

BIRKENHEAD SWIMMING CLUB



www.birkenheadsc.org.uk

Newsletter 2nd October 2017

What's happening at the swim club over the next week, the answer is lots of different and new things!!! Just thought I'd explain a bit more about what you'll see.....

Training arrangements and other events:

Mon & Tue sessions

as normal

Friday 06 October

Normal training (19:00-21:00), you may notice some extra people on poolside. These are new coach trainees and may view this session to complete their stroke analysis work. All coaches being trained here are to work in Wirral clubs. We will have two of the trainee places on this course and you will hopefully see those trained taking future sessions when they pass.....of course they will!

Saturday 07 October

Training at Europa at normal time (16:00-17:30)

Training at Leasowe at normal time (16:30-18:00), but will be taken by the coach trainees and their tutor, please attend if at all possible as we need as many swimmers as we can obtain for the coaches to work with, thanks.

Racenight, horse races at Oxton Cricket Club, 19:00 doors open, first race at 19:30

Sunday 08 October

Swimming gala v Woodchurch, we have put out requests to 70 swimmers for this gala so we can produce a full team. We are thereabouts in this league and Woodchurch are normally in direct competition with us at the top of this league, attend if possible, BUT if not let us know NO!!! (Gala early 13:00-15:30)

Training at Leasowe immediately after the gala (yes you can spend all afternoon in the pool!) This is because the coach training is on and we again need as many as possible to stay or attend for the training session; so we can have more coaches. More coaches = better training and swimmers, you know it makes sense.....thank you for any help you can give to support us developing coaches.

Mon & Tue sessions

as normal

Sunday 15 October

Development All Clubs at Europa Pools 12:30hrs. The cup final of this competition with all Wirral clubs competing for the premier position. If you are selected for this gala please do your best to attend, the team will be selected for maximum points. This means you may be asked to do whatever will produce the maximum score for our team.

Any queries please speak to Nic Winter, Peter Blood or Sarah Wylde