

Newsletter

October 2019

PSC Putteridge Swimming Club

DATES FOR DIARY:

PSC Open Meet 30 Nov/1st Dec.
Arena League Dec 14th venue TBA
County Entry Deadline 22nd Dec.
Presentation Night Jan 17th @ 7pm
Tickets out soon
County Championship Weekends
(refer to Schedule):
Saturday 18th Jan (evening)
Friday 24th Jan (evening),
Saturday 25th & Sunday 26th Jan.
Saturday 1st & Sunday 2nd Feb.

Little Putts Academy

Aaron has decided to leave the Academy to focus on training this year. Thank you for helping set up! So in the interim, I will now be at Lealands on a Monday evening. The development of those at the Academy is great and we are already feeding into the mainstream Club. Transition sessions for the Academy swimmers once they achieve Little Putts stage 3 and Swim England Club Award 1, they will have a choice of hour sessions either, Mon, Tues, Weds all Lealands the Fri or Saturday Lea Manor, which is great. There may be a few changes in the coming week due to the progression of Development swimmers - all those affected will be notified separately via email.

Further SwimClub Awards

Congratulations Max Harris for achieving SwimClub Award 3. We should have a few more this month as they are so close to consistently using all the elements required.

Regional Championships Basildon

PSC had a fantastic Weekend at the Regional Winter SC Championships, we had 14 qualifiers for individual events, this was an open age group event.



Congratulations to all those who qualified:

Jack and Harry Wears, Alfie Warnock, Aaron Hird, Izzy Porzio, Ellie Matthews, Lucy Buckingham, Eleni Zorn, Olivia Newman- Baronius, Brandon Nabarro, Lawrence Palmer, Will Whitely, Connor Rodgers and Nathan Swift.

Some fantastic swims and PB's.

Lawrence win Gold in 50 and 100 Breast and Brandon 100IM. Harry Wears made his first ever Regional final in 100IM. For the first year ever, PSC entered 6 relay Teams, Men's, Women's and Mixed 4x50 medley and Free Teams. Great performances Mixed 4x50 Free team Lawrence, Lauren, Jess and Brandon winning bronze. Men's 4x50 Free Relay Lawrence, Brandon, Nathan and Harry also winning Bronze, Women's Medley Jess, Lauren Olivia and Lucy B a fantastic race came 7th but were ranked joint 12th, Mixed Medley, Lauren, Lawrence, Brandon and Jess achieved an awesome Silver. What was so nice was the referee came down and spoke with me to say what an excellent race that was. Well done!!! Women's free team were ranked 12th again surpassed themselves and achieved 6th, Ellie, Olivia, Lauren and Jess and finally, the very last race was Men's Medley Connor, Lawrence, Harry and Brandon- ranked joint 3rd won Silver, missing Gold by 0.15 sec



Methods of communication within our Club is by email, Activeworks Email, Twitter, Closed Putteridge Facebook Page, Closed Putteridge Masters Facebook Page, Closed Little Putts Facebook page and of course, www.putteridgesc.co.uk



The National Arena Swimming League

We came 3rd in round 1 at Inspire, our first year in this division. It was such a shame that I couldn't come. However, Round 2, I did. We had to host the event at Inspire so as ever, a massive thank you to all the volunteers and officials for their support and time. To Emma for organising the Round with volunteers and supplying everything that the Arena League required us to do. For James and the officials side and for Phil and Lucie in the technical suite on the night.



The National Arena Swimming League

It was a fantastic night, 2nd by just a few points but, such fantastic night of racing and skills. Most of the swimmers' underwater work was outstanding on the night so very chuffed. All the hard work on this aspect that we have been doing is paying off now, great PB's and Regional 2020 qualifying times. What an absolute Team!!! Working so hard together. A special mention has to go to the swimmers that swam multiple events- Jack MacDonald, Masie Emerton and Olivia Newman- Baronius I bet you slept well!!!! **One more Round to go!!!**

PSC Winter Development Open Meet, November 30th and December 1st

Looking forward to our Open meet at the end of the month, as ever top quality whether we make a profit or not! Alan March Commentators will be back again creating the great atmosphere we have become known for. Looking forward to seeing so many of you racing and will be looking for everything you have learnt to be put into a racing environment, all the things that will help you achieve what you are wishing to achieve. Nutrition, pre and post pool warm-up and swim down protocols. Remember that an event like this, is how Counties will feel. **So start preparing now!!!**

National Strength and Conditioning Association

Lawrence Certified S and C Specialist!

Congratulations to Lawrence! He has topped up his Sports Science degree with a prestigious American Strength and Conditioning Certification where 67% of candidates fail this qualification first time round. He fully funded himself and the qualification itself is the highest that can be achieved. This has taken 18 months of study. A true asset to the Club, you can have nothing better than an Elite Swimmer as a Coach and as a Strength and Conditioning Specialist. As many of you know how Lawrence presents land at PSC helps your child not only in a Swimming environment but at school too, with the teachers feeding back directly to you about your child's knowledge. Through this qualification, Lawrence is also a Performance Enhancement Specialist, Corrective Exercise Specialist and a Fitness Nutrition Specialist. And the beauty of this Certification is that to stay certified Lawrence has to pass CPDs every year to keep it- something that all Coaching environments should be doing- Continuing education to remain up to date. And what better recognition of this achievement than Swim England Club Development Team acknowledging: *"Well Done Lawrence!! @PutteridgeSC will benefit massively!"*



That we do!!

Presentation Night and completion of Club Champs

Completion of all 4 rounds now means that Award winners are now known. Trophies have been ordered for Presentation Night, along with the prestigious Coaches Awards. Always such a great night just before Counties starts (this year however, with the reverse Distance events, it starts the Night of Presentation with Mixed 1500m).

County Entry

As soon as our Open Meet has concluded, you will be able to see whether your child has qualified for Bedfordshire ASA County Championships 2020. The forms will be available at the Desk or from Cheryl. I will hopefully have the Izettle back for this so it will be as it should be payment on entry when you hand the form in. Pleading with you all to be organised- fill in the forms with ALL relevant information. The Closing date for the entries into the Club will be December 22nd. All information including the qualifying times and Event Schedule can be found on the desk or here:



https://bedscountyasa.com/championship_index/

For all those that qualified last year, we expect you to take out **Your County Handbook** that Lawrence and I put together for you to help prepare for the Championships. For those of you who qualified this year, we will endeavour to print these off for you too.

Christmas Training Schedule

	Inspire	Les Manoir Timetable	Leislands
Monday 23rd December 2019	Normal		Normal Session Little Potts Academy
Tuesday 24th December 2019	08:00-9:30 am Normal Swimmers who train early session	09:35-11:15 am Same format as Tuesday Evening	No Session
Wednesday 25th December 2019		Closed	Closed
Thursday 26th December 2019		Closed	Closed
Friday 27th December 2019	8:00am - 10:00am 2 x 50m lanes Saturday training group No training	10:00-11:30	
Saturday 28th December 2019		09:35-10:15	
Sunday 29th December 2019	DAY OFF	DAY OFF	
Monday 30th December 2019	8:00am - 10:00am - 2 x 50m lanes. Sunday Training lanes		Normal Session Little Potts
Tuesday 31st December 2019	8:00am - 10:00am - 2 x 25m lanes Normal Swimmers who train early session	09:35-11:15 Same format as Tuesday Evening	No Session
Wednesday 1st January 2020		Closed	Closed
Thursday 2nd January 2020	Normal	Normal	