

# MODERNIAN SWIMMING CLUB



## Swimming Achievements

Congratulations and well done to two of our younger Senior Squad swimmers. Oliver Maltby and Nick Stalley were part of the Bedford Prep School team who attended the recent IAPS National Championships at K2 in Crawley. Oliver swam his heart out to win Gold in the 25m Fly event for the second year running and Nick found the competition 'head & shoulders taller than him' but won through to take Bronze in the 50m Breast.

The photo shows Ollie and Nick with the rest of their school team. Bedfordshire County Records.

It is with great delight that we can mention a number of Bedfordshire County Records being broken by Modernian Swimmers recently. Sam Briggs broke the Senior Long Course 50m Back record at the Youth Regional Champs and then broke it again in Rotherham along with the Senior Long Course 50 Free record.

## Wednesday Night Refreshments

Around 18 months ago, we came up with the idea of once a month refreshments - the ideal place to do this was at Bedford Modern on a Wednesday as we have the space to set up and many swimmers swim on this night. As you will know, it was a big hit and is now a weekly occurrence. We have raised a large amount of money and it has become a social event for some parents to sit and have a coffee and a cake etc whilst their swimmers are swimming. I would like to use this opportunity to thank all of you for your support and especially to those who have baked cakes and donated them - it would not be the same without them! And to all of you who even bought just a lolly, it all counts!

## Open Water Champs Nottingham Colwick Park 2010

I have to admit I wasn't the keenest of the competitors as we arrived at Colwick, but I kept telling myself I could do it if coach was going to...

We'd all got our tops, signed in and got our numbers written on our arms. We were ready to swim. Well, about an hour early. We all sat together by the lake and had a picnic with swimmers' family members. It was lovely, we almost forgot about the perilous lake swim we were yet to face. But at least the sun was out.

Shortly after our brief the individual races were beginning and everyone was getting changed and ready for the swim. The first legs of the relays were huddled together with the 2k individuals in order to set them off together. Coach Douglas was up and he seemed even more anxious than me to get in the water. Not surprising, seeing that if he beat me in that race, he could've got rid of me forever! A little deal we had. And lets be honest, a result of that would be quieter training for everyone and more peaceful galas...

ANYWAY. The first legs had returned and everyone was encouraging the second swimmers of the relays. It was a good atmosphere, I wish I could've enjoyed it, if I wasn't so nervous.

The third leg were in before we knew it and it was gradually getting to my part of the day. My swim. The last leg. The finish. No pressure.

I got in and literally went numb from head to toe. I splashed around as Caitlin came in. I was as ready as I could be so I went. Kicking and splashing apparently technique 'wasn't brilliant' yeah, thanks again for that one Stuart, what was your time again?

Surprisingly for me and anyone who saw me swim the first year in open water, I actually went quite fast. Chugging along. It was quite pleasant really. The sun was on the lake, and I didn't see any fish, which is always a plus. Before I knew it, it was all over. Everyone had grouped back where we had sat before, most of the swimmers were still shivering uncontrollably but there was plenty of hot chocolate and loving parents with towels and a few layers of clothing to restore our body temperature again.

I must admit, the day was about a million times better than I had expected. I think everyone who went had a good day, even if it was for the social side, not the part that involved swimming in a cloudy watered lake. Well done to everyone who competed, its not easy, as most will tell you if you haven't done it before. But I think a special congratulations is due for Ian Douglas - who encouraged if not forced most of us into doing this in the first place - he hasn't competed in a while, I don't know how long but I wouldn't advise asking unless he's in a good mood (usually signalled by humming or whistling or in the worst cases singing). On a serious note though, well done to EVERYONE and thanks to the parents and everyone who went to support and made the day as brilliant as it was. **Abi Summerfield**

## Parents – Gentle reminder

Please collect your swimmer from training within 10 minutes of the end of the session, our coaches do have very long days and should not have to wait at the pool for swimmers to be collected. Thank you!



## Land training reminders

Swimmers are reminded that for land training you are required to wear: - t- shirt or poloshirt, shorts or tracksuit bottoms and trainers.... No vest tops or canvas shoes!

Please do not take mobile phones to land training, they must be left at home or zipped away in your bags.

Girls with long hair must have it tied up for land training at all times!

## Help Needed

The club desperately needs parents/carers of swimmers in the junior squad to train as officials. Lower level galas are the stepping stone to achieving times for your swimmer to progress.

Each club is obliged to provide a minimum number of officials for each gala entered – if Modernians are continually unable to provide this, our gala entries may be jeopardised or not accepted in the future.

There is a course covering Timekeeping and Judge Level 1 in the autumn (details are on the BMS notice board). There are a number of benefits attached to the role ranging from complimentary tea/coffee, lunches, gifts and of course free entry with a better view and all the excitement of being poolside.

If you have any questions or concerns please speak to me, Barbara Pasquire (Nicola's mum) at any Wednesday or Friday training session. I have been judging for a while now and find it a very rewarding experience.

If you feel you are able to help please complete the application form which is available from myself, the BMS notice board or the county website.

**PLEASE TRY AND HELP TO SUPPORT YOUR SWIMMER AND THEIR CLUB.**

Many thanks

Barbara Pasquire (Officials Coordinator)

# MODERNIAN SWIMMING CLUB



## Gala Entries & Club Closing Dates

A plea for help!!! Could all gala entries for open meets please be submitted at a training session to myself, Tina or your squad coach prior to or on the closing date? Unfortunately I have had to return several gala entries recently as they arrived after the club closing date. I have completed the club's gala entries for over four years now and have slowly built up a sound knowledge of how far in advance we need to submit our club entry. It does depend on whether a meet is first come, first served or based on number of swimmers and their times or even based on the date of a earlier gala (so that swimmers times are as up to date as possible) as to the closing date that I state on the gala information emailed out. I do always give sufficient notice (normally a minimum of two weeks) and the closing date is the last date you can submit your entry so sending them to a training session prior to the closing date is a good idea! Please also bear in mind that I am a volunteer (doing this job for love not money!) so your understanding and careful consideration of this would be much appreciated.

## Entering Open Meets

Recently Ian has noticed a number of swimmers entering open meets and then not turning up at the gala to swim. The reputation of the club is tarnished when this happens as it doesn't go unnoticed by the host club, it does cause extra work for them and also can deprive another swimmer from a swim. Whilst illness is something that cannot be accounted for in advance, just not turning up to compete is unacceptable. In future please discuss any issues in attending the gala you may have with your squad coach beforehand or at the very least, let them know on the day if you are not swimming and why. The Committee

## Club Kit

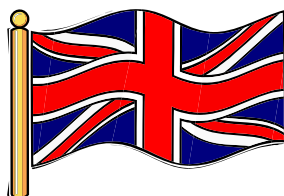
Whilst club kit is not compulsory, we do insist girls, and boys with long hair, wear swim hats to train and to compete. At a gala it is nice to have our team easily identifiable when they are competing by seeing them in club hats and club t-shirts both for the coach and team manager and for our loyal band of supporters, who happily cheer on any swimmers they see as ours! The club hats are inexpensive at £4. You can even keep it for competition only! The club t-shirts are £15. Dave Hanna keeps stock of hats and t-shirts and if you wish to purchase a club hoodie, these are also available to order but they are not a stocked item. Dave is contactable on 07817 091427 or dave.hanna@sky.com He is also available on the first Wednesday of every month at BMS pool with stock if you wish to purchase from him then.

## Parents can do it too

Congratulations to Claire, Anders, Rob Robinson and Tina Delaney for winning the parents relay at the recent Huntingdon club gala. They were very brave in giving it a go!! If any parents are interested we do have a Masters section (you don't have to compete!) that swim on a Wednesday and Friday evening and Sunday morning. Please take a look at their page on our website for further details.

## Bag Pack

Thank you to all the swimmers and parents who came along to Tesco on Saturday 12th June. On this occasion, it was a joint fund raiser so the money we collected was halved between the Tesco charity of the year and Modernians. I am delighted to announce that we collected £400 in total and therefore we banked £200! The bag packs are a brilliant way of raising money and a way of everyone doing their bit for the club. On average; we can raise £100 an hour, so the next time we organise one, make sure you put your name down, if only for an hour.



## The National Anthem

Just a reminder to all swimmers regarding the National Anthem at swimming galas. There are numerous galas on our fixture list that play the National Anthem at the start of the first session. Please make sure that when The National Anthem is played that you stand still and quietly. Thank you.

## My Scottish National Championships Experience

In April this year I went to Glasgow with my parents for the Scottish National BAGCAT Championships having qualified for Scottish National status through the birth of my dad. I entered the 100 and 200m Breast having got entry times at Corby. It was the week after Easter, so off we went on the 400 miles drive to Glasgow. I didn't quite know what to expect there and was nervous about being on my own. Anyway we arrived late on the Wednesday night at our hotel in Clydebank. We had stayed there the previous year at my uncles wedding and liked it. The following morning we set off early arriving at Tollcross leisure centre in Glasgow's East End. It was a 50m pool and was massive; it's where the 2014 Commonwealth Games swimming events will be held. I started off in the warm up and really missed my Modernian friends in the lanes. The championships were strict unfortunately I had to sit on my own in the competitors area, but a friendly coach from Scotland soon asked me "Hows Brian" we then chatted about how he knew Brian Brinkley. It was great that the Modernian name is so well known all over Great Britain. This made me feel better and I began chatting to some of the coaches. Anyway the competition soon started and in the 100m Breast heats I didn't make the final 10 places but finished an overall 12<sup>th</sup> in Scotland in my age group. That was the 1<sup>st</sup> day. It was great going back after this swim and telling my grandparents all about it. Also having an opportunity to hang out with my cousins. The following morning we set off again this time for a crack at the 200m Breaststroke. In the heats I swam a 3.06.22 which was a PB at the time I was really excited as this qualified me for the final later that same day. I couldn't believe it here I was in the finals of the Scottish BAGCATS. We went into central Glasgow to do some shopping, but I was nervous with dad taking the opportunity to show me Celtic Football Club! The final soon came with all the music pumping in our ears as we went to our blocks whilst being introduced to the crowd individually. In we went and I swam my heart out, it was tiring. I finished overall 9<sup>th</sup> in Scotland. On the long journey back to England I hoped that next year I would qualify for more events and finals who knows maybe even getting a medal, I hope.

Rhiannon McCaffrey

## County Record!

Sam Briggs broke his own 50 Backstroke County record at the recent Peterborough Open Meet in a time of 28.08.  
Charlotte Ovenden claimed the Junior and Senior Long Course 50 Breast records at the Youth Regional Champs.  
Well done Sam and Charlotte!!