

## DATES FOR DIARY

### 1st June

Junior League Rd 1 - Aylesbury

### 8th June

Club Champs **Entry Closes**

### 15th June

Stevenage Open Meet

### 22nd June

Club Champs Round 2 Inspire  
Closing Date PSC End of Season  
Open Meet Level 2

*Please read Conditions and  
Qualification*

30th June- Club Entry deadline for  
July Open Meet

### 6th July

Junior League Round 2 **Venue TBC**

### 7th July

East Region Inter Counties -  
Selected Bedfordshire Swimmers

### 14th July

Bedfordshire ASA Development  
Talent Camp

### 20 - 21st July

PSC Open Meet- all qualifying club  
members

### 23rd - 28th July

British Summer Championships  
Qualifiers

### 31st July - 4th August

Swim England Summer Nationals  
Qualifiers

### 5th - 11th August

PSC Summer Break - Whole Club

**Look out for email(s) for  
Flitwick Open soon.  
Entries will need to be in  
before the summer holidays  
start.**

**Little Putts Academy  
August Holiday  
arrangements published  
shortly.**

## Little Putts Academy

Venue: Lealands School

Started January 2019

We are so proud of our new venture which is growing rapidly.

Now opening up new times for sessions on Monday and Wednesdays, we are offering low ratio classes with teachers of exceptional standing and knowledge.

Aaron, the programme lead, is an international para swimmer. Other teachers include Bleu and Elise - both ex-competitive swimmers - and Brandon, a National swimmer. All our teachers are qualified as Swim England teaching assistants or senior teachers.

Little Putts Academy is an introduction to competitive swimming and incorporates SwimEngland's Club Awards 2018. It's a complete Pathway for swimming into our mainstream squads, competing at county, regional, national and international stages.

**More information on our pathway will be published shortly on our main website [www.putteridgesc.co.uk](http://www.putteridgesc.co.uk)**



## PSC Club Championships

Club Champs are held over 4 rounds during the year; May, June, September and October. They are held at Inspire and are licensed events for 9 yrs and over. Qualification times are used for Open Meets and Counties. Under 9's are allowed to swim in 25m events. Age is at end of year. PSC members can enter these events with NT (no time). This is a closed event - that means club members only.

Club champs provide an environment for our swimmers to start competing, try new things and to make mistakes. Medals are awarded on the night and points are added over ALL 4 Rounds to find the top boy/girl for each age group. Trophies are then awarded at our annual presentation night in January.

All results are submitted to Swim England and are held on their database. For reference if you need to know you child's current PB's (their fastest times), go on the link below, add their age as of 31st Dec and select the last 12 months. The comprehensive database will show where your child stands within the club, county, region and nationally. You can also see all your child's pb's on one page by selecting individual best times.

<https://www.swimmingresults.org/12months/>

## The Milton Keynes and District League Swimming League

Aims to promote and develop competitive team swimming in children between the inclusive ages of 9 to 12 years old. As such, it is referred to as a development league. Age is on last day of the League Competition. The league runs currently with three divisions consisting of a maximum of 18 teams. Competition consists of three separate rounds with three simultaneous galas taking place in each round in each division.

Currently the three rounds are held in June, July and September. The teams swim a fixed programme of 49 events consisting of individual and relay events including a squadron relay. The galas are scored by awarding (in a six team gala) 6 points to the first team and so on down to 1 point for the club finishing sixth in each event. League points are also awarded depending on the position clubs finish within their respective galas. Round 1 is a random draw as to which gala individual clubs swim in. Round 2 is based on round 1 results and round 3 is based on the combined round 1 and round 2 results.

The winners of each division are the club that gain the most league points from the three rounds.

PSC publish a squad which is registered with the League before round 1. The Team for each round is selected from this squad.

Please note this League is not licensed. Those times achieved whilst competing in this event are not submitted to Swim England and will not be on the database and cannot be used for an Open Meet entry but can be used for Club Champs entry.

For Information Development Squads - The County Championship qualifying times 2020 will not be published until September/October 2019. Please do not mention these to swimmers after they have raced or base them on last year's times as they will be changing. Bedfordshire ASA Exec are currently working on them. **Thank you.**

## News from May 2019

**First Round Club Champs** - our biggest and our best yet, some great performances from our little ones through to great competitiveness from our masters squad. We even had swimmers who had started with the Little Putts Academy and have already progressed into mainstream club. Amazing effort by all!

### Regional Age Group & Youth Championships

Just wanted to share this with you all and to congratulate all coaches, swimmers and parents involved. Lawrence and myself have just returned from Norwich and the East Region Championships. We have had the best results ever and we are confirmed again as the Highest Performing Bedfordshire Club!!! Many congratulations to our Swimmers who qualified: Adeola, Jack McDonald, Ryan Roberts, Lucy Matthews, Lucy Buckingham, Olivia Newman-Baronius and Masie Emerton. These swimmers did our club proud.

Their poolside etiquette and protocol manner was perfect, performing all their pre-post pool and recovery strategies to their advantage. These swimmers qualified for 21 individual races - 16 of these races produced a PB ! Their taining phase went well!!!!

Out of 21 swims, they made 10 finals - that in itself was a record!!! From top 10 places they achieved 1x9th, 1x8th, 2x7th, 1x6th, 1x5th, 3x4th then Lucy Buckingham won Bronze in the 50 Breast (PB in the heat 36.39) and Olivia won gold in the 100 Fly in a time of 1.07.24 showing heat to final progression. We now await to see if either of these performance achieve National qualification. So proud of these swimmers, it was Adeola (50 fly and 50 Breast), Lucy M (200 fly!!!) and Masie (100 Breast PB) first ever Championship and coped and swam their hearts out. Jack had missed a lot of training due to having so many exams at school, he wasn't looking forward to the experience as he felt under prepared but with all that behind him he also had a fantastic swim 200 back and also PB'd - no expectations!! Ryan 100 free had process goal - to improve his turn - which he did!! This young man has a bright future after PHV!!! Patience. Even with all this positiveness- there were still areas to work on in particular- finishes! All to evident literally losing a higher placing/medal on the finish. Congratulations everyone, we now continue to work hard till the end of season Meets whether it be National or our own end of season Meet and for Development, a Meet TBC.



### Qualification for Summer National Competitions in Glasgow and Sheffield

Congratulations to Lawrence Palmer, Brandon Nabarro, Olivia Newman-Baronius and Lucy Buckingham for qualifying for the Championships in July/August.

**PSG** Putteridge  
Swimming Club