



07 August 2015

Inside this Issue

- 1** **Forthcoming GALAS, support your club**
- 1** **SESSION STATUS any changes, cancellations, etc.,**
- 1** **FEES, FEES, FEES, FEES, FEES, etc.,**
- 1** **Newsletter topics and articles**
- 2** **James Goddard Masterclass**
- 2** **Lifesaving tuition**
- 2** **What sessions can I attend?**
- 3** **Club Fees: Table of current charges**
- 3** **Speedo iPhone App**

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Different format for newsletter!



WE HOPE TO BRING YOU NEWS ABOUT YOUR CLUB ON AN ONGOING BASIS

We have had a newsletter at times previously which you may have seen. We are going to try and reduce the size, but publish more frequently? Around every two weeks in active swimming season. Will keep some articles the same re the sessions cancelled/changed and upcoming galas whilst reporting on our performances and celebrating success! However please look at our website for urgent messages re session/pool availability.

www.birkenheadsc.org.uk

Session Cancellations for August

Couple of cancellations below to be aware of in August with the Bank Holiday weekend ☺

P=Picton

L=Leasowe

Sat 08 Aug 10:00 – 12:00 **P**
 Sat 29 Aug 10:00 – 12:00 **P**
 Sat 29 Aug 16:30 - 18:30 **L**
 Sun 30 Aug 15:30 - 17:30 **L**
 Mon 31 Aug 19:00 – 20:30 **P**

We try to avoid cancelling sessions wherever possible, however there are occasions where we cannot avoid this for a variety of reasons and these will be notified as early as possible. Please always check our website front page for late cancellations!

Galas for September

05 September: Peninsular Development League v Wallasey

06 September: Echo Cup Team (12 and Under) Liverpool

Look out for email invite for your swimmers

Fees

Fees



No apologies for mentioning these at the top of the newsletter, they are what ensure the pool is available for our club training sessions and galas!

I've copied a on page 3 with all current options – please ensure you are paying one of these. They are designed to meet our costs with the minimum of charge and provide options that support more swimming! Well did you expect anything else???

You will note all options have a monthly fee and then training fee additions. This is because the pool has to be available to allow for any as you go swimmers! Please ensure you pay your subs up front, any shortfall effectively just comes from other members subs!



WHAT'S IN THIS NEWSLETTER?

Whatever you want! You'll see some articles on the pages following written by club members who have been to events with the club. Feel free to follow in their footsteps.....or ask me for information about any topic concerned with the swimming club.....or any other ideas....



**JAMES GODDARD
MASTERCLASS SESSION
23rd July 2015**

Contributor: Cath Long

Kids who attended from our club were Grace Long, Chloe James, Kiaran Dougty, Ruby Hearn, Ellis Cleworth, Steven Grist, Thomas Shennan and Christian Allen. Other clubs I could see were Hoylake, Bebington, Wirral Metro, etc. If I missed anyone, apologies.

Registration was **7-30am**, then off to sports hall for gym work/Land Training with the man himself (James Goddard) and his camera men. He split the Group into 3 sets (splitting friends up and mixing kids with new team friends) which was good as he was stressing how important team work is. He set the various tasks which they had to work out themselves and they all did very well.

9am off to Pool where he gave them sets. First was freestyle where he was getting them to increase the number of kicks off the wall on each turn, ie 2 kicks first turn, 4 kicks 2nd turn, up to 8 kicks. They swam all strokes whilst James was in the water giving them tips on technique etc. He then swam 2 lengths underwater breast stroke, then the kids had a go and they all did very well. He was pointing out for them to stream line. They were all handed a plastic cup each, which they filled with a little water placed on their forehead and told to have a go at back stroke. Legs first length with cup balanced on their forehead, then arms and legs second length. This was very good I thought as it taught the kids how important it is to keep their head still on back stroke. He got out the water to have a look at the kids swimming and he seemed very impressed, he actually commented that he had a really good group of swimmers...

A guy called Alistair who is the head of WESPA spoke to the parents during the swim session and we got interviewed for his BAY TV

programme. Carol Hearn was the spokesperson and she did very well. He asked what we thought of the session and what do we think the kids will get out of it, etc May be able to view this in the near future. If anyone want info on Wespa they have a website.

11am out the pool, change and back to sports hall where he did questions to kids and parents alike. Questions asked where: How many sessions a week did you do at 13? 7/8 per week. Is sleep important? Very important he said as the body needs time to recover. What about diet? Very important to eat the right foods and drink plenty of liquids, but not McDonalds and cans of coke. He was saying how much commitment it takes from kids and parents alike but when you end up on the podium like he did, all the hard work is worth it. Photos were then taken which can all be seen on the WESPA website.

A good time was had by all, this cost £25.00 and all our kids really enjoyed it and had a fab time.

Video here:

https://www.youtube.com/watch?v=ybagBnJzq44&feature=player_embedded#t=0



**LIFESAVING TUITION 01st
AUGUST 2015**

Contributor: Bethan Toale

On Saturday 1st August one of our lifeguards at Leasowe, Harry Walsh, ran a session on basic lifesaving skills. The children all swam in t-shirts and shorts to simulate real rescue situations.

The coaches, both in and out of the water, taught the children the main skills of lifesaving, using various equipment such as torpedo buoys and rings as well as positions to hold the victim's head out of the water and swim to safety without rescue equipment. They were taught to act immediately, decide what to do and react in the right way in an urgent situation.

The ability to recognise dangers and knowledge of water safety, including survival and lifesaving skills, is just as important as being able to swim. Particularly important during the summer holidays when the children are more likely to be swimming in open water such as lakes, rivers, canals and the sea.

It was an action packed 90 minute class and the children obviously enjoyed the session given the huge smiles and 10 out of 10 rating that they gave at the end.

A huge thanks to Harry and our coaches for providing this class. Photos here:

<https://onedrive.live.com/redir?resid=9DB0F4CD8E319EF3!13913&authkey=!ANB6jTdnJLUxgQA&ithint=folder%2cjpg>



Where are BSC sessions and which can I attend?

BSC session are held in two pools currently, Leasowe on Wirral and in the Picton 50m pool in Liverpool. Leasowe is usually where most swimmers begin their membership of the club and is situated off junction 1 of the M53:

Leasowe Leisure Centre,
Twickenham Drive, Leasowe,
Wirral, CH46 1PF

Thursday 20:00-21:00hrs;

Friday 19:00-21:00hrs;

Saturday 16:30-18:00hrs

Sunday 15:30-17:00hrs

The Picton pool (50m Olympic international size) is in Liverpool about 20mins driving from the tunnel exit: Liverpool

Aquatics Centre, Wellington Rd, Liverpool, Merseyside L15 4LE

Monday 19:00-20:30hrs

Sat 10:00-12:00hrs

Some sessions have lower fitness limits on them:

Friday at Leasowe:

Swimmers must have a T20 time under 180.

Monday at Picton

Swimmers must have a T20 time under 110

Please ask for guidance if you are unsure.

Table of fees for BSC

No. of swimmers	Use of Leasowe only	Use of Picton only	Use of Picton and Leasowe
1	£5 subscription fee and £25 training fee Total £30	£5 subscription fee and £25 training fee Total £30	£5 subscription fee and £40 training fee Total £45
2	£5 subscription fee and £40 training fee Total £45	£5 subscription fee and £40 training fee Total £45	£5 subscription fee and £50 training fee Total £55
3	£5 subscription fee and £50 training fee Total £55	£5 subscription fee and £50 training fee Total £55	£5 subscription fee and £60 training fee Total £65
Squad Swimmers	This is available to members of the squads of Wirral Metro, CoL, BSC water polo or other high level squad approved by the club.		£5 subscription fee and £25 training fee Total £30
Pay as You Go Option			£5 subscription fee and £5 session fee payable to coach before entering the water

LATE NEWS

**SPEEDO iPhone app**

Haven't tried this myself (Windows Phone), but just noticed in the App Store the following swim training app. So all of you out there with iPhones, try it out and let me know how good it is!

<http://www.speedo.co.uk/speedo-fit-app>



The club is committed to providing support for its members and in the event that you have any difficulties with fees or the provision of necessary equipment please speak, in strictest confidence, to the Chairman, Roy Smither on 644 0653