



CBSS Newsletter – October issue 2017



Committee roles:

Jane McFarland- Chair

Anita Goodyer – Treasurer

*Carol Townsend – Club
Secretary*

Carol Thomas – Fundraising

*Josie Blackie – Membership &
competition co-ordinator*

Debbie Curtis – Welfare

*Jo Hart – SwimMark co-
ordinator*

*Marie Handscombe – Kit co-
ordinator & North Squad rep*

Non-committee roles:

*Lynette Holroyd – PR &
Communications*

*Sam Ferguson – South Squad
Rep*

Veena Crowther – Newsletter

Coaches:

Tom McManus (Head Coach)

Steve Davies, Chris Murphy,

Olivia Thomas, Andrea Wears

Lynette Holroyd, Nick Mason

Land training/physio:

Ryan Caulfield

FLITWICK OPEN – Well done to all swimmers who competed. Lots of pbs achieved!!!



CENTRAL BEDS SWIM SQUAD AND BIGGLESWADE SWIMMING CLUB

(Affiliated to ASA East Region and Bedfordshire ASA)



1ST CHRISTMAS CRACKER OPEN MEET

(Under ASA Laws and Regulations and
Technical Rules for Racing and to the ASA Open Meet Criteria)

Level 3 Licence: 3ER172069

Saturday 16 and Sunday 17 December 2017

at

SAXON POOL and LEISURE CENTRE

Saxon Drive, Biggleswade

September news: CBSS squad at National Inter-Counties in the Beds team were as follows – Emma Shoobert, Lauren Thomas, Rachel Andrews, Sam Townsend, Lauren Goodyer, Edward McFarland, James McFarland, Eloisa Miller, Xavier Kirchin.

James McFarland – flag bearer for Beds. Well done James!

Junior Inter-Counties from CBSS held on 2nd September: Eloisa Miller, Rachel Andrews, Sam Townsend & Autumn Handscombe. From Link squad: Francesca Baber, Abigail Bright & George De Voogt.

Huge achievement for all swimmers involved. Well done!

SWIMMER OF THE MONTH (September) as chosen by Tom: XAVIER KIRCHIN

“Xav has worked hard since his move from Link and has approached training with an open mind, enthusiasm and with full commitment. In a short space of time, he has really developed his strokes and puts into practice the coaching feedback. Great attitude shown by Xav.”

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Tom – *I have completed my tutor training in the summer and I now have licences to carry out Swim England courses and CPDs such as Level 1 & 2 Swim teaching courses.*

Assessment dates to remember: PA & PB

11.11.17 100 Fly, 100 Breast - Saxon

28.11.17 200 Kick, 200 Pull - Saxon

30.11.17 200 Kick, 200 Pull – Tiddenfoot

2.12.17 200 IM, 4 x 25 - Saxon

9.12.17 400 Freestyle – Saxon

Please make sure you bring your full training kit, rollers, a skipping rope and log books!



**WET TRAINERS NEEDED FOR
WEDNESDAY EVE TRAINING
SESSIONS AT SAXON & TIDDENFOOT
PLEASE UNTIL FURTHER NOTICE!**



100 club winners:

August:

No.50 1st place Jane Mcfarland

No. 22 2nd place Clare Grogan

No.27 3rd place Tina Stanton

September & October draws will be held in mid November when more numbers have been sold.

Ryan Caulfield – Chartered Physiotherapist BSc MSc

Ryan started his career as a Sports Therapist after studying at Coventry University. As a Sports Therapist Ryan has accumulated many years of experience working private sector for David Lloyd's Clinics, professional clubs, academies, athletes and more recently for his own company. Ryan has now completed his Masters in Physiotherapy and additional courses in shoulder complex, dry needling, sports massage and health coaching. Ryan is currently practising within the NHS setting in musculoskeletal outpatients, seeing a wide variety of musculoskeletal conditions. Additionally, Ryan is the head therapist for Central Bedfordshire Swim Club where he undertakes a movement screening analysis, collecting numerical data resulting in a tailored exercise programme to enhance the swimmers' performance.

Ryan's treatment preference is predominantly in exercise therapy, patient education and empowering his patients to take ownership of their health. However, he also has experience in manual therapy, electro-therapy, and western needling. He has a particular interest in swimming, football, tennis and cycling injuries. As Ryan progresses through his career he wishes to specialise in the field of Sports Medicine.

Please feel free to contact Ryan as a member of the Central Beds squad with any injury enquires.

Mobile: 07580 141076

**GOOD LUCK TO THOSE FROM
CBSS THAT ARE COMPETING IN
THE EAST REGION WINTER
CHAMPS NOV 3RD-5TH. WISHING
YOU ALL THE BEST!**