

MODERNIAN SWIMMING CLUB



Eastern Region Open Water Championships

On the 18th of July I travelled up to Norwich to compete in the East Region open water championships. I was nervous, it was only my third open water event and was certainly the biggest. When we got there Harvey had already swam and so had James and Oliver Maltby, they had some amazing results. Harvey came 2nd in the county for 5km and Oliver and James came 4th and 5th in the county for the 800m event. It was then only me and Abi left to swim. We had been told the water was 18 degrees which was 6 degrees warmer than we swam in before, but it still looked very cold. Abi's turn came to race in the 1.5km event, she put in a tremendous effort and got what she deserved when she came 2nd in the county. I saw her after her race and she had one word of warning, mind the weeds. Finally the 3km, it was my turn to swim, I was scared but tried to just focus on my race. When I got in the water it didn't feel as cold as I thought and I was determined to swim well. The starting horn went and we were off, I got kicked a bit at the start but soon everyone spread out. After my second lap I was coming into the finish and realised what Abi meant suddenly I was swimming straight through weeds, but I kept my head down and mouth closed. At last though I hit the finish board and was happy it was over. The whole day was a great experience and after a lot of waiting for results I found out I came first in the county and was very happy. Also well done to Ian Stoughton who came 1st in the county for the men's 3km and Paul Richardson who came 3rd in 5km men's race. All Modernians that swam that day should be very proud of themselves.

Megan Young

** Mayoral Visit **

We are extremely pleased to announce that Dave Hodgson, The Mayor of Bedford, is to visit the club on **Wednesday 29th September**
At about 7-7.30pm

This is a great opportunity for us to raise the profile of the club with the Borough Council and to showcase our swimmers!!
Do come along and join us!

New Land Based Warm Up – allow extra 5 mins before training

30 seconds of each of the following:

Toe Springs
High Knee Run
Jumping Jacks
Butt Kicks
Burpees

And then repeat again from the start.

Then 10 of each of the following:

Arm Circles (small to large)
Knee Circles (rotate in both directions)
Leg Swings (on each leg)
Cross Swings (on each leg)
Knee Hugs (on each leg)
Chest Openers
Lying Leg Rotations (on each leg)



See another photo overleaf

Gala Manners

Please be kind to officials – they are volunteers and without them, we wouldn't have any galas to swim in ...

- Be aware of what's going on around you, however nervous (before a race) or elated (after!) you feel
- When you hear the whistle, stand still and stay quiet – if you can't hear what's going on, neither can the swimmers waiting on the blocks
- Walk behind the officials around the pool rather than in front of them – they need to see the pool and swimmers at all times and are there to ensure fair play
- Don't squeeze between a Stroke Judge and the edge of the pool – or one of you will go in!
- When you leave the pool after your swim don't walk in front of the place judge – they are trying to place the incoming swimmers across 6, 8 and sometimes 10 lanes

PS The officials are the ones in white!

The Nene Swim

Three intrepid Maltby's entered themselves in the Serpentine SC River Nene swim in August. Maltby Senior had decided that the East Region Open Water wasn't enough for Maltby Juniors but then Mrs Maltby threw a spanner in the works by declaring that if the Junior two were going to swim then why couldn't the Senior one as well? It will come as no surprise that Oliver won the One Mile Freestyle (swimming half a mile upstream and half a mile downstream) in a new record time of 25.32 with brother James taking second place in a time of 26.03. Not to be outdone Maltby Senior not only completed the One Mile Breaststroke but swam it in 41.48 winning the Silver Medal!

Ski the channel 2010 at box end

On the 17th of July 2010, Nicola, Rhiannon, Abi and Catriona all went over to box end park having already done 2 hours training at Letchworth heated open air 50m pool, to do the challenge 'Skiing across the channel.' We had to do a total of 20 laps between us. Nicola is an experienced wake boarder whereas the rest of us had never done it before, so we started off on a knee board. Catriona took to it well by getting up almost immediately, Then Rhiannon then Abi. But they all managed to complete at least one lap without stopping. It was a very enjoyable experience and we couldn't have done it without the help of Joyce from the Kempston rotary club. We made a total of £240 for the club!

Nicola Pasquire & Catriona Delaney

Letchworth morning training

Every Saturday morning we had a blast at Letchworth open air heated outdoor swimming pool. We had a good time and the sets were really challenging as we treacherously struggled to stay awake from 5:30 am. Certain boys enjoyed throwing the 'HUGE' water bugs at certain girls. If we had a lucky session we sometimes found a bit of money at the bottom of the 50m pool. We would start the session with a good old jog around the pool. We ended the session with some Jaffa cakes or chocolate cornflakes provided by Ian. Most of the time it would be sunny and we would all come out with a tan. It was a really amazing experience. We thank Ian for giving us the opportunity.

Rhiannon McCaffray, Oliver Maltby & Nicholas Stalley

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My first random drugs test

Whilst competing at the Welsh Nationals this Summer I encountered my first random drugs test. I had just finished the 200m breaststroke Final and I was approached as I got out of the pool by a man in a suit and tie, he told me it was nothing to worry about but I'd been selected to take a random drugs test. He asked me where my parent was and as I was under 18 I would need to have a parent with me. Because I had another race straight away I had to have him stay 20 yards away from me at all times, that included in the whipping area and the medal ceremony for the events I swam, it was strange a bit like having a bodyguard!

At the end of the session I went with him and my mum into a room and they explained that I would need to be watched take a urine sample and then it would be tested to check the strength and then I would tip it into pots and it would be sent off for testing. If the sample was not strong enough then you would have to do another wee in a pot! Note to self - do not drink lots because it will weaken your wee and you'll be there all night! When I finally was ready to take a sample I went with the lady and she was really kind she talked me through every step all while standing watching me wee. For someone who has to turn the tap on so people don't hear me wee this was odd, which is why I declined the offer of having my Mum present in the room too, it was bad enough having one lady watching. Mum stayed in the doorway, the door was kept open so she could see what the lady was doing, and anyway, it was fine we walked back into the waiting room carrying my very full sample pot!

We filled in the forms and you have to declare absolutely **EVERYTHING** that you have taken in the last week - even basset's fruity vitamins and the odd strepsil! You then check the strength on the calibrated machine, mine thankfully was fine, so I could go home! One of the other girls in the room had been there 2 hours waiting for her second sample as the first was too weak! It's really nothing to worry about, I am glad I had the experience and the people were really kind :)

Charlotte Ovendon

Swimmer Message Board

Swimmers the whiteboard in the foyer at BMS pool has been made available to you for messages to each other, it may also be used for reminders. Feel free to use it but do make sure you use board markers and not permanent ink pens!



Lane Ropes

Thanks to everyone who has contributed to raffles, teas & coffees, social occasions etc over the last 2 and 1/2 years. Over £2000 has been collected and equipment has been installed at BMS pool. Thanks also to Bedford Masters SC for a large donation which took us up to our target.

Thanks also to parents who come in before/after training to help put the lane ropes out/away.

The Committee.

Changing Rooms

Please note that Parents of swimmers in the Junior and Senior Squads should not be entering the Changing rooms before, during or after squad training sessions. All our swimmers are of an age where they do not need supervision while dressing and some of the older swimmers may feel uncomfortable with parents in the changing rooms.

Thank you.

Modernian Swimming Club Swimmers Welfare.

The club has a duty of care for all swimmers on poolside during teaching and training sessions, as well as during club designated galas. However we ask that parents and carers accept their responsibilities for the welfare, safety and behaviour of all swimmers, and other children, at all other times.

Parents and carers should note that the public areas and changing rooms at all the pools are not monitored directly by the club and are open to public access. Obviously MSC monitors these areas as much as possible, but there are practical limits to that supervision.

The welfare of swimmers in the car parks and surrounding areas of both pools are of concern to the club. For example the BMS and High School car parks are always busy during MSC teaching and training sessions. Young children especially should be closely supervised and the car park should not be used as a playground. Both the BMS sports field car park and the areas around Robinson pool, especially the rear car park, have been known to attract some undesirable people. Also the High School car park is not well lit and has free public access in the town centre.

We have had past incidents that although minor do raise concerns for swimmers welfare. This concern applies particularly during the dark winter evenings. We ask that swimmers and other children are not left unsupervised before and after teaching and training sessions. This warning is not intended to be alarmist but to ensure all parents and carers are aware of our concerns and act as they consider is required. If any swimmer is not collected by their parent or carer as planned due to unexpected emergency we ask that the swimmer speak to a club teacher, coach or committee member. This will enable some action to be taken to ensure the swimmers welfare. This action will only apply to emergencies.

Su Felce
Welfare Officer; MSC