lower level than the previous fee for accessing Leasowe and Picton. The new fees are detailed below using the same table that described the old fees for the two pools. Training in a 50m pool is that little bit more demanding and gives a swimmer the direct experience of what it feels like to swim in international competition and Olympic pools. We are very fortunate to have a local 50m pool within easy travelling distance on Merseyside and this is based at the following location.

Wavertree Sports Park,

**Wellington Road,
Liverpool,
L15 4LE.**

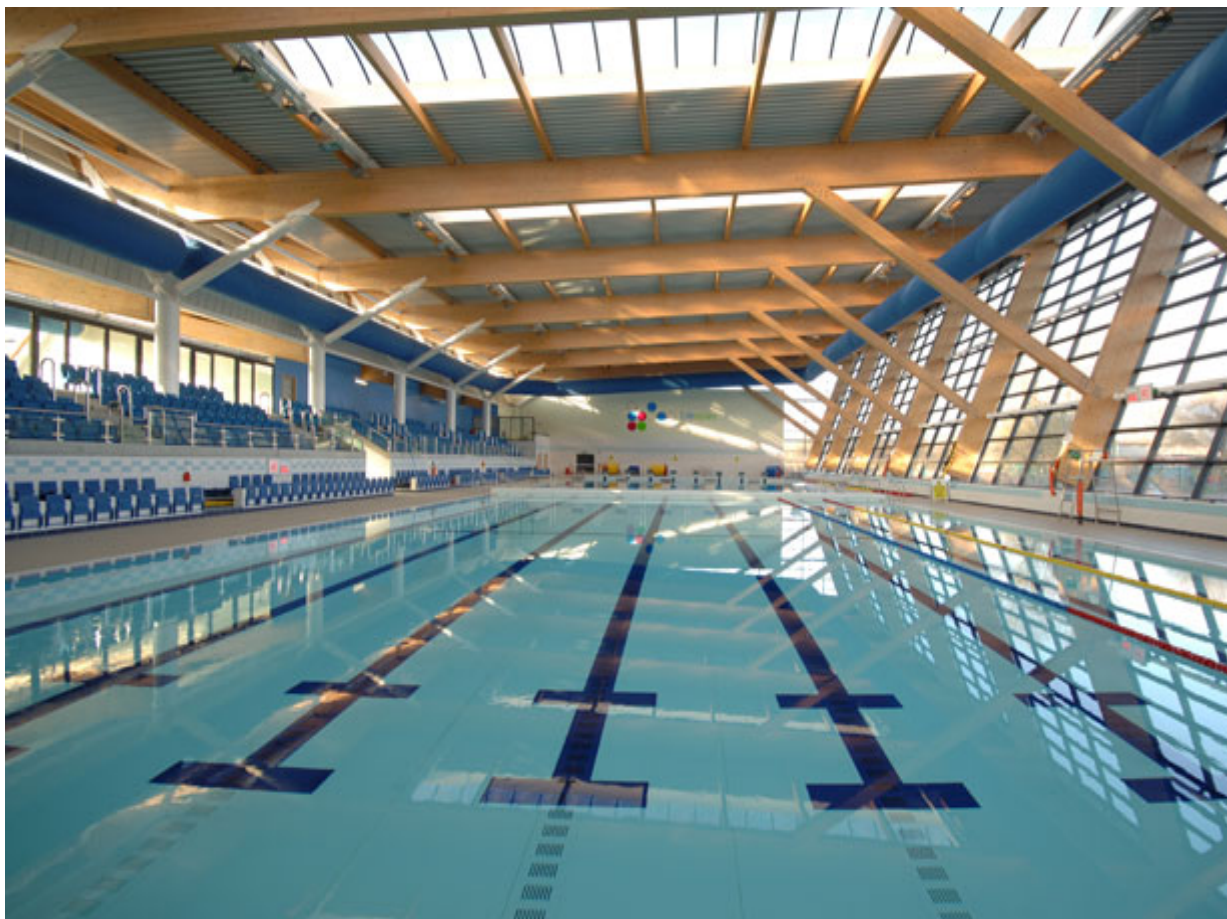
Bus routes: 61. 78. 79. 79C. 79D. 202. 204. 838. 60.

Travel takes about 25mins by car from Wirral.

Sessions at Picton are normally taken by one of our senior coaches. Please discuss with your coach whether you would benefit from this session.

These changes will mean that we have two lanes on a Monday from 7-9pm at Picton. As it is now incorporated into our monthly charge it can be accessed for a small increase in payment over our normal Leasowe sessions. We will review this policy in December and decide if that level of session charge is viable to continue.

No. of swimmers	Use of Leasowe only	Use of Picton only	Use of Picton and Leasowe
1	£5 mthly subscription fee and £25 mthly training fee £30	PAYG	£5 subscription fee and £30 training fee Total £35
2	£5 mthly subscription fee and £40 mthly training fee £45	PAYG	£5 subscription fee and £45 training fee Total £50
3	£5 mthly subscription fee and £50 mthly training fee £55	PAYG	£5 subscription fee and £55 training fee Total £60
Squad Swimmers	This is available to members of the squads of Wirral Metro, CoL, BSC water polo or other high level squad approved by the club.		£5 subscription fee and £25 training fee Total £30
Pay as You Go Option			£5 mthly subscription fee and £5 session fee payable before each session



We look forward to seeing more swimmers at Picton. Other big advantage is a 25m pool will never look as long again when standing on the blocks!!!

Last Saturday session
26 September

Last Monday one lane session
28 September

No Saturday session
03 October

Monday two lane session
05 October