

# DEEPINGS

## SWIMMING CLUB

Newsletter ■ March 2018 ■ Issue 5

## What is Junior Fenland League?

The Junior Fenland League (JFL) round two has just finished and several new swimmers competed for the first time. But what is this team event?

JFL is an annual swimming competition launched in 1978 for clubs in the local area (within 50 miles of Wisbech).

Members have been and gone over the years, but Deepings Swimming Club has been an ever-present, and has won the league eight times.

Below are some facts about the JFL which explain its place in the swimming calendar and why swimmers should put themselves forward for selection.

- The JFL is the only team competition that Deepings SC participates in and offers a fantastic opportunity for younger swimmers to experience competitive racing, often for the first time.

- The team is selection-based in the following age

groups (boys and girls): 9yrs, 10/U, 11/U, 12/U, 13/U.

- All races are over 50m, except 9-year-old fly (25m) and Individual Medley (100m) for 12/U and 13/U age groups. The programme finishes with an 8x25 freestyle relay with boys and girls from each age group.

- Cut-off times apply to each race in each age group to prevent the fastest swimmers from competing. This keeps the league competitive by ensuring each meet has swimmers of a similar ability.

- Times swam at the Junior Fenland League are unofficial as the meet is not ASA registered – therefore county times, etc. do not count.

- It costs nothing other than time to represent Deepings Swimming Club in the league.

- The league is points-based, with five points for first place down to one point for fifth.

- Since 1984, the JFL has been divided into A, B and C

finals to reflect the growing number of teams that participate. The finals take place at different venues on the same night in October (October 20 for 2018).

- Deepings Swimming Club has won the league/A Final eight times and the B Final three times, making it one of the most successful clubs in the league's history.

- This year, 15 teams are competing, including City of Peterborough A & B, Boston, Ely, Huntingdon and Wisbech.

- The competition consists of five rounds which take place at swimming pools across the Fens, from our own at Deeping St James to Thetford. Each meet is on a Saturday evening and lasts around two hours.

Remember, being selected means you are representing the club on the local stage. If selected, it is important to ensure you are available to take your place on the team.

## CHAPPER'S CHATS



Club Championships is held every year and is spread across four weekends from April to October (details on the competition calendar).

All club swimmers should enter. For new and younger swimmers, it is an ideal opportunity to gain competition experience in a relaxed and friendly environment.

Older swimmers can enter events they do not normally swim and update their times.

Age group swimmers (aged 13 and under) should enter a variety of events especially 200IM and 100IM. These are the best as they incorporate all 4 strokes and turns. Do not just enter 50m events.

As club champs is a Level 4 meet, swimmers can achieve County Qualifying Times.

If you are unsure about which events to enter, speak to myself, Zoe or Sam for advice.

When you arrive at club champs, bring poolside clothing to keep warm: club T-shirt and hoody, trainers and socks, and shorts or tracksuit trousers. Also bring a drink (water or squash) and a snack (not sweets, crisps or chocolate), e.g. fruit, malt loaf, homemade flapjack or cereal bar.

Above all enjoy yourself!

## Useful Guidance part One: ASA website and PBs

Unsure of your child's personal best times? All records are kept, and automatically updated, on the ASA website –

[www.swimmingresults.org/individualbest/](http://www.swimmingresults.org/individualbest/)

All you need is your child's family name. The ASA website contains details of every ASA registered race your child has competed in as well as your child's ASA membership number (required for meet entries). You can find their ranking in the county, East Midlands or country.

You can also manually keep your child's PBs up-to-date on the Deepings website (as well as view them). This will speed up the entry process to meets and club champs and

will also help the selectors when choosing the team for Junior Fenland League.

To do this, log onto the website (if you do not have details, please email the club), click on 'members' in the left hand column then 'View my swimmers' on the drop-down menu. Then click on your swimmer's name.

Among the icons under 'Member Details' is 'Swim Times'. Click on this and then on the '+ Add Swim Times' and complete the form.

Your child can also update their own times using their own log-in details.

Any problems, please email the club: [deepings@swimclubmanager.co.uk](mailto:deepings@swimclubmanager.co.uk) with the subject line: Log-in details

**CONGRATS!**  
TO ISABEL SPINLEY FOR  
COMING 3<sup>RD</sup> IN THE 100M  
FLY B FINAL AND 2<sup>ND</sup> IN THE  
200M FLY B FINAL AT THE  
BRITISH CHAMPS IN NEW  
COUNTY RECORDS.  
GO IZZY!