

# Boldmere

SWIMMING & WATER POLO CLUB

## NEWSLETTER

ISSUE 5 · MAY 2023

### TEAM BOLDMERE BUOYED BY GREAT PERFORMANCE AT REGIONAL CHAMPIONSHIPS

26 swimmers from across the Club competed in almost every event at this year's West Midlands Summer Championships and took home 26 medals as well as registered 40 finals or top 8 finishes.

For many swimmers, qualifying for the Swim England West Midlands Summer Championships is the pinnacle of their sporting season - and an opportunity to achieve a ranking to race at the British and Home Nations Summer Championships, held usually in July and August every year.

This year's West Midlands Championships took place at The Alan Higgs Centre in Coventry over two weekends - 29 & 30 April and 1 May, as well as 7 & 8 May. The five days of intense competition covered the whole programme of long course events and provided the opportunity to compete with and witness some of the best swimmers from the Region. The results achieved by our team demonstrate that we can hold our own against this high-performing group.

As a club, we competed in almost every event - from the gruelling 1,500m freestyle to the exciting frenzy of the 50m free, and all others in between. With two competitive sessions each day, followed by intense finals running on into the early evening, the swimmers and coaches alike drew on their skills, talents, and resilience to ensure that everyone competed magnificently. (cont page 3)

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## MESSAGE FROM THE CHAIRMAN

On Sunday, 14 May, we held the Club's Annual General Meeting (AGM) which was attended by 25 people. We extended our thanks to Chris Belai and Andrew McLoughlin for their excellent 3 years in the Treasury function, during which they successfully introduced the Xero accounting software to the Club's finances.

During the AGM Chris was replaced by Aleksey Shcherba, who is a Financial Controller at Nestle UK. A handover of the finance function will take place over the next few weeks. We are also delighted to welcome Kathryn Ivaskevicius into the role of Development Officer. Kathryn was a member of the club in the 90s and has now returned as a mum with fond memories. In addition, Ben Coeulle was appointed as a Water Polo Coach representative.

Last week also Swim England launched their new 10-year strategy, which is centred around growing the sport across communities as well as being increasingly mindful of Equality, Diversity, and Inclusion (EDI). Other aspects are good governance with a strong focus on Welfare and Safeguarding. In addition to this, a Team Manager, Coach, and Chaperone Policy for events was also published which provides welcome clarity on the minimum number of staff required to meet our safeguarding obligations.

Lastly, I am sure I speak for everyone when I say that we were all deeply saddened and shocked at the premature death of Martha Foster, Marc's wife. Our thoughts are still clearly with him and Rue at this difficult time. The family has asked that the funeral be a private arrangement. I will be attending on behalf of the Club. Marc has asked that there be no flowers, but if people wish a donation to St Giles Hospice would be most welcome as they provided him and Rue with much-needed support. We are currently working with Marc and the coaching Team to facilitate his return to the Club, something which he is keen to do. We look forward to seeing him again poolside!

Yours sincerely,

*Keith Munday*

## CALLING ALL MEMBERS!

Boldmere is a member-led Club - therefore we are looking for more of you to get involved in our decision-making.

Currently officers of the Boldmere Swimming & Water Polo Club Committee are elected each year at the AGM and then meet on a monthly basis to make decisions relating to the running of the Club.

The Committee has agreed to restructure how it works. Strategic decisions will remain with the full Committee but we are creating a series of sub-committees that will involve more members and hopefully make operational decisions more quickly and effectively

The suggested new sub-committees are:

- Learn to Swim
- Competitive Swimming
- Masters Swimming
- Water Polo
- Finance
- Welfare
- Human Resources
- Marketing & Communication

If you are interested in joining one of these and playing your part in running our Club then please email Richard Hill at [secretary@teamboldmere.co.uk](mailto:secretary@teamboldmere.co.uk) stating also sub-committee you would like to join.

Thank you!





(Cont. page 1) The West Midlands Summer Championships (also known as the Regionals) is a key event in our club's annual competitive calendar, as it provides us with an opportunity to measure ourselves against athletes from across Birmingham, the Black Country, and the counties of Warwickshire, Staffordshire, Shropshire, Herefordshire and Worcestershire. It was therefore very gratifying to see our swimmers - as well as those who are dual registered and also compete under the banners of City of Birmingham and Royal Wolverhampton swimming clubs - achieve outstanding results. As you may be aware, Boldmere has a number of swimmers who are dual registered, and we were delighted that many of them spoke to our coaches during the meet for specific race advice and support, underpinning the continuing value and expertise that we offer - which was greatly respected by those swimmers.

We take pride in every race and every swim that was undertaken by our team members. It is important to remember that the better you become, the tougher it gets to continue to improve. PB gains get harder and harder and smaller and smaller, and therefore it was extremely satisfying to all involved to witness the fantastic collection of individual swims from all Boldmere competitors that culminated in 68 personal best performances, and dozens more results within a second of PB times.

Please see the medal winners on the following pages compiled by Stuart Tonks, Competitive Swimmer Officer, with the information support of Del Stanger in the PB department.

In addition to them, the following swimmers reached finals or finished in the Top 8 where there were no finals:

Boldmere: Alfie Edwards (5); Tom Parry (3); Connie Palmer (2); Morgan Atherton (1); Jude Denning (1); Jake Dunn (1); Lewis Dickinson (1); Oli Larcombe (1); Amber Partridge (1); William Tonks (1) plus the 14-16 and 17+ Boys 4x100 Freestyle Relay teams; the 14-16 and 17+ Boys 4x200 Freestyle Relay teams; the 14-16 and 17+ Boys 4x100 Medley Relay teams; the 14-16 Girls 4x200 Freestyle Relay team.

City of Birmingham / Boldmere: Joshua Drury-Tew (4); Jason Li (4); Freya Richardson (3); Jasper Kong (2); Ruby Chudleigh (1); Gabriel Thursfield (1).

Royal Wolverhampton / Boldmere: Rose Arnott (1)

Congratulations and well done to all of those who qualified and represented Boldmere and also to those Boldmere swimmers who represented City of Birmingham and Royal Wolverhampton at the Regional Level.

Yours sincerely,

*Robin Surgeoner*

Assistant Head Coach



## INDIVIDUAL MEDAL WINNERS AT THE WM REGIONALS

Name	Gold	Silver	Bronze	Total
Maryse Magnee (City of Birmingham / Boldmere)	3	0	0	3
Jason Li (City of Birmingham / Boldmere)	2	2	1	5
William Tonks (Boldmere)	1	2	0	3
Joshua Drury-Tew (City of Birmingham / Boldmere)	1	1	2	4
Gabriel Thursfield (City of Birmingham / Boldmere)	1	0	1	2
Toby Williams (Boldmere)	0	1	0	1
Connie Palmer (Boldmere)	0	0	3	3
Jude Denning (Boldmere)	0	0	1	1
Tom Parry (Boldmere)	0	0	1	1
Ruby Chudleigh (City of Birmingham / Boldmere)	0	0	1	1
Jasper Kong (City of Birmingham / Boldmere)	0	0	1	1
Freya Richardson (City of Birmingham / Boldmere)	0	0	1	1



## TOP SPOT FOR TEAM BOLDMERE AT THE FIRST ROUND OF THE MERCIAN LEAGUE

In their first outing for this year, Boldmere's Mercian League team swam their way to victory with a total of 219 points - beating the other five teams on the night with a decisive lead of 46 points.

The first round of the League took place on Saturday, 29 April at Walsall Swimming Baths. The chosen 32 swimmers from our Boldmere team were competing against representatives from Wombourne, Orion, Sandwell Aquatics, Coventry and Worcester Swimming Clubs.

They kicked off their competitive campaign in high spirits and with a great amount of camaraderie, which kept on going as the evening progressed. Younger and more experienced swimmers cheered each other on through the individual and relay races and were obviously enjoying themselves and the company of their friends and coaches. It was an exciting event for the stands also where parents and other relatives were on their feet often clapping and supporting the Club.

And the results were clear to see: 37 official PBs were registered on the night, with 33 unofficial PBs also being added to the charts - but most of all everyone thoroughly enjoyed the evening where Boldmere's team walked away as convincing winners!

Thank you to our fabulous coaches and team managers on the night, as well as our outstanding officials without whom the meet would not be possible. Last but not least thank you to Sharon LS (and her team of helpers!) for taking the split times! Now bring on round 2 on 9 June at Leamington Spa - and swim fast Team Boldmere!



Many congratulations to our boys 14 and under freestyle relay team who smashed the Boldmere Club Record that evening.

Well swam:

Gabriel D  
Thomas A  
Daniel H  
Keerat M-S

Your time of 55:63 for 4 x 25m freestyle is now part of the Boldmere hall of fame!

Our previous relay record of 55:67 was set on 14 July 2012.

LET'S BE SOCIABLE!







## ANOTHER GREAT ROUND OF JUNIOR LEAGUE FOR BOLDMERE'S TEAMS

BY ELLEN RATCLIFFE  
HEAD OF JUNIOR DEVELOPMENT

The second round of the Junior League was hugely exciting for both our teams. Competing in Leamington Spa, the A Team was up against the Solihull A, Bilston, Braunstone, Wombourne, and Hinckley Swimming Clubs, while the B Team faced Walsall, Wyre Forest, Northgate, Dove Valley, and Lichfield in Redditch.

Once more, both teams performed fantastically well on the night, with the A team finishing first again with 227 - 41 points ahead of second place Solihull A. It was a close 4th finish for the B Team - who drew on experience from the previous round and their hard work in the pool - to collect a total of 147 points, only 4 points behind third-place Dove Valley.

A terrific team spirit, matched with a clear determination to win, was evident at both galas, where the swimmers waved the Boldmere flags and cheered on their teammates toward the finish line.

We would like to express our sincere thanks to all the coaches, parents, volunteers, TMs, and officials who came along and helped on the night - without you, we couldn't take part in these galas!

Coming up next is the 3rd round of the Junior League which will be held on Saturday, 17th June. The Boldmere A will be competing in Halesowen while the Boldmere B team will be in Wombourne.

**This time we really need your support! Our club will be hosting the event at Halesowen and we need a serious number of volunteers to make this meet happen. Roles we will need to fill include manning the entry desk, selling raffle tickets, announcer, results input as well as team managers and officials. If you can support us on the night please get in touch as soon as possible by emailing me at [ellen.ratcliffe@teamboldmere.co.uk](mailto:ellen.ratcliffe@teamboldmere.co.uk).**

## VOLUNTEERS NEEDED - WATER CARNIVAL!

The Boldmere Water Carnival is fast approaching. Can you help us to deliver another successful and highly enjoyable meet?

We need catering volunteers to look after our coaches, officials, team managers and other support staff. You will be responsible for ordering the food and drink for the event and transporting it to Ladywood Leisure Centre on the day.

If you think you can help please get in touch with [workforce@teamboldmere.co.uk](mailto:workforce@teamboldmere.co.uk).

Thank you!





# SUMMER MINI MEET 2023

BY JUDY KENYON  
HEAD OF LEARN TO SWIM

It was a real pleasure to see a record number of swimmers turn up to take part in the 2023 Boldmere Summer Mini Meet last Saturday, 20 May, at Beeches Leisure Centre.

68 children, aged 5 to 12 years, competed in events covering 25m freestyle, backstroke, breaststroke and butterfly as well as 50m freestyle - and together achieved a total of 184 personal bests (PBs).

As a club, we are committed to providing our cohort of young swimmers plenty of opportunities to get a taste of and become more comfortable with competing - whether through an internally run meets or through participation in events organised by other clubs. This builds the children's confidence both in and outside the pool but also teaches them to concentrate, plan and learn from their experiences.

As with the spring event, the Summer Mini Meet was the very first taster in competitive swimming for some members of our team. Naturally, we had some tears and anxious faces as swimmers walked onto poolside at first, but we were also really pleased to see all of them to go home with smiles on their faces at the end of the day.

Our Head of Learn to Swim, Judy Kenyon, said: "We would like to praise all the swimmers – members of Seahorses, Starfish, Dolphins, Sharks, Junior Development 1 (JD1) and Club squads. I feel that it is a great honour to be at these events and be part of each of their swimming journeys. Huge congratulations to you all - you made us very proud!

Of course we should not forget to thank all the volunteers, as well as the teachers and assistants. In particular, a huge thanks goes out to Tom Williams and Richard Hill, our officials, without whom the event couldn't run.

Then finally thank you to parents to bringing your children to the event, and for the hours you spend sat on a poolside during their regular training sessions".

**LET'S SUPPORT  
OUR MASTER  
SWIMMERS  
AND RAISE MONEY  
FOR CANCER  
RESEARCH UK!**

We will all be cheering on our Master Swimmers Eugene, Nev & Scott along with their friend Allan who will be tacking a channel relay on 3 July.

The team are swimming in aid of Cancer Research UK and looking for all the support Club members can offer in raising money for this amazing cause!

If you can donate please follow the link below - and don't forget to leave an encouraging message!

**[Swan Pool Swimmers Just Giving Page](#)**





## GIVE WATER POLO A TRY!

We encourage Boldmere swimmers to come to Wyndley on Sunday evening and give water polo a try. Our squads are broken down by ages, and we are recruiting at all levels:

- **U14** - mixed boys and girls between the ages of 10-13, confident swimmers
- **U16** - mixed boys and girls between the aged 14-15, lots of gameplay
- **U18** - boys aged 16-17, fast swimmers who understand 'pitch' sports
- **Ladies** - girls aged 16+ with loads of opportunities to play locally and regionally
- **Men** - players 16+ competing at regional and national level

All abilities and ages are welcome - email [boldmerewaterpolo@gmail.com](mailto:boldmerewaterpolo@gmail.com) to schedule a Sunday evening trial session.

## FANCY YOURSELF A FAST PITCH?

The Boldmere Water Polo team will be hosting a challenge at the Sutton Coldfield Community Games on 15 and 16 July, 12-5pm. Why not come down and join us?

Our stand will be set up for participants to see how fast they can shoot the ball at the goal. Speed will be measured, and accuracy taken into account.

We're likely to have a Leader board and prizes for the fastest throw. Come down and support the team - and maybe help us get a few more people interested in trying out Water Polo.

**BOLDMERE  
WATER POLO HAS  
ITS OWN SOCIAL  
CHANNELS -  
FOLLOW US FOR  
UPDATES**





## LEARN TO SWIM STAGE AWARDS

Last month, all children across the LTS squad took part in various stage awards. Congratulations to everybody - we are delighted with your improvements - and particularly the following children that successfully completed the below stages:

### **Turtles:**

**Stage 1:** Charlotte F, Jomana A, Julius A, Marios R, Maya M, Maya R, Noah R, Rosa S, Zala-Mai S

**Stage 2:** Aiden C, Alice H, Ella H

### **Seahorses**

**Stage 2:** Ella H, Eve L-B, Jess F, Sami M

**Stage 3:** Anastasia S, Arlo F, Bianca C, Conor B, Esha D, Evelyn A, Harry L, Iris M-P, Joseph M, Lei Y, Maciej L, Maximus F-D, Monika S, Oliver S, Thomas L and Teddy M

### **Starfish:**

**Stage 4:** Betsy B, Esme S, Hiyaam M, Imogen P, Jacob S, Jibreel R, Lena S, Luisa I, Max P, Naeshika B

### **Dolphins:**

**Stage 4:** Poppy B, Ziad A

**Stage 5:** Ava B, Davanee W, Filip M, Gabe F, Isabella F, Isabelle L, Maddie M, Poppy B, Zac S, Ziad A

### **Sharks:**

**Stage 6:** Austin G, Elodie L, George B, Grace B, Isla S, James P, Ke L, Leila S, Maisie K, Masha Y, Max M, Parsa S, Sophia L, Sophie D, Tobias W

**Stage 7:** Agnes L, Arabella N, Charlie F, Daisy W, Dyland B, Ella L-B, Freya D, Gethin M, Luke P, Oliwia W, Sebastian D, Sophie L, Tunc A, William R

Well done also to everyone who has progressed to the next squad up:

**Seahorses:** Ella H, Jess F, Sami M, Summer L

**Starfish:** Darshil G, Esme S, Harper Y, Imogen P, Lewis L, Luisa I, Max P

**Dolphins:** Ava B, Camila C, Davanee W, Filip M, Gabe F, Isabella F, Isabelle L, Maddie M, Nate G, Poppy B, Zac C, Ziad A

**Sharks:** Austin G, Elodie L, George B, Grace B, Henry B, James P, Ke L, Leila S, Maisie K, Masha Y, Max M, Parsa S, Sophia L, Tobias W



## FUNDRAISING NEWS

We are really pleased to advise that we have been successful in obtaining a grant from Sutton Coldfield Charitable Trust for the amount of £20,656. This represents the full amount that our club could be awarded and requires us to contribute a matching amount of £2,168.

The award is for the purchase of 6 starting blocks, the remaining 4 backstroke start wedges (Swim England funded 2 earlier this year) and water polo goal posts.

A huge thanks to the Sutton Coldfield Charitable Trust for their support with the purchase of this much-needed equipment.

In addition to the above, there is still plenty that every one of us members can do to support the ongoing fundraising effort.

- If you become aware of any new grant or funding opportunity, please send the information to Ade at [grants@teamboldmere.co.uk](mailto:grants@teamboldmere.co.uk). The funding landscape is changing quickly - new initiatives are being launched every day - and by keeping an eye on this information together and sharing it internally we can hope to get more good news for our club in the future.
- Don't forget to use EasyFundraising every time when you shop. Every single penny raised will be used to help our swimmers achieve their best and reach their potential - without costing you anything!
- Finally, if you are a business owner that could support us with a financial donation, or if your employer can, please let Ade know as well.



## GET FREE PRIDE IN LONDON TICKETS



As part of Swim England's work with Pride in Water, members are invited to attend the Pride in London parade on Saturday, 1 July 2023.

SE have a limited number of free tickets available for members - with a max of 4 per club.

If you'd like to attend, contact [equality@swimming.org](mailto:equality@swimming.org) by Friday 2 June. Tickets will be allocated on first come, first served basis.

LET'S BE SOCIABLE!







## DATES FOR YOUR DIARY

Please see below details of upcoming meets. For full details of the Boldmere competition plan please visit the website [HERE](#). Where information about these events is available online, it can be obtained by clicking on the meet name below.

Date	Meet	Location	Squads	Date open for entries	Date entries close
20 May	Mini Meet	Beeches Leisure Centre	Starfish, Dolphins, Sharks, Club, JD1	Closed	Closed
4 June	Nova Sprint Meet	Harvey Halden - Nottingham	JD1, JD2, JD3, County, Regional	Closed	Closed
9-11 June	Team Steel	Pongs Forge, Sheffield	All national qualifiers	Closed	Closed
10 June	Mercian League Round 2	Leamington	Selected non-regional qualifiers	TBC	TBC
17 June	Junior League Round 3	TBC	Selected swimmers 9-12 years	TBC	TBC
8-9 July	Boldmere Water Carnival	Ladywood Leisure Centre	All	Closed	Closed



YOUR QUESTIONS ANSWERED...

## REVISION & TRAINING

As we get well into exam season, it is important to acknowledge that combining study with swimming can be challenging - and even stressful.

Therefore, this time we are sharing advice from Swim England's Sport Science & Medicine Manager, Diane Elliot who has pulled together her top 10 tips to help manage the time spent between revising and training.

### 1. Start revision early

If you are starting to panic, it's better to start planning your revision as this will reduce the stress.

### 2. Get your exam timetable as soon as you can

This will help you plan your revision schedule.

### 3. Talk to your coach

Arrange a meeting with your coach as soon as possible to discuss the exams. Talk about what times you will need to revise and come to an agreement about your revision and training schedule. The earlier you talk to your coach, the more they can plan your training around your revision.

### 4. Plan your key training sessions

Make sure you don't miss key training sessions. Your coach should be able to move these or set them for you a time when you can get to training so you don't miss the key sets of the week.

### 5. Set a timetable and stick to it

The revision timetable should include training times, revision times, and social time.

### 6. Have SMART revision goals

Set your goals for each revision session that are specific, measurable, achievable, realistic and time-bound. This will mean you should complete a specific amount of work in each revision session.

### 7. Sleep

Make sure you are getting enough sleep. This will help you with your revision and make sure you are able to concentrate during the day.

### 8. Nutrition

Eating a good diet is key to keeping you healthy. You need to make sure your health is good during exam time.

### 9. Be realistic

Don't set goals that are not achievable.

### 10. Find ways to manage stress

Sport is one way to relieve stress, so make sure you are managing to do some training and not stopping your sport altogether. Try relaxation techniques to get to sleep at night and deep breathing can be a good way to reduce stress. Listening to music, social time and talking to friends will also help to reduce your stress levels.





## WE'D LIKE TO BE MORE SOCIABLE - CAN YOU HELP US?

Boldmere Swimming and Water Polo Club teaches children and now adults to learn to swim. This is an essential life skill that opens the door to many other opportunities.

Our objectives are then to pursue the lifelong benefits of aquatic activities. These include the obvious aspects of health and enjoyment. However, there are many others such as high-quality reflective time whilst swimming is great for mental health, brain training, swimmers often reflect on their school work, do their homework in their heads, etc. When talking to swimmers who have been through Club programmes - not just Boldmere - some strong themes emerge about the benefits of swimming. These include the ability to focus, discipline, structure, task orientation skills, resilience, etc. In essence, all good life skills that will improve their employment opportunities and hopefully make them resilient members of society.

One very important aspect they mention is the Social element, not just for the swimmers, but for all those extremely dedicated parents, grandparents, and siblings. People have referred to Parties, Games days, bowling, and picnics to name but a few. This is an aspect of the Club that has been lacking in recent years.

The existing Committee have to focus their efforts on running our huge club with over 600 members. We therefore respectfully ask that swimmers and parents look at opportunities for developing suitable events, whether they be for a squad, a section of the Club or the whole Club; this would be a real bonus to all our members. One thought for starters is a games and picnic afternoon in Rectory Park, building on the very enjoyable sessions we had during Covid.

In the first instance, could interested parties make themselves known to Richard Hill (secretary@teamboldmere.co.uk), Krassi Krassi Stoyanova (communication@teamboldmere.co.uk) or myself (chair@teamboldmere.co.uk), as we are keen to support to any activities being promoted in the name of the Club.