

The Splash!

News from Bristol Henleaze Swimming Club



**BRISTOL HENLEAZE
SWIMMING CLUB**



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Getting back in the pool

Nicola Heffner, Club Secretary

What would you do first...

- Visit the hairdresser/barber?
- Have friends over for a BBQ?
- Get back in a pool?

I'm guessing most of our members would go straight for the pool. And, after two months out of training and competition, who could blame you? We've missed our weekly training sessions, cancelled our March and June open meets, and the month of May has seen us miss the annual SW Regional Champs. Nor will the National Championships take place this summer. For swimmers, this has been a very frustrating and challenging time, as no land-based exercise can replace that wonderful feeling of being in the water.

Government guidance clearly states that pools in England cannot reopen before 4th July, but on 15th June SwimEngland is due to release robust guidance aimed at helping the aquatics sector prepare to restart. We still don't know whether that will actually be on 4th July, but you can rest assured that everyone at BHSC is watching closely what the Government has to say. Let's hope we can get back in a pool soon.

Committee News

Letter from the Chair

Marco Maestri, Club Chairman

Sport is so important, bringing us together and keeping us both physically and mentally fit. As soon as we're given the go ahead, we look forward to welcoming you back to the Club physically and to some sort of swimming for the remainder of the year. In the meantime, the Club is working hard behind the scenes to ensure that we are ready to recommence swimming when it is safe to do so and will keep you updated with regular information as and when we receive it, both via email and through social media. Thank you to all of you – you have continued to support us in myriad ways, keeping the spirit of Bristol Henleaze well and truly thriving.

Stay safe, Marco

Director of Coaching

Jez Birds

Hi! I hope you're staying safe and well and looking after yourselves. I am busy working on several different scenarios for how we can start back up in the pool when it's safe, and liaising with facility providers, so that as soon as we get the go ahead from SwimEngland, we can begin the transition back to a full swim programme. Watch this space!

In the meantime, I know you've been taking the opportunity to develop your bodies on land and many of you are currently in the 10th week of our live home-fitness programme, which is available to all members. Even if you've missed any sessions, they are all recorded and you can access them all online. They are designed with the swimmer in mind, but swimmers and non-swimmers and children and adults alike are loving them, as they form the building blocks of basic strength, stability and movement. If you would like to access any of the back vids or haven't yet joined the live sessions and are keen to do so, just drop me an email (address below). Looking forward to seeing all you guys again very soon, but for now stay safe and stay fit!

Jez / headcoach.bhsc@gmail.com



Message from the Treasurer

Simon Barratt, Club Treasurer

First and foremost, I want to thank everyone who has continued to support us during these really difficult times – we know that lots of families are being affected in all ways, including financially, during the Covid-19 crisis and any support we have is greatly appreciated. As a Club, our income is generated not just through your fees, but we rely on open meets to ensure we can continue to thrive and grow. Having to cancel both our March and June meets was a significant blow to our budget, but we are hopeful that we are in a good place and feel positive about riding the storm until pools re-open.

We were due to present accounts at our AGM in April, but for obvious reasons this couldn't happen. We hope to host some form of AGM in July, although how we do this is still under discussion, awaiting further Government guidance. We'll let you know as soon as possible when we have a decision. In the meantime, stay safe.

Membership update

Maggie Mitchell, Membership Secretary

From the Performance Squad with its twice-daily training sessions to the width swimmers who are usually with us once a week, the Club currently has over 400 dedicated and committed members desperately waiting to get back onto the blocks and into the water. Our Minnows Swim School has a healthy 70 budding Olympians registered, each of them just waiting to show us all how this 'swimming thing' is done.

SwimEngland News

The SwimEngland website is packed with information for swimmers, parents, guardians and coaches alike. Our governing body has launched all sorts of initiatives to help us stay motivated and keep learning during lockdown, including lots of free educational resources, as well as courses and webinars. The site also has the most up-to-date information and advice about swimming in relation to the Covid-19 crisis and any anticipated return to the pool. Check out the website on:

<https://www.swimming.org>



Just for Fun

Spot the difference

Can you spot the 7 differences between these two pictures of Jon and Jez on our Mallorca warm weather camp last year? Happy days pre-Covid, coaching and swimming as the sun rose. (Answers at the bottom of the page.)



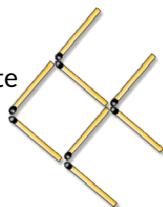
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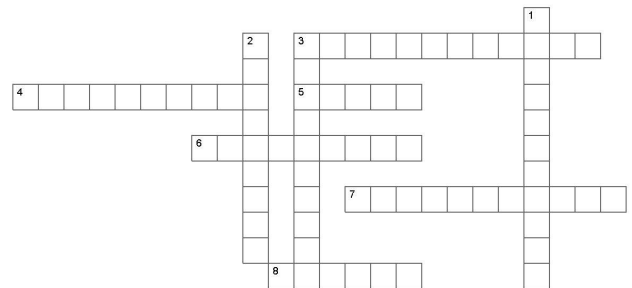
Fins • Dolphin • Streamline • Block •
Goggles • Breaststroke • Skins • Fly •
Backstroke • Freestyle

Swimming fish

Can you make the fish swim in the opposite direction by moving only 3 matchsticks?
No overlapping sticks allowed.



Crossword



ACROSS

- A stroke made in the prone position in which both hands move simultaneously forward, outward and rearward from in front of the chest, and the legs move in a frog-like manner (12)
- Term used for a situation when one or more swimmers leaves the blocks before the starting signal (5, 5)
- A stroke made in the prone position characterised by alternate over arm movements and a continuous up-and-down kick (5)
- An event where the swimmers may use any stroke they choose, which typically is the crawl (9)
- Leg movement, usually performed as part of the crawl, where the legs are held straight and moved up and down alternately (7, 4)
- A combination event in which a swimmer or relay team swims separate legs of backstroke, breaststroke, butterfly and freestyle (6)

DOWN

- A kick where the legs are held together and moved up and down by bending and straightening them at the knee twice in quick succession (7, 4)
- A stroke made in the prone position where both arms are lifted simultaneously out of the water and flung forward, in combination with the dolphin kick (9)
- A stroke in which the swimmer is on his back performing a flutter-kick and rotating the arms alternately backward (10)