

# MID BEDS NEWSLETTER JUNE 2015.

Olympic pool trip:

Details of trip:

Saturday 27<sup>th</sup> June

pool session time:

2015.



2-4 pm.



Coach departure time from Saxon pool 10.45pm.

Coach departure time from Stratford 5.45 / 6.00 pm.

Arriving back to Saxon pool approx 8.00 pm.

## ASSESSMENT DATES.

SATURDAY 6<sup>TH</sup> JUNE 2015.

SATURDAY 20<sup>TH</sup> JUNE 2015.

SATURDAY 4<sup>TH</sup> JULY 2015.

7.30 TO 9.30 AM.

## MEET INFORMATION.

BASILDON AND PHOENIX  
SATURDAY 18<sup>TH</sup> JULY SUNDAY  
19<sup>TH</sup> JULY 2015.

## REGIONAL SUCCESS.

Georgina Curtis= final 400IM 5<sup>TH</sup>, 200IM 5<sup>TH</sup>, and 200 back 7<sup>th</sup>.

Zoe Griffiths.

Julia Lenkiewicz.

Max Stefanik.

Katie Shoobet.

Charlotte Ashwin finals 200 breast 4<sup>th</sup>, 50 fly 8<sup>th</sup>, 200 IM 6<sup>TH</sup>, 400 IM 7<sup>TH</sup>, 50 breast 4<sup>th</sup>.

Lauren Thomas finals 200 fly 6<sup>th</sup>.

Emma Shoobert.

Lauren Wilson.

James Mcfarland finals 400IM 6<sup>TH</sup>, 200 fly 2<sup>nd</sup>, 200 breast 8<sup>th</sup>, 50 fly 7<sup>th</sup>, 100 fly 6<sup>th</sup>, 200 free 5<sup>th</sup>.

Eddie Mcfarland.

Will Lowie.

Molly Bow finals 200 breast 7<sup>th</sup>, 100 breast 3<sup>rd</sup>, 50 breast 2<sup>nd</sup>.

Matt Peck finals 400 IM 8<sup>th</sup>, 100 back 7<sup>th</sup>, 400 free 9<sup>th</sup>, 200 back 4<sup>th</sup>, 1500 free 3<sup>rd</sup>.

### LINK SWIMMERS.

KAI Borremeo finals 50 breast 5<sup>th</sup>.

Austin Lillywhite.

Rachael Andrews.

Rhea Mason finals 200 back 7<sup>th</sup>.



## MARK FOSTER SWIM ACADEMY.

During half term, some of our swimmers enjoyed a day of coaching from mark Foster and Katy Sexton. This included 2 hours of swimming all strokes, land training, diet and how to get the best from your training and racing.

## COUNTY CHAMPIONSHIPS 2015.

87 Medals, 26 SWIMMERS took part, well done everyone.

### SEASON OF TRANSITION,

It has been 10 months of gradual change and progression for mid beds swim squad in which the programme has gone from strength to strength. I want to take this opportunity to show my gratitude and say thank you for the support and hard work from all the parents, committee members, poolside staff and of course the swimmers. You have all helped and contributed to the positive changes.

A look back and review what we have achieved so far this season:

New squad structure has been put in with two levels, performance A and performance B , giving more lane space and a reallocation of training time.

New entry criteria for each training group which encourages the athletes to become well rounded swimmers covering all four strokes, individual medley, distance, speed, kick and pull.

New assessment and reports system has been implemented to show the swimmers and their parents how they are progressing towards the entry criteria of their respective training group. The three sets of reports and feedback (slips, video ,verbal ) illustrate the swimmers attendance, technique (strengths and weaknesses),times swum at the assessment swims and their personal best times. With all of this information and from ongoing discussions with the coaching team the swimmers can have more direction on areas they need to improve in order to become successful.

New land training programme and the introduction of yoga have dramatically reduced the amount of injuries with a focus on strength and stability.

Strong working relations with Biggleswade sc and Flitwick sc has seen the introduction of the link programme which aims to assist the transition of talented swimmers into the squad.

New partnerships with performance swimming club in Austria ,Modling sc. This will provide swimmers with the opportunity to experience swimming and culture of another country and practice their German !

Two swimmers were selected to train at the ASA East Region Talent camp in January.

A season PB success rate of 60% which is very impressive and great performances at major meets .

Bedfordshire county championships MBSS swimmers won 87 medals, we doubled the amount of swimmers who achieved ASA East Region qualifying times , resulting in 25 final swim and 4 medals.

3 of our swimmers have qualified for the ASA Summer National Championships , 1 swimmer for the British Summer National Championships. Those swimmers will compete against the best Swimmers in England and Great Britain at Ponds Forge in July and August.

Thank you again for your help and support. As you can see we have shown promising progression this season however we still have plenty of areas to work on and improve. It's been a privilege to lead the squad this season and I'm very excited about the next chapter of swimming in Bedfordshire.

Kind Regards,

Tom McManus.



What a great time we had on another social, bowling in Stevenage. Fun was had by all.

Please check your emails for the summer training times. And we say a goodbye to Max and Ella you will be missed by all of the swimmers and coaches. Good luck to you both.

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Mid Beds Swim Squad, sponsored by LV= had their most successful East Region Championships for several years with half of the squad qualifying for the youth and Age group events. Thirteen swimmers provided 25 finalists and came away with four medals.

Most successful of the swimmers was fourteen year old Molly Bow from Kempton ; winning a silver medal in the 50m breaststroke, bronze in the 100m and 7<sup>th</sup> place in the 200m, fellow

Fourteen year old James McFarland from Harlington won a silver medal in the 200m butterfly and finished 5<sup>th</sup> in the 200m freestyle, 6<sup>th</sup> in the 100 butterfly and 400m individual medley, 7<sup>th</sup> in the 50m butterfly and 8<sup>th</sup> in the 200m breaststroke.

The final medal went to thirteen year old Matt Peck from Chick sands in the 1500m freestyle. He also had an excellent meet finishing 4<sup>th</sup> in the 200m backstroke and 7<sup>th</sup> in the 100m, 8<sup>th</sup> in the 400m individual medley and 9<sup>th</sup> in the 400m freestyle.

Fourteen year old Charlotte Ashbin from Campton was unlucky to come away without a medal, finishing 4<sup>th</sup> in the 50m and 200m breaststroke events, 6<sup>th</sup> in the 200m individual medley, and 7<sup>th</sup> in the 400m IM.

Lauren Thomas from Bedford finished 6<sup>th</sup> in the 200m butterfly in her first regional championships.

Other qualifiers in the East Region Age Group Championships were Emma Shoobert, Lauren Wilson, Eddie McFarland and Will Lowie.

A recently developed link squad between Biggleswade and Flitwick Dolphins swimming clubs and Mid Beds Swim Squad also reaped rewards with four of the link squad swimmers also qualifying for and competing in the Age Group Championships; Kai Borremeo from Flitwick Dolphins and Austin Lilywhite, Rachael Andrews and Rhea Mason from Biggleswade.

In the East Region Youth Championships fifteen year old Georgina Curtis from Maulden finished 5<sup>th</sup> in both the 200m and 400m individual medley and 7<sup>th</sup> in the 200m backstroke. Other qualifiers were Julia Lenkiewicz, Max Stefanik and Katie Shoobert.

Head coach Tom McManus said overall it was a fantastic team performance and to have 25 top 8 finishes is a fantastic return. The swimmers worked incredibly hard in the run up to the ASA East Region Championships and their hard work paid off. As a squad we have gone from strength to strength this season and I`M very happy.

The focus now switches to this seasons National Championships where Molly Bow has qualified for the British National Summer Championships Molly,Charlotte Ashwin,James McFarland have all qualified for the ASA (English) summer Championships.