



keeping you updated with:

- BSS News
- Swimming news from around the area
- Upcoming swimming events

On their Marks...

Several of Brighton Swimming Schools' older swimmers took part in our first ever gala back in June of this year and really rose to the occasion.

Nearly 40 swimmers, aged between 9 and 18 years, took part and competed in a range of events from 40m or 100m Frontcrawl, Backcrawl and Breaststroke through to 40m Butterfly for the more advanced levels.

The atmosphere was wonderful with many friends and relatives coming along to offer their support.

For many of the swimmers it was their first ever experience of competitive swimming

and was a great opportunity for them to start to learn, amongst other things, about the specific rules and regulations to do with the correct starts, turns and finishes for each stroke.

The gala officials were made up of swim school staff who were happy to volunteer their time for such a great event for the swimmers.

On a number of occasions the officials were kept on their toes with some very close finishes and results to have to judge.

In recognition of their hard work and efforts every swimmer received a certificate for participating. In addition those finishing in the top three had a lap of honour around the pool and



swimmers finishing in first place received a gold medal. For first place results please see page 3.

Swim School Coordinator, Sonja Hulson, said "The gala was great fun and a success. It really gave the older swimmers something to work towards and has hopefully opened their eyes up to just one of the opportunities which being able to swim can unlock."

BSS are planning to hold the gala again this coming June, 2010.



Swimming Successes All Around

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All Swimmers Home!

Brighton's first open water sea swimming course successfully concluded in August with all thirteen of its' swimmers completing their first ever swim

around Brighton's Palace Pier.

The novice sea swimmers, aged between 30 and 45, started their training programme with Brighton Swimming School back in February this year. The group, comprising of doctors, script writers, nurses and builders, started their journey with weekly pool sessions to help improve their strokes and stamina. These sessions also

involved learning about open water related factors including tides, currents, the wind and how swimmers can use these to their advantage. The programme even included a first aid course specifically designed for sea swimmers.

By May the group then started their sea swimming sessions, led from the front by the swimming schools senior open water coach Adrian Bates and accompanied by a safety boat. Many of them are now swimming in the sea regularly and five of them have joined an open water sea swimming club in

the town.

One group member, Dr. Kate Lancaster, reflects on the course: *It was great, good background information about sea swimming, help with stroke techniques and it built up my confidence. Swimming around the pier was a wonderful experience - I don't want to go back in the pool!*

If this course has interested you at all then we are happy to announce that it will be starting again next February. For more detailed information or to reserve a place then please contact the office on **01273 425745** or email: info@brightonswimmingschool.com



Meet the Staff: James



James joined the BSS team in 2004 as a young and enthusiastic 16 year old.

He has officially worked his way up through the ranks starting first as a car parking attendant and finally qualifying as an ASA Swimming Teacher in 2007.

James is currently at university but enjoys teaching at swim school so much that he returns home every weekend to work. He can be found teaching mostly at Roedean Junior from Toddlers classes

all the way through to Improvers 2 classes.

James has been awarded Teacher of the Term for this current term in recognition of his years of dedication to the swim school and his continued enthusiasm and passion for the sport, which is reflected in his teaching.

We asked James a few quick questions about himself and about working for BSS:

What is your favourite Swimming Stroke?

Breaststroke

What do you like about working for BSS?

The fun and friendly atmosphere not only amongst the staff but with the swimmers, too.

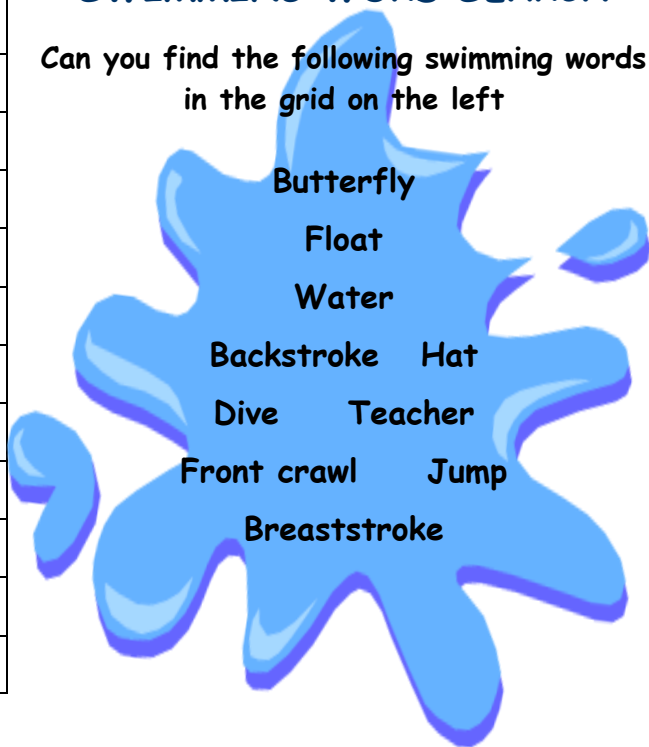
What are your interests when you're not at the swimming pool with us?

I am really in to all types of sports so when I'm not at the pool I'm actively involved in many clubs but most especially football.

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SWIMMING WORD SEARCH

Can you find the following swimming words in the grid on the left



Competition



Let your imagination run wild!

Every year we take part in Paddle the Round the Pier but stay on dry land—next year we have decided it is time to get on the water! Please help us design a raft we can paddle around the pier in the 'Paddle something Unusual' event. The rules are simple:

- 1 It must be able to float!
- 2 It needs to have space for 4 people
- 3 It has to be powered manually
- 4 It has to have a swimming theme

Design a Raft

The competition is split in to 4 age groups:

- Under 5's
- 5-8yrs
- 9-11yrs
- 12yrs plus

Please write your full name, age and a contact number on the back of your entry design and post it to us or hand it to the supervisors at the pools by 31st January 2010 (no late entries accepted)

Each group will have one winner. The winners will be announced on 15th February. From the four winning designs one will then be chosen as the actual raft we will paddle in the race.

Prizes:

Each category winner will win an aqua sack full of goodies. In addition one lucky person will get to see their design come to life and be raced!

BSS Gala, June 2009: Results

Girls	Boys
40m Frontcrawl 9-10yrs: Amelia Balthazor 11-13yrs: Morgan Richards/ Camille Burton	40m Frontcrawl 10-11yrs: Harry Bentham 12-13yrs: Ross Walker
100m Frontcrawl 13-15yrs: Carys Attwell	100m Frontcrawl 14-15yrs: Peter Henderson 16-18yrs: Omar Risk
40m Backstroke 9-10yrs: Bethany Greenfield 11-13yrs: Rosie Smith	40m Backstroke 10-11yrs: Flynn McKeown 12-13yrs: Kieran Green
100m Backstroke 13-15yrs: Carys Attwell	100m Backstroke 16-18yrs: Omar Risk
40m Breaststroke 9-10yrs: Amelia Balthazor 11-13yrs: Morgan Richards	40m Breaststroke 10-11yrs: Harry Bentham 12-13yrs: Ross Walker
100m Breaststroke 13-15yrs: Carys Attwell	100m Breaststroke 14-15yrs: Rory McKeown 16-18yrs: Elliot Green
40m Butterfly 13-15yrs: Carys Attwell	40m Butterfly 14-15yrs: Peter Henderson 16-18yrs: Omar Risk



Christmas Day Sea Swim

For those of you wishing to stretch your legs on Christmas morning you may want to pop down to the Palace Pier and watch the traditional sea swim that takes place at **11.00am sharp!**

Hardy swimmers (including members of Swim School staff) take part in the swim.

Please Note: Only all year round sea swimmers should enter the sea in December - as winter sea temperatures can fall to below 7 degrees centigrade and the waves can sometimes be very challenging!

However - it is great to watch!

Meet the Office Staff...

Sonja: Swimming School Coordinator

Sonja first worked for BSS as a swimming teacher when she was studying at Sussex University. She has a long history/background in swimming having been a member of a swimming club for 14 years and has been teaching for over 11 years. She originally comes from Cambridge, has lived abroad in Germany and Cyprus as part of her studies and moved back to Brighton to take on the challenging but exciting role of Swimming School Coordinator.



Jude: Assistant Swimming School Coordinator

Jude joined the office team in July this year after graduating from Birmingham University with a degree in Maths and Sports Science. She is a keen all round sports person and has been involved in swimming for nearly 8 years. Alongside her work in the office Jude is also furthering her qualifications through the training schemes of our sister company, BSTC (recently renamed Swim UK). She is originally from Carlisle but now enjoys the delights of living on the south coast.



Georgina: Assistant TTL Coordinator

Georgina is the newest member of the office team and has come in to help with the administration for the ever growing and popular TTL lessons. She is a true Brightonian, having been born and brought up in the town. Georgina is fairly new to the wonderful world of swimming and is currently undertaking her teacher training as part of an apprenticeship course along side her work in the office.





We are 'Going Green'

Please help us try and make our administration a little bit greener by providing us with your up to date email address.

From 2010 we are hoping to reduce the amount of paper we use by replacing things such as reservation letters with emails.

This is our New Years Resolution, please help us keep it!

Ever considered a career in Swimming Teaching or Coaching?



If you have recently become unemployed or are facing redundancy there might be a possibility for supported training to qualify as a swimming teacher.

For more information please contact **Julie Hunt** at Northbrooke College on **01903 606114**

J.hunt@nbcol.ac.uk



TTL

SWIMMING LESSONS...

TTL are 'Teacher Training Lessons' operated by Brighton Swimming School on behalf of our sister company Brighton Swimming Teachers Centre, who train people to become swimming teachers. Their students need to have the opportunity to teach classes.

As the teachers are in training or enhancing their skills these lessons run at rock bottom prices...

Please contact us or pick up a leaflet to find out more information about how the courses run or the next suitable course for you. We will be happy to answer any questions you have.

01273 425745

info@brightonswimmingschool.com



BRIGHTON SWIMMING SCHOOL

WOULD LIKE TO THANK YOU FOR YOUR SUPPORT THIS YEAR!

WE WISH YOU A VERY MERRY CHRISTMAS

AND A SWIMMINGLY GOOD 2010!



Pavilion Training

Whether you are a child care provider, a carer for the elderly or are just seeking to learn new skills, Pavilion Training offers courses that can increase your knowledge, as well as your employability and make you an asset in an emergency.

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