

DATES FOR YOUR DIARY

Club Championships

To be held in the old Spiceball Leisure Centre for the last time!

They are booked, starting with warm up from 6.00pm, and the dates are the 12th, 19th & 26th November. You'll notice we have kept Bonfire night free for you to enjoy the fireworks!

Forthcoming Galas

keep those dates free

22ND AUGUST

Wood Green 50m Open Air pool.

Gala starting at 5.00pm in the evening, to be followed by a BBQ held (hopefully) in lovely warm summer sunshine!

Parkwood will be supplying the BBQ, but we are always on the look out for willing volunteers to help out, so if you fancy catching some early evening summer sunshine, let us know.

The AGM is coming...

This year the AGM is on the 29th June at 7.00pm. It is to be held in The Globe room in The Olde Reindeer Inn in Parsons Street, Banbury (near the Thai Orchid – the one with the elephants outside).

Light refreshments will be provided and the outstanding range of Hook Norton beers will be available at the bar. Please note, that parents with children attending, should enter the pub via the REAR ENTRANCE and not through the main bar area. Children should not enter the bar. Toilet facilities are in the corridor between the bar and the Globe Room.

The Globe room is a fantastic venue for the meeting and is steeped in history. It is fully oak panelled and dates back to the 1600's and was used by Oliver Cromwell during the Civil War for his planning meetings. It could easily have been used as part of Hogwarts Castle in Harry Potter!

Welcome! : New Spiceball Update

Welcome to Banbury Swimming Club's bi-monthly newsletter. Whilst newsletters aren't exactly a new idea, producing one every two months for the club is, and we hope to keep members better informed of what is going on behind the scenes, what events are coming up, what's new and what results we have achieved in galas. We also hope to bring you details of forthcoming galas to help people plan their availability and co-ordinate their training accordingly.

All this is in an effort to help improve the club and drive it forwards ahead of some exciting new facilities coming on stream very soon!

Things are getting very exciting down at the Spiceball Leisure Centre! Whilst the existing facility is now reaching the end of its useful life, just across the Cherwell River, the new leisure facility is progressing very well and is due to open early in 2010.

Initially there were a few delays due to the extreme weather, but the building is now weather tight and there shouldn't be any more hold ups.

From the club's perspective, there will be two brand new pools, one of which has a moveable floor. There will also be new lane ropes, new starting blocks, spectator seating, and electronic touch timing*. There will also be a new tannoy system, so everyone will be able to enjoy the award winning commentary – not just the lucky ladies on the scoring table!

THE OLYMPICS COULD BE COMING TO BANBURY!

The really hot news is that progress on Banbury's new Olympic standard 50m open air swimming pool is on target!!!

Yes – the Woodgreen open air pool has been completely refurbished. The pool has been re-sized to 50m with a brand new concrete liner and new a heating and filtration system – so the water quality should be first class and nice and toasty with it! The pool is currently being tiled and this is progressing well. The club is in constant communication with Parkwood management, keeping up to date on progress with the facility, and the planned opening date is the 18th July. With 2012 not that far away and a distinct lack of 50m pools in the country, there may be a possibility that Olympic teams could be coming to Banbury to train!!

If they do, we will be trying the get a combined session, just so you can see what world class swimming actually looks like close up!

Teaching Update

Our teaching and Learn to Swim programme has been coming on in leaps and bounds recently and there will be a full update on all the developments and progress that has been made in the next newsletter. In the meantime, a big thank you to all the helpers and a big well done to all those improving swimmers!

Summer Training... Come on down!

With the imminent opening of the completely refurbished 50m pool, the club is proposing to run summer training sessions throughout the summer holidays to help you prepare for 2012!

The sessions will be held on Wednesday evenings – and don't worry, the pool is heated!! The first session is planned for the 22nd July, 7-15pm – 8,15pm. This will be offered to swimmers at no additional cost and is a fantastic opportunity for any swimmer.

The chance to swim in a 50m pool should not be missed and

will really improve your swimming, helping to increase your stamina at the same time. After swimming in a 50m pool, a 25m pool will feel like a paddling pool and you will be ripping up and down like no tomorrow!! This will also help improve your performance in the club championships and in galas against other clubs, as Banbury continues its climb up the rankings.

Banbury Disability Swimming Club News

As of the 19th April, we have been trailing Disability Swimming sessions at Spiceball. This has been supported by Banbury Swimming Club, Cherwell District Council and Parkwood Leisure (Spiceball management).

This allows us to have a paid coach. The first session (8.00 – 8.30am) in the learner pool, is for non-swimmers and for those who need a bit of a confidence boost. The second session (8.30 – 9.00am) is held in one of the lanes in the 25m pool and is open to those who can swim 2 lengths or more. This scheme is currently on a trial basis, but hopefully will become self sustaining. If anyone knows of anyone that may be interested, please contact either Sue Corbett or Lorraine Lockhart. It is hoped that if we have enough swimmers, then there will be a special category for disabled swimmers in the Club Championships.

Gala Results

Banbury Swimming Club is continuing it's steady climb up the ranking charts and is becoming a force to be reckoned with in competitive swimming – a direct result of the coaching from Sue, Gavin and Louise.

We actually won our last gala held in Leighton Buzzard – well done to all involved. Check out the website for details and all the latest times.

www.banburyswim.co.uk

Coaching

The club continues to be very grateful to our Head Coach – Sue Corbett, ably assisted by her husband Keith. They continue to put in a huge amount of effort into the club and sometimes, it is actually the bits that members don't see that take up the most time.

Sue not only coaches nearly every session we run, but also organises galas and teams – quite often having to juggle teams around at short notice. The amount of time this takes up should not be underestimated. Ever wondered who finds all the officials for galas and Club Championships? Yes, it is Sue and Keith's contact with the swimming world that facilitates this too.

Things have also been progressing well on the coaching front and we hope to be able to roll out some developments in the near future. We now have some additional coaches: - Mark Howarth has successfully passed his level 1 Teaching Course and both Gavin Collier and Louise Tustain have completed their level 2 Coaching Course, now only needing to pass their poolside assessments to be fully qualified. You may well have noticed Gavin and Louise at various training sessions – I certainly have, as I am completely exhausted by the end of them!!

A really big thank you to all the poolside helpers and coaches, as without them, there wouldn't be a club.

CHILD SAFETY

All the adults involved in helping with the club have recently attended a 'Child Protection in sport' course. The course highlighted a few points, which we would like to mention.

Whilst swimming at Banbury Leisure centre.

The swimmers are not Banbury Swimming Clubs responsibility if the swimmer leaves the actual pool area. However, if one of the club's teachers or a volunteer, is available at that given time, the swimmer will be accompanied.

In the event of the swimmer becoming unwell during a training session, and needs collecting early, the swimmer will be able to use the clubs mobile phone, to contact home and arrange an earlier collection time.

Away at a Gala.

If a swimmer is travelling to a swimming gala on the 'team transport', the staff will be responsible for the children, the whole time.

Children must be able to get themselves changed and onto poolside unaided. If they aren't able to do this, they must be accompanied by a family member or an adult friend.

The Clubs adults will escort unaccompanied children, on and off the transport and children are expected to follow any instructions given by the adult.

Swimmers MUST NOT leave poolside without an adult's permission at ANY TIME, ANYWHERE.

All adults assisting with the club are CRB enhanced cleared and are VOLUNTEERS.

Time Keeping we all need to do it!

In an effort to improve the club, one of the areas we are keen to improve on is time keeping and turning up for sessions on time. In future, we are asking swimmers (and parents!) to please ensure that they are on poolside ready and waiting for the start of their session.

You have no idea how frustrating it is for coaches, who have spent a lot of time planning sessions, only to find that half the lane turns up 10 minutes late. It really isn't fair on them or the other swimmers and is probably one of the easiest ways of improving the standard of the club. We understand that everyone is late from time to time, but in reality, it is actually the same people who are late... It's not that hard**, so please, let's try and make it better.

* Hopefully this will be confirmed shortly ** I know, I am one of the worst offenders and undertake to turn up on time

And Finally...

Sue has gone mobile!!!

The club now has a 'club mobile' which can be used to get in contact with the club (well, Sue mainly) with respect to galas and in emergencies. Don't expect to be able to get hold of Sue during training sessions – as she will be busy training. However, it is one way of getting in touch, especially in a (very) rare emergency. However, this does not mean that you can just send us a text on the afternoon of the gala to tell us you can't swim. A minimum of 24 hours notice (at least!!) is expected.

The new number is: 07895 847074