



Newsplash

Issue : December 2016

WISHING YOU ALL A SWIMMINGLY HAPPY HOLIDAY SEASON

WELCOME TO BDSC NEWSLETTER

TEACHING NEWS – by Terry Coppin/Acting Head Coach

Since the last edition of Newsplash (April 2016) we have welcomed **Chris Newby** on board. Chris is at present teaching Beginners 3 on Fridays at 8pm. He is a fully qualified teacher and coach and a great addition to the team. **Bradley Emery** at Vale Farm has recently passed his Level 2 Teaching qualification – so many congratulations to him on his achievement.

Oliver, Peter, Sophie, Tom and **Tony** are all on their way to getting the ASA Level 2 coaching qualification. Sophie has volunteered to be the teachers' representative on the Committee, so a big Thank You to **Sophie** for agreeing to be that important link between Committee and Pool Side.

The teaching staff are fully committed to offering a high level of teaching and coaching. Our poolside team is second to none and, quite frankly, the best I have ever had the pleasure to work with (and I have been coaching for 35 years!). They have showed extraordinary dedication in 2016 and this will continue in 2017 with new exciting things being organised. So watch this space.

Lastly, you may remember I conducted a swimmers survey back in April/May. A summary will shortly be available to view from your Admin Desk, as well as other topical information – please make sure you take a look!

Wishing you all a Merry Christmas and continued enjoyment of your swimming in 2017.

CHAMPIONSHIPS

Congratulations to all who took part in our recent Championships. A big Thank You to all the helpers who found their way on poolside (parents, friends, teachers/coaches and officials) and to all the parents who came to support and encourage. Lastly Thank You to Willesden Sports Centre Staff for their ongoing help. Results will be available on our website soon – so keep looking! **2017 Calendar** will also be on website soon. We hope to see you all at the Presentation Disco on 28 January 2017 – Green Man Pub, Wembley – where you can collect trophies/medals/certificates. It is always an excellent evening so do come and join us.

A couple of special mentions

Alessandro Ratti for "saving" his school house in a school gala in November. Our "spy" tells us Alessandro was the last leg in three relays which his team was losing. He dived in and made up all lost time to finish 1st on not one but three occasions. Next day Alessandro

received a standing ovation! Well done **Alessandro**!

Joshua Han also has reasons to celebrate but with a different sport. Once again our "spy" tells us that Joshua is the Karate World Champion for his age and it is the second year in a row that he is World Champion – how fantastic is that ... and his swimming is not bad either!! Congratulations **Joshua**.

TARGET TIMES ARE COMING

Early next year, most swimmers will be given Target Times to work towards. A great way to measure improvement and stay motivated.

NUTRITION

Also coming next year will be some write ups/discussions on nutrition to help achieve those target times. In the meantime here is a note from Coach (and ex BDSC Swimmer) Tom Brommage:-

"After months of hard training give yourself an edge over the competition by fueling your body correctly. You should start preparing for a competition at least a few days beforehand by eating plenty of complex carbohydrates like brown pasta and rice during the day and especially after training. These will restore and increase your glucose levels ready for your next session and ready for competition day. Glucose is your body's main source of energy and is stored as glycogen in your liver and muscles.

On competition day you need to stay hydrated and maintain high levels of energy throughout the day. For evening competitions your last big meal should be around two hours before the warm up and contain lots of complex carbohydrates. During the competition you should snack on cereal bars, sports bars and fruit, and drink plenty of water or sports drinks. For all day competitions you must bring food for lunch and to snack on in-between races. Again make sure your food is high in complex carbohydrates and make sure you stay hydrated. Avoid sweets, fizzy drinks and salty or oily food as these can dehydrate you and upset your stomach. With the right diet you'll get the right result."

SWIMMING FEES

It is important for all parents to be aware that Brent Dolphins' swimming fees are kept as low as possible because it is our philosophy that every child should be able to take part in our sport and learn to become a strong and confident swimmer. We understand that this takes time and dedication to achieve.

Our fees are calculated on a yearly basis, based on cost incurred, and then divided by 12 to work out a monthly cost to parents. Fees are payable in advance on the 1st of every month and are payable by Standing Order (to ease Admin work). For those parents who insist on paying cash/cheque, the rule is that 3 months should be paid in advance and this rule will be re-instated from 1st January 2017.

It is **NOT** acceptable for parents to stop their Standing Order during the summer months/Christmas period on the grounds that it is holiday time and children may be away for part of that time. In future, any non payment of fees in the summer will bring the membership to an end with immediate effect. Please see note below on membership renewal.

MEMBERSHIP RENEWAL

Parents, this is a reminder that Annual Memberships will be due from 1st January 2017. Please pick up a form from your Admin Desk as early as possible and return by end of January. Please note that if your fees are not up to date and you have not made any firm repayment arrangement with our Treasurer (Bea Coppin), Brent Dolphins will not be able to renew your child/ren 2017 membership/s. Bea will aim to contact you individually throughout December, but please be aware that this may not be possible and therefore if you have been contacted in the past you need to ensure proper action has since been taken.

HELP URGENTLY NEEDED

As with most sports at grass roots level, the club is run by a dedicated band of volunteers, some of whom no longer have children swimming at the club! So we are always looking for parents to become more involved.

There are lots of ways you can help out – assisting on the desk on club nights (and thank you to **Susan** - Cerys' mum – for agreeing to man Wednesday desk at Willesden); ensuring our registers are kept up to date at sessions; providing drinks to officials when we have club championships and home galas; time keeping; joining committee ... to name but a few. Right now, we need some more parents to learn how to operate the Electronic Timing which we use in our in-house competitions, such as our Championships. It is not rocket science, so everyone can learn it!

Another way to help, especially if you do attend galas and meets, is to join the band of officials who help to run the meets and galas that the children attend.

There is a huge need for new officials to come through in our own County of Middlesex. In fact due to lack of officials provided by the club at the last Arena League gala in November, Brent Dolphins were fined £200. We do have 2 Licensed Officials and a County Referee who attend many other events for us but they were unable to attend that particular gala. This was also despite asking other clubs in the county to help us out – they too are having problems!

Putting it bluntly without officials there will be no meets or galas to attend and it would be incredibly sad to think we would have to stop competing as a club – especially as we are only 2 years off of the Willesden Swimming Club centenary (2019).

If anyone is interested in learning the Electronic Timing system or in becoming an official, or knows someone who might be, then please contact Tina Franchi, our Club Secretary, info@brentdolphins.org.uk or talk to your Admin Desk person.

IMPROVEMENT

If you are a beginner and want to see improvement, you need to come regularly every week and listen to your teacher! As a novice, this is true as well but you can also start swimming twice a week instead of only once – it only costs £10 more a month which makes it great value for money!

POSTER COMPETITION

Calling on all our artistic (or not, as the case may be!) swimmers. We need a Poster to display at both Willesden and Vale Farm and we would love you to design it. We would like a picture which you feel represents the swimming club – the brief is wide and open, the only limit is your imagination. Can you please let your Admin Desk person have your entry by Friday 13 January 2017. The winner will be announced at the Presentation Disco!

CHRISTMAS HOLIDAY

Willesden – Last session Wednesday 21st December 2016, returning Wednesday 4th January 2017.

Vale Farm – Last session Thursday 22nd December 2016, returning Thursday 5th January 2017.

This is my second Newsletter this year and I would really like to see it being done on a regular basis – say every three months. But this is not what I am best at so additional help and input from swimmers, teachers and parents is not only appreciated ... but needed! So if you want to contribute, don't be shy, contact me! I would love to hear about your activities outside of swimming and you could get a mention in our next newsletter - beatricecoppin@aol.com - Club Treasurer.