

Issue 01 - JANUARY 08



Audrey Faulkner (Chairman)

The Committee strongly believe that a thriving, improving club requires input from all.



UPCOMING COMPETITIONS

- "Last Chance Qualifier"
(Beverley - 25-27 Jan)
- Hull and Districts #1
(TBA - Feb)
- Yorkshire Championships
(Leeds - Feb and Mar)



Please see Sharon Dare for closing dates.

Welcome

Happy New Year to you all. I hope each and every one of you had a terrific Christmas holiday and you are fully refreshed for the year ahead. After a small break we are re-launching the Bridlington Swimming Club newsletter. The newsletter is an excellent way to update swimmers, parents and club friends with all the latest developments, swimmer/team progress and upcoming events. Additionally, check out www.bridlington-swimming-club.co.uk and regularly read the notice boards.

Hope you enjoy the newsletter and please feel free to raise ideas and/or concerns directly with any of the Committee on poolside. The Committee strongly believe that a thriving, improving club requires input from all.

Swimming Club Trials

The next set of trials will take place on 11 January 2008. Please spread the word to brothers, sisters, friends and family as we are always on the look out for new members.

Upcoming Competitions

There are many opportunities for swimmers to compete individually outside of team galas. The club resist pushing swimmers into competitions but, providing the swimmer's ability is appropriately matched to the level of meet, then we strongly urge attendance to gain the experience and gauge progress. Please discuss with Sharon Dare, Geoff Dennis or Geoff Edmond should you want guidance. Entry-level galas include Hull & Districts, Scarborough B/C and A/B galas. Stronger galas include Sports Aid, Hull Open and East Riding Championships. County, Regional and National events to follow!! Simple.

A reminder that closing dates for the Yorkshire Age-Group is at the end of January and Club open nights and the "Last Chance Qualifier" in Beverley are excellent chances to get those times.

Training Progress - Teaching Group

Dave Legge has now completed 3 out of 4 stroke clinics for the Teaching Group, which have been received and attended very well. The final clinic [freestyle] will be held on 20 Jan 08.

UPCOMING GALAS

- ❑ East Coast League Gala
(Filey - 19 Jan)
- ❑ Pocklington Times Gala
(Kingfishers - 16 Feb)
- ❑ Friendly Gala
(Driffield - 23 Feb)
- ❑ Friendly Gala
(Bridlington - 1 Mar)



Geoff Edmond (Head Coach)

COMMITTEE MEMBERS

- ❑ Audrey Faulkner (Chairman)
- ❑ VACANCY (Secretary)
- ❑ Helen Morland (Treasurer)
- ❑ Geoff Edmond (Head Coach)
- ❑ VACANCY (Welfare Officer)
- ❑ Margaret Greenall
- ❑ Ian Dare
- ❑ Peter Heathcote
- ❑ Debbie Hornsey
- ❑ Geoff Dennis

Team Galas and Competitions

East Ridings League Championships [17/11/07]

The annual championships are open to all swimmers who swam in the league galas throughout the season and are an excellent opportunity to gain valuable experience in a large meet and also to gauge progress in going head-to-head against top swimmers from across the region. A massive turnout saw 1500 individual swims and our swimmers had to perform at their very best to even get in the mix, as some strong clubs were present. All performed admirably in the 50m events [plus 100m IM] and many came back with weighed down with medals and trophies. Well done.

Teaching Group Championships [23/11/07]

Pitched at our Teaching Group swimmers, this gala is a real favourite of the coaches and Committee as it gives the swimmers a first opportunity to experience race conditions whilst not placing too much pressure on young shoulders plus it gives the coaches direct feedback on development. The swimmers all experienced individual highs and also some lows - particularly in the breaststroke [faulty kicks, one handed touches] and the exhausting butterfly [arm recovery not above water]. Head Coach Geoff Edmond thought all swimmers performed well and believes enforcing rules strictly is in the best interests of the swimmers - *"its best to learn the lessons now rather than in big meets later on - as some of our top swimmers have done recently"*.

East Coast League Championships [24/11/07]

Similar to the East Ridings League Championships, this Championship is an end of season event open to all swimmers who have competed in the League during the season. Open to only 4 teams [Bridlington, Kingfishers, Driffield and Filey], this is a much smaller gala and went by in a flash with only a few minutes between swims. It is fair to say that our swimmers entered with higher expectations and the confidence showed through - resulting in many medal places. Perhaps as important, was the excellent teamwork demonstrated in the running of the gala. A special thanks to all, in particular Helen Morland and Sharon Dare.