

Backwell Swimming Club

Richard Trinick, BSC Chairman, writes.....

I was delighted to have been asked to become Chairman for this season. As the father of three children, who have each benefited from membership, and as a swimmer myself, I am pleased to be a part of this lively and worthwhile Club.

In addition to the energy given out by the swimmers, it is very evident to me that the Club is lucky to be helped by all supporters and parents, with an active Committee, valued Teachers and Chief Coach.

All enthusiasm and drive is of so much benefit to the swimmers for whom the Club exists.

Coach's Murmurs

I am very pleased with the improvement of all swimmers this year. Attendance levels are currently high, and there is an air of expectancy around the pool. All will be revealed at the County Championships at the close of the month, and naturally training is focused 100% on this event.

Our Teachers are working hard, and in addition to their swimming knowledge, I am impressed with their overall commitment and responsibility.

We need to maintain high professional standards, and this can partly be achieved through regular dialogue with parents. Please come and talk to me.

I would like all parents to be aware that monitoring is carried out on all swimmers, and their selection for competition is based on several factors. Please accept our judgement in the choosing of individuals for events. Your support is essential to your child's progress.

We are planning a visit to Sportica in France in October 2002, please let us know if you are attending ? Talk to Joe for further details. Great Fun!

Bath Gala Results

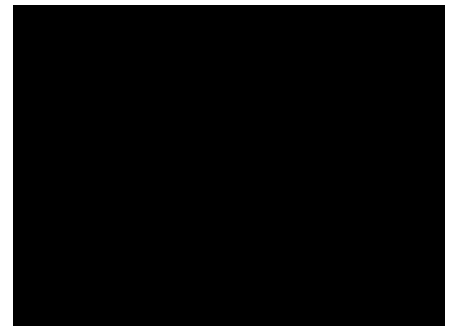
Backwell swimmers travelled to Bath for the first Inter-Club gala of 2002.

Although competition was strong, Backwell's young team produced some excellent swims with a large number of P.B. times being set in several events. Notable performances:

Martha Richards - breaststroke,
Keith Harbord - butterfly,
Sophie Woodford - butterfly,
Emma Hayes - breaststroke.

Club Captains Laura Whitty and James Aldington had good swims and kept team spirit high during this exciting and competitive Gala.

NEWSLETTER



The Somerset Championships – March 2002

You need to know....

They will take place over 3 weekends in March:

Hutton Moor

Sat & Sun 2nd & 3rd March

Millfield

Sat & Sun 16th & 17th March

Hutton Moor

Sat & Sun 23rd & 24th March

They are Open Meets, which means swimmers enter individually, although still representing the Club (you should wear Club costumes, hats and shirts) to compete against swimmers from many other Clubs to achieve better PBs.

Whatever your ability, you should have a good competitive race. You will be swimming against swimmers of similar ability and age as you will be placed in heats based on the times that you recently achieved at the Club Time Trials in January.

The results (including your Somerset ranking and BAGCAT points) will be published by age groups. This year all events will be swum as “age on the last day of competition”.

Entry for each event is **£2.50**, which the Club initially pays on your behalf. Please pay your fees to the Club as soon as your entries are confirmed.

...about ENTRY CARDS

1. Swimmers whose entries have been accepted will be issued with an Entry Card for every event.
2. Check your entry card to confirm your event(s), the date, place and time you are swimming.
3. Take it/them with you on the day you are swimming.

...that On the Day

You need to be at the pool **at least** 15 minutes before the time shown on the bottom of the entry card for “card posting and warm-up”.

4. Post the correct card for your event in the box - blue for boys and pink for girls!

At Hutton Moor the card posting boxes are usually in the low-level area next to the small pool and at Millfield the boxes are usually in the main entrance, in front of the trophy cabinet. Once you've posted your card, get changed and find your teammates.

Warm up will start at the time shown on the bottom of the entry card, which is also the time when the card posting boxes close. Listen to the announcer and follow all his instructions carefully for your warm-up.

THE COMPETITION ITSELF

Before the start of the competition, and then at least one event in advance of the event being swum, competitors will be told to go to the marshalling area to collect their cards. Take your goggles, swim hat, with you. Your name will be called out and card handed back with details of which heat and in which lane you will swim.

You will be organised into heats in rows in the marshalling area and be moved forward one row at a time.

Move up to the blocks and hand your card to the lane official.

Follow the Referee's instructions exactly.

When you finish make sure you hit the timing boards hard. Stay in the water until told to leave. Do not climb over the timing boards but by the steps at the side.

Remember that any Club Officials or older, more experienced swimmers are there to help you.

Good luck at ‘the Somersets’!