

Mid Beds Swim Squad



Season 2006-2007 Newsletter 3

Dear Swimmer,

We are now in February and it is the third edition of the MBSS Newsletter! Please make sure you read everything as there are some important pieces of squad information.

Recent Results

A big congratulations from the coaching team to all who competed at the recent Derby and Biggleswade open meets. At Derby we amassed 4 National Qualifying times, 69 East Region Qualifying times and 125 personal bests, and were in the top three of best supported clubs. At the Biggleswade open we amassed a record 8 National Qualifying times, 140 East Region Qualifying times and 189 personal bests.

Gala Protocol

- Please make sure that
- Speak to your coach before you warm up to discuss preparation for you races.
- Speak to your coach directly after your swim. The quicker you get your feedback the more likely you are to retain your feedback and use it in races in the future.
- Swim down as soon as you can after your race as this will help you recover.

Targets & Qualifiers

Congratulations to the following swimmers who have achieved one or more Regional Qualifying times:

Ethan Farrell	Rachel Hollington	Carmen Mallet
Emily Bradbury	Yasmin Bithrey	Harriet Brettle
Emily McConnell	Christian Stokes	Micha Daher
Kane Farrell	Adam Ingledew	Robert Baldrance
George Lavallin	Chris Bradbury	Louise King
Caleb Hughes	Emma Jones	Hannah Raine
Shauna Lee	Danielle Lee	Myles Gibson
Jessica Karp	Chelsea Prouten	Nikki Newell
Charlotte Beck	Lianne Griffiths	Paul Titley
Alex Raine	Lauren Steadman	Helen Baldrance
Alasdair Kerr	Tamara Richards	Roger Mallet
Thomas Kelly	Sarah Haslett	Doug Kerr
Katie Tavener	Chris Budd	David Dowsett
Charlotte McConnell	Alice Marchant	

Congratulations to the following swimmers who have qualified for the National Championships:
Charlotte Beck, Yasmin Bithrey, Caleb Hughes, Adam Ingledew & Lauren Steadman

Make sure that you keep focused in your training and competitions. There are a handful of swimmers who achieved their times at your home club championships, they are just not designated!

Availability of Head Coach

Vix will be available from 8-8.30pm on Tuesdays and Thursdays to look at everyone's log books, and to have meetings with anyone. Please feel free to approach her during this time.

James Hickman Visit

Please wear your Mid Beds kit to this event. Richard Stead (the ex-treasurer of MBSS) and Tricia Dear (you all know who she is) are to be presented with something to remember their time at squad. Please make every endeavour to attend. You will also have the opportunity to ask James Hickman some questions. He is a 7 time world short course champion at 200m Butterfly so do some research and think of some good questions that will help you with your swimming careers.

Training Camp February 2007

If you wish to take part in the February half term camp please fill in the form attached and give it to Vix with a cheque payable to MBSS. You do not have to attend both days, and may do just one if you wish.

Contact Details

Contact details for Vix are 07828 644427 or 01767 223558. Please only call after 10am and before 9pm.
Contact details for Ashley are 07749 968939. Please only call after 10am and before 9pm

Hungary 2007

Please look out for letters next month from the committee to book your place for the Hungary camp.

Future Competitions

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| • Hatfield Open | Short Course | Last chance for short course national times | Hand in: TBC |
| • No Frills | Long Course | Last chance for long course national times | Hand in: 3 rd April 9pm |
| • Northampton | Short Course | All to enter for end of season (Not national) | Hand in: Probably March |

Final Thoughts

- Don't be late for training
- Please be prompt into the water in the mornings sessions. Some swimmers are taking far too long to get changed.
- Please fill your bottles up before you start training.

Train Hard, Race Hard! *Vix & Ash*