



NEWSLETTER SUMMER 2018

Another season has just flown by but what an amazing season it's been...and there's much of which to be proud:

Arena League: Re-entering the league after an absence of 5 years... and getting promotion in our first season!! Well done everyone.

Cotswolds - Topping our 4th place finish last year by finishing 2nd in the A Final in 2018 - our best result in a very long time in that competition

Four Seasons - Lots of new swimmers taking part in their first gala and great team spirit over all galas. This is the future of **#TeamBackwell**

Mini Series - We continued to take part in the Mini Series for the 2nd year. Despite the cut of times becoming faster our young team have excelled themselves and produced some very impressive swims in this competition this year.



Cotswold League 2018 A- Final Team

County Champs - 38 qualifiers from **#TeamBackwell** this year - a big increase on 2017! Rich wants more next season... so train hard and let's help him hit his target!... you can find more about his target in his "Coaches Corner" section of this newsletter.

Regional Champs - An amazing 16 **#TeamBackwell** swimmers set at least one Regional Consideration Time with 12 swimmers ultimately being successful in taking part in the Regional event. A massive improvement on 2017

National Success - Ellie H and Rebecca G will be taking part in the English Nationals in August and our amazing Masters Swimmer Naomi M is now British Champion in 200m Backstroke and 200m Breaststroke for her age group!

Open Meets - More swimmers than ever taking part... lots of PBs and silverware as a result. Well done everyone who takes part in these events and thanks to all the coaches who dedicate their time to help our swimmers at these events.

More Officials - Well done to all our parent volunteers who have become qualified officials this year (timekeepers and J1s and J2) This is vital to allow the club to continue to provide opportunities for our swimmers. Please keep getting involved - **YOUR CLUB NEEDS YOU**

Open Air Training - This has continued for a third year and the number of sessions increased in the open air pool at Portishead for Development, Potential and Performance squads. Well attended, great fun and mostly great weather.... Apart from one session where we had to leave early due to thunder and lightning!

Please read Head Coach Rich's take on the last few months later in this newsletter... we think you might have just made him smile ;-)

Happy Summer everyone

THE COMMITTEE

Membership Renewals

September is just round the corner and that's the month for membership renewals. This will be done using the SwimClubManager System of which you are all members. Please look out for an email in your inbox in the next few weeks inviting you to renew your membership. It should be a fairly straightforward process, existing members will find a link to **view and confirm** the information the club currently hold. Once confirmed, all that is required in time for the new season for membership to be complete is a **cheque for annual membership**. Members with fees outstanding by the end of September will be unable to swim until such time annual fees have been received due to insurance conditions. Further information please talk to Helen Cocks - Membership Secretary.



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HEAD COACH'S CORNER

Before I start on this letter I want to acknowledge the great achievement made by 4 of #TeamBackwell's swimmers. Ellie Hollier will be competing in the 200 Butterfly and 1500 freestyle at English nationals. Rebecca Gooch will be competing in the 50 freestyle at English nationals. I would also like to mention Holly Cocks who was so close to competing in the 200 Butterfly this year, but in my opinion certainly will next year. We also had Naomi Main compete in the British Masters Championships in Plymouth and she came away with a gold in the 200m back and 200m breaststroke and a bronze in the 50m breaststroke! For #TeamBackwell to get a national swimmer is a great achievement but 2 and also a British Masters Champion is fantastic well done girls / ladies. Can anyone tell me who and when was #TeamBackwell's last national swimmer or British Masters Champ?

Last weekend of regionals is about to start at Millfield as I write this letter. I'm actually still struggling to recover from 3 nights and extremely hot days at Plymouth life centre, but well done to #TeamBackwell's swimmers Ellie, Rebecca, Holly, Hollie, Molly, Guus and Reece. Not bad for such a small team. A special mention must go to Ellie Hollier who won a silver medal in the 200 Butterfly, and Reece Lenthall who took over a second off his 100 backstroke time.

After a baking hot bank holiday in Plymouth, the next weekend's regionals were at Hengrove Leisure Centre. #TeamBackwell were represented by Jude, Max, Elizabeth, Rebecca and Daisy. Well done you guys once again very proud of you all.

The third weekend in a row is here at Millfield now where #TeamBackwell has Max, Elizabeth and Ellie Hollier swimming in the 1500 metres (only Ellie doing the 1500). By the time you read this the result will be known but good luck to all team Backwell swimmers.

I would also like to mention Dan, Josh, ,Shaza, Eddie ,and Evie who did magnificently to achieve Regional consideration times, but were very unfortunate not to get the chance to swim. How does #TeamBackwell improve next year? What goals should I set the squad? In my opinion it will be very hard to beat or even equal 17 regional swimmers from such a small squad. So I would like to see swimmers who achieved considerations this year pushing for full qualifying times next year. The more swimmers I get at Regionals the busier and happier I am. When I said it will be hard to improve I get this feeling #TeamBackwell will go full out to prove me wrong as usual.

Every 2 years as lead coach I write a 2 year plan and present it to the committee. In the plan I have to predict what I want to achieve over the 2 year period, what changes I am planning to implement, and teaching training and coaching requirements. I am happy to say in year 1 my talented squad not only achieved all I expected over a 2 year period but surpassed most of my aims. Well done #TeamBackwell.

I have concentrated a lot on 17 swimmers so far in this letter but no-one escapes my focus so... This year we had 38 County swimmers and next year my main emphasis will be trying to improve on this number by trying to make every swimmer in the club aware of what they need to do to achieve this. Every swimmer in all 3 squads is capable of achieving County times if they want them enough. Some swimmers might need to work very hard, but if you do not have a goal or an aim you will never achieve. We actually have some very talented swimmers in stages, Development and Potential, you might not realise it but you are the future of #TeamBackwell and sometimes being part of a successful team can be the impetus for you to want to achieve. Wanting to swim and turning up regularly could well be the start of great things, but listening to your coach and trying hard in all sessions will give you best chance to succeed. County times will need to be achieved in open meets or our own club champs so talk to your coaches about what you should be entering please. Club Champs is the best place to start.... So make sure you enter and keep training hard!



So my challenge to my swimmers and coaching staff next year is; I want over 50 county swimmers next year. 12 from Development, 12 from Potential and the rest from Performance squad. This might not sound much of a challenge but when you think we have under a 100 swimmers in all 3 squads, and for some the focus is not competing, this challenge will need some serious thought and work to achieve. A goal must be challenging but it also needs to be achievable. Come on swimmers you set your own goals and talk to your coaches about how to achieve them.

Before Counties #TeamBackwell will be competing in division 1 of the Arena League. We achieved so much last year that I don't want to fail this year by not taking this very seriously. League one is a very competitive league full of squads not teams so to avoid the c final team Backwell needs to give a 100% but remain united.

Sorry due to regionals and man flu I haven't been seen at training much lately, but that will change after this weekend. One training session I did attend Jake challenged Sue to swim 2 lengths fly, if she succeeded he would shave one of his legs. What a fool he is - Sue was always going to do it, so pay special attention to Jakes legs over the next few weeks. I was far cleverer than Jake because once she did it I challenged her to do it again and I would shave my back, knowing how tired she was (clever you think). Unfortunately I now have to shave my back, there is talk I will do it in front of the you swimmers (please let this be a welfare issue and not allowed) The other suggestion (knowing I am the missing link due to having a back nearer an ape than man) by my friend COLIN is I get waxed at the awards evening, thanks mate. Knowing my swimmers and parents as well as I do they will never allow this to happen to me. So please voice your opinions loudly to Colin waxing was not shavings so a big NO.

We have been concentrating a lot on sprinting lately in training. We are now about to go into a endurance cycle now where we will concentrate on distance work but with a very big emphasis on technique. Do you think I can get to the point where Molly, Reece, Dan and Josh enjoy kick? Or can the boys actually manage to multi task and put the kick into full stroke. Will Sue be satisfied with her swimmers streamline and will Chrissie manage to find a drill that beats Colin's T-Rex?

R. Bryant

PS - Before this letter was even sent out there has been more good news to celebrate in the shape of an excellent #TeamBackwell performance at the Clevedon and Chard Open Meet. Lots of PB's and even some club records including Guus V breaking a 30 year old one in the 15yr old 50 free - it's now set at 57.17

Club Champs 2018

Dates for the club champs can be found on the club calendar. As we did last year the 200 and 400m events will take place in September and the 100 and 50 (and 25m events for Stages only) will be held in November. Club Champs are open to all swimmers in stages 5a, 5b, 6, 7, Development, Potential and Performance squads. There is **NO CHARGE** to enter (it's included in your monthly fees) and we would like to see as many of the swimmers take part as possible. You will receive an email shortly with more details and how to enter. Any questions, ASK YOUR COACH! Times set at our Club Champs can be used for County QT's so get entering



Fundraising!



Martin Lee has been busy securing us a range of fundraising opportunities from Waitrose green tokens to Tesco bags of help awards. Some of the money raised from these great opportunities has already been used to good effect to fund new land conditioning equipment as well as refresh some of our tired stopwatches (to benefit our hard working volunteers in getting the swimmers times right!). If you have any other ideas for fundraising or wish to get involved in this important side of things, please talk with Martin at the pool

DATES FOR THE DIARY - 2018

There's a lot to come next season and we know how far ahead families now plan so, to help with the planning here are some key events coming up in Backwell's Swimming Calendar:

September: 9th, 11th, 16th, 19th, 20th, 22nd: CLUB CHAMPS 200/400 events (County Qualifier)

September: 28th / 29th: Somerset ASA Development Meet @ Millfield (County Qualifier)

October 13th: ROUND 1 ARENA LEAGUE

October 27/28: City of Bristol L3 Open Meet @ Hengrove (County Qualifier)

November 10th: ROUND 2 ARENA LEAGUE

November 18th and 25th: CLUB CHAMPS Sprints (25 / 50 / 100 events) (County Qualifier)

December 8th: ROUND 3 ARENA LEAGUE

December 15/16: City of Bristol L3 Last Chance County Qualifier (County Qualifier)

You can find out all the club events via the new club calendar by clicking here: [BACKWELL CLUB CALENDAR](#)

LEARN TO SWIM NEWS

All the teachers and helpers have been very impressed with the progress our swimmers in the Learn to Swim section of the club have made over the last year. It's great to see so much enthusiasm for swimming. Most of our squad swimmers have come through our Learn To Swim section and we hope many more will continue their swimming journey with us in the years to come. Swimming lessons are done in line with school term dates so the last Learn To Swim sessions will be on **Thursday 19th July** and will resume again on **Tuesday 4th September**. Current members will need to re-join and follow the information given on the email from membership secretary. Swimmers in Stage 1-5a pay termly and further information on next term's fees will be emailed from Kelly Langley in early Sept.

Happy Summer! Happy Summer! Happy Summer!

SUMMER SWIMMING SQUAD COACHING SCHEDULE

Over the school summer holidays we'll be doing something a bit different to the last couple of years. Full normal training sessions for all squads (Development, Potential and Performance) will continue up to and including **Saturday 4th August**.

There will then be a 2 week break in training **Sunday 5th August - Sunday 19th August** inclusive.

Full squad training sessions continue as normal from **Tuesday 21st August**.

Swimmers in **Stage 7** are also invited to train with Development Squad on Tue and Thur sessions 7-8pm as well as Sunday 4-5pm and Sat Mornings 8-9 during the school holiday timetable mentioned above

There's a busy season coming up so we hope squad swimmers will continue to train hard through the summer break.

