

Bluefins BIATHLON Squad

For anyone unfamiliar with Biathlon it is an event which combines the disciplines of running and swimming. Competitors take part in a running event, distances ranging from 1000m to 3000m depending on age and this is then followed by a swimming event over distances from 50m to 200m again depending on age. The times for each event are converted into points and the competitor with the highest score wins the event.



The Squad

Throughout the year there are a number of Biathlon competitions often hosted by swimming clubs, as well as a regional competitions which acts as a qualifier for the National Championships. Although there is a competitive element, Biathlons are good fun family events.

In addition to the Biathlon there is a Biathle, which is a continuous run/swim/run. Again distances vary according to age and the swimming often takes place in open water. There is a transition area at the changeover from run to swim to remove running shoes and put on goggles etc. There are no points in a Biathle, it is a straight race to the finish line. Five events make up the 'GB Series' and there is a National championships which also acts as a qualifier for the World Championships.

In 2006 the Bluefins Biathlon squad have been successful at both Regional and National Level. In the Southern Region event there were a number of top 3 finishes and we took a team of 14 competitors to the National Championships in Manchester, where the swimming event took place at the Aquatics Centre - the venue used in the 2002 Commonwealth Games. Again there were some fantastic individual and team performances and the team came home with three individual and one team medals.

A somewhat smaller team took part in the GB Biathle Series this summer - but were no less successful, all four achieving top placings in the overall series - in addition to this the club can boast not only a top 5 placing in the World Biathle championships but also a World Champion!!

If you're interested in having a go at either event then look out for details of events posted on the noticeboard - or the Biathlon section of the Forum. Hopefully we can have an equally successful year in 2007.

STOP PRESS ...

ANNUAL GENERAL MEETING

7.30pm

**WEDNESDAY 29TH
NOVEMBER**


FAIRFIELDS SCHOOL

Please support Bluefins by coming to the AGM.

NB: Training will finish at 7.00pm on this day!

Bulletin Board

Bluefins has a discussion forum/bulletin board on the Web site. This is a public forum and there is no need to register to read the contents but only registered users can POST messages. The Forum is moderated, so that any unacceptable postings can be deleted quickly. The latest information relating to galas, holiday closures etc. can be found on the bulletin board and can be accessed via the club website <http://www.swimbluefins.org/> or directly <http://bb.swimbluefins.org/>





NOTICE BOARD



Dates for your diaries:

11 November - Speedo League Round 2

29 November - ANNUAL GENERAL MEETING - 7.30pm, Fairfields School, Basingstoke

9 December - Speedo League Round 3

10 December - Winter Championships

16 December - Winter Championships

17 December - Winter Championships

NOTICE - ALL SWIMMERS

FULL Training Timetable is in place for Half Term Week, 23-29 October.

Saturday 4 November - No training for T2C and T2T swimmers.

Sunday 19 November - No training for T2C and T2T swimmers.

Wednesday 29 November - No swimming for Swimskills or Masters.

News from Swimfit 3



It has been a busy time for Swimfit3 over the last couple of weeks. We have been to galas in Southampton and Aldershot, and pleasingly done extremely well in both. Congratulations to **Lisa Collingwood, Michael Nash, James Scott** and **Alex Pitman**.

Our team of 3 at Aldershot came away with 7 gold and 3 silver medals! On Friday morning we ran a special schools gala at the Aquadrome with teams from Saxon Wood, Limington House and Dove House schools. A total of 32 swimmers competed in various events and all participants really enjoyed the experience. We are now hoping to make this an annual event.

COMMITTEE MEMBERS WANTED!

Bluefins depends on volunteer help and we need a full complement of committee members for the club to function as well as it presently does.

If you feel you can offer help with the organisation of the club or would like to find out more please contact Carol Baylis chair@swimbluefins.org or leave a message on 01256 351921 as soon as possible.

15th Anniversary Festival of Sport 2007



You will recall that three of our swimmers went to Euskirchen in 2006 as part of the "Festival of Sport 2006" as reported by Stuart Down in our July newsletter.

The date of the visit of the 2007 has now been agreed. This will be on the week-end of **Friday 22nd June** and **Monday 25th June 2007**.

The club would like to take part again this year and we are looking for hosts for our guests from Euskirchen.

What does this entail? The visitors will have travelled all day from Euskirchen and generally are tired and need a meal on the Friday night. Either Saturday or Sunday the visitors will go to London for the day. The group is led by one of the German leaders Herbert Dahmen, who has visited Basingstoke and London many times. You and your parents are welcome to go along too. The other day will entail a couple of hours in the Aquadrome Leisure Pool and then a visit to Festival Place and hopefully a Barbecue in the evening, often organised by one of the other sports taking part. You will provide a bed and meals as necessary during the visitor's stay and provide a packed lunch for their return journey on the Monday. On the Sunday night all the host families will be invited to the "Farewell Party".

You will find that your visitor will speak excellent English and I am sure you will make a friend for life. You and your family will enjoy the experience. Many host families in other sports have made their own visits to Euskirchen to meet their visitor's family and strike up lasting friendships.

The host swimmer must be school year 6 or older and will of course have the opportunity to visit Euskirchen in 2008.

If you are interested or require further information please contact Colin Godfrey on telephone 01256 844157 or put your name on the form on the notice board at the Aquadrome.

STOP PRESS ... Winter Championships Presentation Disco - Friday 19 January 2007 ...



Training Tips

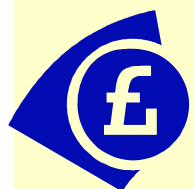
Our aim is to deliver a balance between technique and physical development. When you first start, the emphasis is on stroke development, starts, turns and fitness. As you progress, there is a greater emphasis on endurance and building your cardiovascular system which will enable you to race harder for longer.

Training sessions are designed to make the most of the body's ability to adapt to changing and progressively greater challenges. Sessions are carefully planned so that you perform at your best at the times that are important. It is impossible to do a personal best every time you compete. To perform at your peak it is important to put the hard work in when it's necessary.

Training Guidelines

- Check that your swimwear and goggles etc. are in good working order.
- Bring a drinks bottle with diluted squash, minimum 1 litre.
- Visit the toilet before the start of each training session.
- Arrive on poolside in plenty of time for the warm up.
- Do not distract other swimmers from their training sets.
- Practise good streamlining on all starts and turns.
- Practise correct finishes on all training sets.
- Regular attendance & a good work ethic during each training session will help develop the confidence and self-belief needed for success.
- To be a successful competitive swimmer you must **always** be dedicated to your training.

Believers are achievers!



“Have you signed up for Gift Aid yet?”

If you haven't already returned the gift aid form that was sent out with the 2006/07 fee letters then please do so as soon as possible.

Gift Aid means you can pay squad fees in a tax efficient way and the Club can reclaim the basic rate tax from the Inland Revenue. If enough people sign up to Gift Aid it will mean we can keep fee increases to the minimum. The committee and helpers have been calling people in the past fortnight and we have had a super response with over 75% of people contacted and signed-up. However, some were not available, so if we could not reach you or, if you've lost your form email chair@swimbluefins.org or ask for one in the Club office at the Aquadrome.

BASINGSTOKE BLUEFINS BRAND PROFILE AND GOALS



Whilst we are a young club in name, Basingstoke Bluefins Swimming Club has a widely-known reputation in the area. Its members and their achievements are regularly featured in the Basingstoke Gazette, and we are seeking to expand coverage.

We are developing our press officer role, and will be taking more photos, which should raise brand awareness. The Basingstoke Gazette should feature a weekly article on the club.

Our goals for this season involving publicity and fundraising are :

- a) Develop a 2-3 year sponsorship/advertising agreement with a regional businesses that can benefit from association with our club – target by Christmas of approx. £10,000 per annum.
- b) Raise funds to install stadium seating at the Aquadrome for spectators (not just a benefit to Bluefins but an asset for the whole community). This would be achieved by persuading local businesses to sponsor a seat at £100 per annum in return for advertising - target £20,000.
- c) Raise funds for our charity partner Cystic Fibrosis Trust. We plan a sponsored swim in January 2007 (all 750 children in the club) from which we aim to raise £20,000 to be shared with the club. This can be developed into an annual event.

Apart from these goals, we also wish to develop our athletes' potential to their maxima (including our youngest children striving to learn the basics in our lessons programme), whilst ensuring enjoyment and fulfilment of learning a new stroke or competing in a team, lifting morale and team spirit.

The sponsored swim will also serve a dual purpose in as much as the children will learn that their actions can benefit other less-fortunate people as well as themselves.

KELLY COLLEGE SUMMER SWIM CAMP – AUGUST 2006

My cousin Jessica Keene (Windsor SC) and I attended this year's Summer training camp at Kelly College in Tavistock, Devon. The boarding school opens its doors in the Summer holidays to various training camps, including cricket, football, triathlon and swimming.

The swimming is run by a team of over 20 people, lead by Mr. Archie Brew, a well-respected international coach of many years. His son Robin Brew was a GB swimmer that reached the top levels of swimming about 20 years ago. The course started on the last Sunday in August, but the day before I was unwell, so we set off on the Monday morning. We arrived at 1.55pm, just in time to start the afternoon session. My cousin was in a different team and that afternoon her group visited Tavistock to go shopping, whilst I went straight into a gym and pool session !!

About 120 children (boys and girls) attended from ages 10 to 16, and the girls all shared dormitories of different sizes. I was lucky enough to bunk up with my cousin and we did take advantage of being away from home on our own for the first time – late night snacks, girl magazines, clothes all over the place etc!

Our typical day started at 7.00am, when we got up and had a breakfast that would set us up for the day. We then went either into the pool, gym or classroom. In the classroom we were taught about warming up properly, stretching, nutrition, preparing for competition and keeping well topped-up with fluids (*if you get dehydrated your wee turns dark yellow!!*) The gym sessions were tough, but we learned about press-ups and other things I hate. The swim sessions were not endurance-related, but more focussing on technique.

We ate good food, which included carbohydrates such as pasta and spaghetti or potatoes for energy. There was a tuck shop, so we took advantage of that and used some of our pocket money. In the evenings we either had a fun gala, or saw some of the latest films on DVD. Bed was about 10.15pm, but as the week developed, we got more and more tired.

On the final day morning, there was a gala, which the parents attended. It was all relay races, so the team spirit that had developed amongst us was evident as we all shouted as loud as we could. We met people from all over the country and we may see some of these again at galas up and down the country.

Lizzie Neale
Age 10 - T2T Squad



My cousin Jessica on the left and me



TO ALL SWIMMERS - THEME TUNE FOR BLUEFINS !!

You will recall that we have been searching for an appropriate theme tune for some months.....

During the gala at the Aquadrome on 9 September, we played '*I like to Move it Move It !!*' (theme from Disney's Madagascar movie). It was repeated during the warm-up and when Bluefins was introduced etc.

From the reaction of all swimmers (including the opposition teams who got up and jumped about themselves), we believe that we have found what we are looking for - a punchy upbeat track that is instantly recognisable, conveys a positive approach, known to both parents and children, has the ability to be longstanding. 😊

At future home galas, we will play this as our Bluefins theme. So when you next hear it at the beginning of the evening -

MAKE SOME NOISE AND STRUT YOUR FUNKY



CONTACT INFORMATION

For general queries about the Club or training sessions:

Email: a.osmond@swimbluefins.org

Tel: 01256 351921

An answer phone is available if nobody is in the office at the time.

Advertising & Sponsorship - You could have your logo here!

If you or your company would like to sponsor the Club with the printing of an issue (or two) of the Club's newsletter, please contact jopostins@swimbluefins.org or tel. 01256 351921.