

# MODERNIAN SWIMMING CLUB



## Beds County ASA Club Development Conference.

Several members of the committee gave up their Sunday recently to attend this conference run by Beds ASA. The conference offered many opportunities to gain knowledge to assist clubs in a variety of areas including organising galas and funding and sponsorship. It also provided an opportunity for some of our coaches to attend the Safeguarding & Protecting Children course that is a must for anyone working closely with children. It also provided an excellent opportunity for us to talk to other clubs in the county and share experiences and pass on advice. The last session of the day was an introduction from Lisa Simpson, the new appointed County Swimming Co-ordinator, on her role in swimming (from school swimming to clubs to diving to synchro) across the county and specifically how Bedfordshire clubs can utilise her resource.

## Bad Weather Plan

It happens rarely but should we need to cancel any training session due to bad weather, usually snow or ice, a notice will be placed on the front page of our website [www.modernians.org.uk](http://www.modernians.org.uk)

## English Schools Swimming (Div 10).

Back on Nov 6th, Mark Rutherford Upper school took a team of 4 Modernian swimmers to the ESSA Div 10 swimming competition at Barnet Copthall. This is the first time ever that the school sent a swimming team! Jamie Douglas, Imran Shah, Nathan Beddall and myself were the Relay Team. In the Free Relay Mark Rutherford finished a creditable 8th out of 14, Jamie swam first, then Imran, Nathan and myself going in last. In the Medley Relay, Jamie was on backstroke, Nathan on breast, Imran did the fly and I swam the free. Unfortunately we were DQ'd but it wasn't too bad! Overall it was a great experience, everyone had fun and swam really well.

Modernian swimmers Josh Steel, Will & Nick Johnson, Oliver Maltby and Matt McKeown also swam but representing Bedford School. Nick and Matt were lucky enough to pick up a Silver Medal each for the Senior Boys Medley Relay.  
Tom Langford.

## School Ambassadors

Congratulations to Kate Langford for becoming an Ambassador for the Modernians at her school, Newnham Middle School. The school is keen to promote links with clubs that their pupils attend after school and Kate's role will be to provide a contact within Newnham if anyone is interested in taking their swimming further.

## Swimmer of the month

September was Rhiannon Jones  
October was Jasmine Barlow

Can I remind all Juniors that they need to bring all their equipment to training sessions. I may be able to rustle up the odd pair of goggles but do not have an endless supply of hats, kick boards and fins to lend out.

With our training sessions only lasting an hour it is vitally important that swimmers arrive on poolside on time, Particularly wednesdays when they should be poolside 5 minutes prior to the start to ensure the lane ropes are put in.

An adequate warmup is essential to prevent injuries to the body and swimmers who are arriving too late often miss this.

## Junior Squad Parent Volunteers Required!!

We are desperately seeking volunteers among Junior Squad parents to train as Team Managers or Officials. Full training will be given and no previous experience is required!!

You'll have seen at galas that many parents are needed to assist the coach with the team and to officiate as timekeepers and judges. To attend open meets or club galas we must, as a club, provide this help or we will have to reduce the opportunities currently available for your swimmer to compete. It is down to you as parents to prevent this happening – please think urgently about offering your services to help the club.

We will be holding a training session for anyone interested in becoming a Team Manager on Wednesday 13th January in the King Room at BMS pool at 6.45pm. Please let me know if you can attend.

Jo Stalley

## Aquathlon Report

A strong team of Modernian swimmers competed in the 9th Aquathlon hosted by the Sports Development Unit at Robinson Pool and in Bedford Park in October.

In the Year 4 girls category Kara Christensen won with Elena Tipton coming in at 9th place and Jamie McCaffray came 15th for the boys whilst sister Erin came 2nd for the Year 5 girls with Rebecca Charman coming in 11th place. For the Year 6's Amelia Sonsino was 7th and Joseph Munno 2nd with Tom McMahon in 6th place just behind him. Eleanor Usher came 2nd and Peter Webster 3rd in the Year 7's category with Hannah Goodway making it to 5th in Year 8 and also from Year 8, Johnathan Hirniak in 3rd, Matthew Davies in 4th, Lewis Savory in 5th and unfortunately Ben McMahon didn't have any finish data from the chips that were in use on the day. Katie Larrington was 2nd in the Year 9 category for the girls and Chris Sonsino 3rd for the boys.

## Junior Squad – Long-term Athlete Development

Long-term athlete development (LTAD) is about achieving the correct training, competition and recovery throughout a young athlete's career, particularly in relation to the important growth and development years of young people.

It provides a framework within which swimmers should plan their training and competition programmes.

One of the central messages from the LTAD swimming framework is that competition should be regarded as an integral part of a swimmer's training programme. Consideration should be given to the physiological, psychological and emotional development of the young swimmer.

To this end Brian has prepared a short presentation for parents and swimmers from the Junior Squad, and he will present this on

Wednesday 6th January at 7pm

This short meeting will be very beneficial to you and your swimmer and we would very much hope that you can join us when you collect your swimmer from their training session that evening. All Junior Squad are therefore welcome to attend the training session that evening which is from 5.30pm-7pm.

Senior squad parents are welcome to attend if they wish to.

Light refreshments will be served in the King Room at Bedford Modern School Pool prior to the meeting.

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## Winter Regionals 2009

I qualified for the Winter SC regionals by swimming at lots of galas. I qualified for 13 events but put my entry form in for just 11 of them. The entry listing was published on line and I was in with a chance of finaling in the 50 and 100 Breaststroke. As I'm not really a morning person, we travelled up on the Friday night and I had managed to persuade my mum to let me have a room of my own (it's a must have, you swim a thousand times better!) and she brought a toaster so that I could have Pop Tarts for breakfast (another absolute must for a 'highly trained athlete!'). Warm up on Saturday was at 8.30, thankfully I don't really get nervous beforehand, I just turn up and swim!

My 50 Fly wasn't so good first thing but then it was time for my 100 Breaststroke which I hoped to do well in. I PB'd in the heats and was placed 6th going into the Finals. I finished 5th overall (wasn't at all nervous) and came third out of the Juniors so ended up with a Bronze medal! Later on I managed to final in the 100IM setting another new PB finishing 6th overall and 2nd in the Juniors. I finalied in the 50 Breaststroke coming 3rd in the Senior group and the scariest thing was having to stand for a presentation with everyone watching me! The shock of the weekend was being a reserve for the B Final of the 100 Fly, as a reserve I didn't think I would be needed until suddenly, as the swimmers were going to the blocks, they called me forward to swim. My phone was set to Loud, my ipod was on full volume and I just had to abandon them and get to the blocks. I had visions of my phone going off just as the Starter says Take your Marks!! Overall it was a great weekend for me with 5 finals and 4 medals. All the other Modernians there swam really well and we had a good time but were all very tired at the end of it.

Charlotte Ovenden

## Rotary Club of Kempston

MSC is pleased to announce that the Rotary Club of Kempston have agreed to purchase some new portable Starting Equipment for the club for the benefit of all our swimmers.

Brian will be speaking at their birthday night meal on 27th January at the Addison Howard Centre in Kempston where they will be presenting us with the new equipment. If anyone is interested in attending, please contact me.

The Rotary Club is also hosting an event at the Box End Park Water Centre in an attempt to 'Ski across the Channel'. Do we have any keen water skiers, wakeboarders or kneeboarders or anyone who would like to have go? It's a team effort, 6 members needed to complete 20 laps of the circuit on July 17th 2010.

## ISA National Swimming Championships

On Saturday some Modernian swimmers who attend Rushmoor School went to Coventry for the ISA National Swimming Championships. Cameron Howe gained a silver medal in the 100m backstroke and a fourth place in the 50m fly, William Greenall came fourth in the 100m breast stroke and Josef Rivers came 5th in his event.

## Splash Night – 4th December

Our Christmas Splash Night was a huge success with over 70 swimmers taking part in the two hours of fun and frivolity! From Reindeer Racing to Collecting Presents, much fun was had by all swimmers. Congratulations go to David Carline's and Abi Summerfield's teams who came joint first! Congratulations also go to Anders and Su who came first in the Parents races for Dads and Mums and well done to all the parents who volunteered to swim - just to show the squads how it's done (or not!!).

## Officials News.

Congratulations to Joyce Kwok, Tom Langford and Jess Stalley for having completed their Young Officials Training back in September and also to Chris Felce, who qualified as a Judge L2 at the same meet. Joyce, Tom and Jess join an elite group of swimmers (Jamie Douglas, Kelly Johnson, Emily Law, Charlotte Ovenden) who previously qualified as Young Officials last Christmas.

Good luck to Emily Law who has decided to take her Young Officials training further by undertaking the Judge L1 course in January.

If anyone (swimmer or parent) is interested in training to become a British Swimming Official please let Jo Stalley know.

## REMINDER!

All swimmers MUST wear a Modernian Swimming Club Shirt at swimming galas, this includes club galas and open meets.

## New rulings on swimsuits

With effect from 1st September 2009 you are no longer able to wear two swim suits/costumes in competition. Currently, with effect from 1st January 2010, men can only wear swim suits that don't extend beyond the navel upwards or from the knee downwards i.e jammers only. Ladies cannot wear swim suits that extend beyond the neck line up or beyond the shoulders down arms or from the knee downwards i.e. regular swim suits or knee suits only. Also from 1st January you can only wear a swim suit in competition where the material is FINA approved so currently this excludes the likes of the Speedo LZR and Jaked suits worn at the Olympics and recent World Championships.

## Support the club!

Support Modernian Swimming Club when you shop online

You can now raise funds for Modernian Swimming Club every time you shop online.

Choose from over 2000 of the UK's best-known retailers including many popular names such as Next, Argos, Debenhams, John Lewis and HMV, and when you shop using the links on our site up to 15% from every purchase you make will be donated to Modernian Swimming Club.

It doesn't cost a penny extra to shop and raise funds for us this way, and as many retailers now give extra discounts when you buy online, you can even save money!

All it takes is a few extra clicks to help your swimmer!!

