



BASILDON & PHOENIX SWIMMING CLUB NEWSLETTER – March 2011

BELETED WELCOME!

Welcome to our first **Basildon & Phoenix Swimming Club** Newsletter. Apologies for the delay, but we now hope to publish every other month – keeping you up to date with forthcoming gala dates, results, social events, etc.

The publication of this Newsletter is very much dependent on volunteers writing articles for it, so if you have anything you would like to write for the Newsletter or you have any comments/suggestions, please send it to news@phoenixbasildonsc.org. Hopefully we may even be able to form a 'Newsletter Team'.

This issue includes gala information, the Bill Furniss Swimskills day back in September, **important diary dates**, club volunteer of the month (who will it be?) and much more.

FORTHCOMING DIARY DATES

12/13 th March	Essex Age Group Championships - Garons Park Pool, Southend
12 th March	Mini League (Round 1) – Harwich
19 th March	Essex League Division One - Colchester Leisure World
22nd March	Parents meeting - on new squad structure and sessions in the new pool - time & venue TBC (a letter will also be sent with details)
26/27 th March	Essex Age Group Championships – Braintree Swimming Centre
29th March	Bowling Night (see below) – payment due on or before Friday 11th March
2 nd April	Essex League Division Two – Loughton
9/10 th April	Bexley Long Course (Level 1 licensed meet for selected swimmers only)
Easter	22 nd April (Good Friday) – no pm sessions 24 th April (Easter Sunday) – no pm sessions - TBC 25 th April (Easter Monday) – 6-8am session only - TBC 23/24 th April Redbridge Open
3 rd May	Expected first session at the NEW Sporting Village
16 th July	BBQ – TBC



Bowling Night - 29TH March – don't miss out on all the fun!



Our first social event this year will be a **bowling night at Hollywood Bowl**, Basildon (Festival Leisure Park) on 29th March from 18:30-20:00 approx. The cost is only £5 which includes a shared hot food platter and pitcher of drink – you can't beat that for good value! Both adults and children are invited, cost £5 per head. Please return payment via cheque payable to BPSC in an envelope (together with the attendee(s) names at the club desk on either Monday or Friday evening (or see Donna Asher, Sarah Munro or Jo Lyne) before **Friday 11th March at the very latest**.

RECENT GALAS

The BPSC NOVICE OPEN

On 5th February we held our **very first open gala event** as a new club at Blackshots Leisure Centre, Grays. It proved to be an enjoyable and successful day. For full results visit the website. Photos from the day are available to view and purchase via the DE Photo website. You will need a username and password which was available on the day (if you missed this we can supply this on request).

[Thank you to our event sponsors: Kingswood Estate Agents and Essex Auto Group](#)

ESSEX AGE GROUPS (Block A)

On 19/20th February we came away from a very successful weekend at the first block of the Essex County Swimming Championships at the new Pool at Garons Park in Southend. With 32 swimmers competing there was some outstanding performances. Leading the way with three medals was **Brooke Frost** with Gold in 50 Freestyle and two Bronze medals in 50 Backstroke and 100 IM. **Maisie West** also took Gold in the 50 Backstroke. Silver medal winners were **Joshua Inwood** in 200 Backstroke, **Robin Hughes** in 50 Breaststroke and **Patrick Rourke** in 50 Backstroke. **Patrick** also picked up Bronze in the 50 Freestyle. **Harry Nichols** collected two Bronze medals in 200 Freestyle and 50 Breaststroke. Other finalists for the shorter events were **Rachel Moore, Joe Wakerley, Joshua Inwood, Harvey Jolly, Vincent Melo Peet** and **Edward Hawney**.

In the 200m distance events, there were top ten finishes for **Lewis Cooper, Edward Hawney, Robin Hughes, Joshua Inwood** and **Michael Grace**.

There have been many galas since September too numerous to mention in this Newsletter. For results and further gala reports, please check out the website.

Well done to all swimmers involved!

THANK YOU TO ALL WHO HAVE HELPED AT THESE AND PREVIOUS GALAS; YOUR HELP IS VERY MUCH APPRECIATED. We are particularly keen to find people who are willing to write up gala reports for publication internally and/or in local papers. IF YOU WOULD LIKE TO VOLUNTEER TO HELP, PLEASE CONTACT A COMMITTEE MEMBER OR EMAIL chair@phoenixbasildonsc.org



Bill Furniss (GB Olympic Coach) Swimskills Day

Way back in September 2010 we hosted the second Swimskills technique clinic at Gloucester Park. It was open to local clubs as well as our own and all spaces were filled up very quickly! The day was a great success.

Thank you to all volunteers who helped in making the day so enjoyable and memorable.

Asthma Sufferers

If your swimmer suffers from asthma - Please ensure that inhalers are brought on to poolside in a named sealable bag and are accessible to swimmers and first aiders.

Featured "Volunteer of the Month" - Sue Mullender – Gala Secretary

Donna Asher recently interviewed Sue about her role.



1. How long have you been volunteering at the club, as gala secretary, for?

Just over 3 years.

2. What does this role entail?

(1) Identifying suitable galas to attend. I receive some invitations via email and some galas I find by checking the licensed meet calendar each month. I pass all this information on to Jon for him to choose which ones best suit our swimmers.

(2) Once a gala is chosen I produce a list of 'eligible swimmers' for the coaches so that they can prepare recommendations, based on swimmers current PBs and the qualifying times for the meet. This list is produced using the Hy-Tek Team Manager software that the club uses. If the hosting club is using the same software to run the meet all I have to do is load a file that they give me with all the events and entry times, otherwise I manually enter the data so that we can produce the eligibility list. Once I have the recommendations I email all the details to all the swimmers.

(3) Then I collect and process all the entries and submit them to the promoter. This also includes managing the club 'gala account' i.e. banking entry fees and maintaining records for the treasurer.

(4) Once our entries are confirmed/rejected I email all swimmers with the event details along with warm up times, directions and any other information they need.

(5) After the gala I load the results on to the database ready to use for our entries to the next gala! Once again, if the hosting club is using our software then it is only a question of loading the file that they send me, otherwise it all has to be done manually. I can then produce results files for all the coaches showing how swimmers have performed and includes details such as which times are Essex QTs and the difference in the time achieved to the swimmer's current PB.

(6) I also update the club records using the same software.

In between, I field emails from parents/coaches/host clubs relating to past/current/future galas.

3. How many hours a week do you spend voluntarily at home?

It depends on what needs to be done that week - sometimes 7 or 8 hours if I have entries to submit or results to add.

at the club?

3 hours on a Friday evening.

4. When are your 'busy' times?

The busiest time is from September until Christmas when all swimmers are competing to achieve county QTs and we seem to be either submitting entries or competing and generating results nearly every week - especially when you take into account league galas as well!

5. Do you achieve any recognition for your voluntary work?

No.

6. Do you contact any other agencies or clubs?

I liaise with other gala secretaries when I submit our entries or request information relating to galas we might like to attend.

7. Does anyone else help you?

Before the clubs merged, no. However, I am currently working with Simon Barbero and we are sharing some of the tasks between us.

8. Do you have any contact with the teachers/coaches?

As you would expect, I have to have regular discussions with Jon regarding gala choice and swimmer recommendations. Also, as new gala invitations arrive we sometimes have to change our plans to give the swimmers the best opportunities.

9. What is your favourite/least favourite part of the role?

The most satisfying part of the role is receiving confirmation that all swimmers have been accepted to a meet. I hate late gala entries!

10. What are the attributes that make a good gala secretary?

I don't really know, but anyone who has some spare time and is organised could do it.

11. How can club members contact you?

via my club email address: galas@phoenixbasildonsc.org

Club Shop

Club polo shirts, tracksuits and hoodies in the new BPS colour and logo are now available to order.
(Please note that the Hoodies are offered as an additional item to the club tracksuit, not an alternative.)

******* BPS backpacks now available. Holdalls will also be available round around May time *******

See **Sarah Munro** or **Jo Lyne** at Gloucester Park Monday & Friday evenings for all Club shop items.

There are order forms available on the noticeboard or they can be downloaded from the website.



We also have an online swim shop available via the club website. This facility enables you to place online orders for items such as swimwear direct with our supplier and have them delivered direct to your door. If you use the link from our club site delivery is free and you will still obtain commission for our club (which helps to keep down our fees). This gives you the opportunity to shop from the comfort of your own armchair!

JACK PETCHEY

<http://www.jackpetcheyfoundation.org.uk/>



Congratulations to our recent winners:-

Poppy Warner *"For maintaining a strong positive attitude to training despite injury. Also for being a dedicated member of the squad and a willing and able helper when requested"*

Chloe Williams *"For her ongoing hard work in training and in recognition of setting a GB record in the S14 400m IM."*

Louis Hughes *"For commitment in training despite injury"*

We are looking for a volunteer to fill the role of Jack Petchey Co-ordinator please see Andy Mullender if you are interested (for more details ie. role description, please see the noticeboard).

For more information on the Jack Petchey Foundation check out our website or follow the link above. We are always looking for award nominations. This award is presented on a monthly basis. Anyone can nominate someone within the club, so please pick up a form from the club desk on Friday night or download it from the link on the website and then hand it into the club desk, a committee member, or send it by email to chair@phoenixbasildonsc.org

100 Club - we need your support!

All it costs is **£1 per month** for 1 number, £2 for 2 numbers etc. Please see Jo Neale to purchase your number. Be quick – your favourite number(s) may be taken soon!

We are now starting afresh for a new year - existing members will need to re-subscribe.

Previous lucky winners!

September 2010

Catherine O'Doherty
Lindsey Cooper
Sue Grace

October 2010

Teresa Gillingham
Andy Butt
Andy Butt

November 2010

Carla Marshall
Sarah Munro
Dawn Harris

December 2010

Dawn Nicholls
Richard Frost
Lindsey Cooper

January 2011

Marcel Warner
Dawn Harris
Catherine O'Doherty

February 2011

Carla Marshall
Jon Pearse
Teresa Gillingham

We still have a few numbers left – see Jo Neale at the desk on Monday or Friday evenings or email 100club@phoenixbasildonsc.org.

For all up to date information log on to the **Basildon & Phoenix Website**
www.phoenixbasildonsc.org

If you have an e-mail address please register it at the Desk and set your system not to block e-mails from the Club. They are not spam!

WELFARE ISSUES

Please do not hesitate to contact our Welfare Officer, **Donna Asher** (mob. 07901 858461) for any issues/concerns you have or e-mail welfare@phoenixbasildonsc.org.