

Ready, Eddie, Go!

keeping you updated with:

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

During his last set of tour dates in Brighton Eddie Izzard, world class comedian and actor, also made time to come to Brighton Swimming School to get some coaching tips on his swimming technique.

Back in November 2009, Eddie Izzard was in Brighton for four nights to perform his most recent stand-up show 'Stripped'.

Due to our outstanding local reputation, and a quick internet search, his PA contacted us the week before they were due to arrive to organise a swimming session for the successful star.

As you may be aware, Eddie has become well known recently for his epic marathon challenge in aid of 2010 Sports Relief. He ran an amazing 43 marathons in 51 days covering a staggering 1,160 miles.

What does a person turn to for a challenge after such an achievement? Well apparently swimming..along with cycling and running. Eddie divulged to us his intention to now complete an Iron Man challenge.

Mick Burt, our experienced ASA Tutor, Coach and Teacher, met Eddie at Roedean Junior to put him through his paces and said,



Eddie Izzard pictured here with swim school teacher and Swim UK apprentice Zoe

"Eddie was very focused on developing his strokes, especially front crawl. He was very quick to learn new techniques."

After a ninety minute session Eddie had to rush off to perform his evening show but had already arranged to return the next day for some more training. According to his PA he didn't stop talking about the swimming session most of the

evening.

Also on hand to help lifeguard and teach the sessions were Swim School staff Jenny Moreton and Zoe McLafferty.

Zoe commented, " I thought that becoming an apprentice swimming teacher would open new doors for me but I didn't expect to be working with stars like Eddie Izzard!"

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Kirstie is quite a new member of the Swim School team, having only joined us last September.

After passing her National Pool Lifeguard Qualification Kirstie then applied to work with us to be able to build up her swimming teaching knowledge. She has since gone on to take her ASA/UKCC Level 1 Teaching qualification and can be seen working at both of our pools every week.

Meet the Staff: Kirstie

Kirstie has been awarded Teacher of the Term for this Winter Term in recognition of her friendly, reliable and dedicated approach to her work as well as significant development within the swimming industry.

We asked Kirstie a few quick questions about herself and about working for BSS:

What is your favourite swimming stroke?

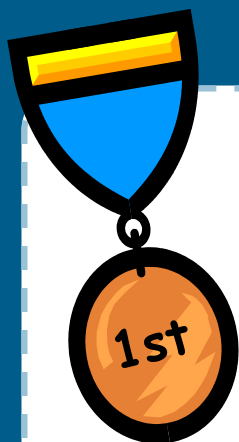
Frontcrawl

What do you like about working for BSS?

The fact that everybody is so friendly and helpful, especially helping me progress with my swimming teacher training and experience.

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

I like to go out with my friends and socialise. I also like to go to the gym.



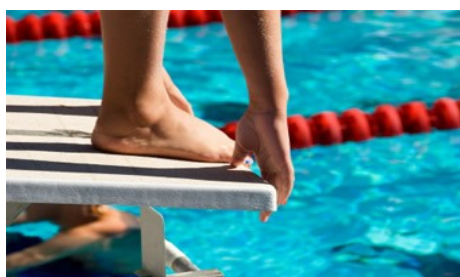
SWIM SCHOOL GALA

Sunday 13th June

Roedean Junior, 1pm to 5pm

Open to: Intermediate 2 level
and above

More information coming soon
or
Contact us for more details



2010 SUMMER INTENSIVE SWIMMING COURSES

Brighton College



New for 2010: Rookie Lifeguard

We are offering a comprehensive Swimming Programme during the Summer Holidays at Brighton College on Eastern Road in Brighton. All the courses are 5 days long and are being held on the following dates:

Week 1

Monday 26th July – Friday 30th July

Week 2

Monday 2nd August – Friday 6th August

For more Information or to Book:

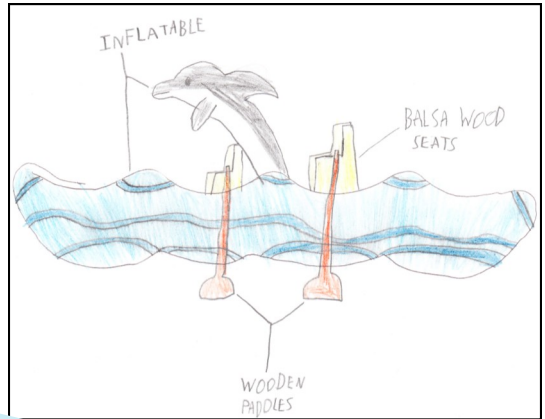
Call - 01273 425745

Email - info@brightonswimmingschool.com

Announcement!

Design a Raft Competition: The Winner

Thank you to all of our creative swimmers who entered this competition. It was really difficult deciding who the winner should be after the number of amazing entries we received, so well done to you all! And a big well done to our overall winner Archie Russel whose design (see right) will be brought to life for the *Paddle Something Unusual* event at this years *Paddle Round the Pier* weekend in July.



Congratulations and good luck to one of our teachers, **Emma**, who will be leaving us this summer in order to study for her PhD in Particle Physics at the Royal Institute of Technology in Stockholm. She is a member of the ATLAS Collaboration and will be using data collected by them at their experiment at the Large Hadron Collider in order to analyse it and try and find evidence of 'new physics'. She has followed the progress of this experiment since it began and working on such a prolific and at-the -frontier experiment has always been a dream of hers. She will be sadly missed but we wish her the very best of luck!



Great Job!



Good Luck to anybody

taking part in the first ever Brighton Marathon on Sunday April 18th

I will see you at the start line!

Sonja

BSS Co-ordinator

Meet the Staff: Nick

Nick is our newest member of staff having joined us in January of this year. He works at both of the pools, including helping with our 2010 Pool to pier programme, and he also works in the office for our sister company Swim UK.

Nick has a big background in swimming. He was first introduced to the water when he was only 12months old and hasn't stopped since!

Whilst his favourite stroke is backstroke, he also loves

competing in long distance front crawl events.

His best achievement to date was qualifying to compete in the 2008 Beijing Olympic trials in the 5 and 10km open water races. In the build up to the trials, Nick's training involved two swimming sessions a day as well as an hour in the gym. In one week he used to swim up to 80,500km!

However, his actual favourite swimming memory is winning the silver medal in the 2007 Open Water Nationals: a

really impressive achievement!

Swimming has also opened up other opportunities for Nick: he is a qualified beach lifeguard and competes in sport surf life saving as well as being an avid surfer, scuba diver and free diver.

In the time he has left away from the water Nick is quite a dab hand in the kitchen having gained a City and Guilds Diploma in professional cookery and culinary skills.



Good Luck!



We are 'Going Green'

Thank you to everybody who has already given us their email addresses. Please look out for our emails in your inbox but occasionally your junk mail box, too! Our name is displayed as 'Brighton Swimming School'

If you haven't yet provided us with an email address there is still plenty of time! Throughout 2010 we are hoping to seriously reduce the amount of paper we use by replacing things such as reservation letters with emails.

Please help us in our aim to try and make our administration a little bit greener.

£3 swimming sessions!

TTL are 'Teacher Training Lessons' operated by Brighton Swimming School on behalf of our sister company Swim UK, who train people to become swimming teachers. Their students need to have the opportunity to teach classes. As these teachers are in training a session only costs **£3**.

- ◆ Open to children 4 Years and older (Beginners - Advanced)
- ◆ Sessions run all year round!
- ◆ Located at Roedean, Roedean Junior and Brighton College.
- ◆ Call us now to book your space!



01273 425745

info@brightonswimmingschool.com

Please note: Bookings are subject to TTL terms and conditions. These can be found on our web page at www.brightonswimmingschool.com/TTL/TeacherTrainingLessons.htm



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