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NEWSLETTER

BOLDMERE SWIMMING AND WATER POLO CLUB

TEAM BOLDMERE SECURES SECOND PLACE AT 2023 COUNTY CHAMPS

BY MARC FOSTER, HEAD COACH

I am really pleased to start the second edition with the news that during this year's 2023 Warwickshire County Champs Team Boldmere finished second out of 13 clubs in this prestigious regional event. Together we took home 25 golds, 17 silvers and 24 bronzes – a total of 66 medals - and achieved a whopping 306 personal bests (PBs) across 181 events.

This is a fantastic achievement for all of us - from volunteers to officials, swimmers, coaches, parents and committee members - and I would like to take a moment to thank everybody for all their hard work leading up to and during the event. Without your commitment and support, we would not be able to deliver these great opportunities for our swimmers.

We have a great track record in achieving success at the County Championships, which is one of the most important regional competitions in our calendar - as it is a great indicator for swimmer and club development across all age groups. As a coaching team, we were all thrilled to see how all of our swimmers improved during the last few weeks in training and stepped up to represent the club at this competition.

We look forward to returning to the Alan Higgs Centre next year to deliver stronger and faster performances and build on the outstanding results from this year. (To see the unofficial medals table from this event please go to the Competitive Swimming page below).

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2023 WARWICKSHIRE COUNTY CHAMPS: UNOFFICIAL MEDALS TABLE

Medals table*



Warwickshire County Championships 2023

Club				Total
City of Coventry Swimming Club	49	44	35	128
Boldmere Swimming & Water Polo Club	25	17	24	66
Blythe Barracudas Swimming Club	17	8	8	33
Solihull Swimming Club	14	11	8	33
Orion Swimming Club	14	8	6	28
Nuneaton & Bedworth Swimming Club	13	28	28	69
Leamington Amateur Swimming Club	11	19	21	51
Rugby Swimming Club	7	6	10	23
University of Birmingham Swimming Club	7	6	4	17
Kingsbury Aquarius Swimming Club	3	1	5	9
Camp Hill Swimming Club	1	7	4	12
University of Warwick Swimming and Water Polo Club	1	1	0	2
Stratford Sharks	0	1	2	3

*This table uses the official results and promoters' conditions to calculate medals. It includes finals for all 50m and 100m events, plus HDWs for 200m and above and relays. The University teams are included in this table which will account the slight discrepancy between this club medals table and individual medal winners' table.



2023 WARWICKSHIRE COUNTY CHAMPS RESULTS: INDIVIDUAL MEDAL WINNERS

Name	Gold	Silver	Bronze	Total
Jason Li	10 (including 1 relay)	3 (including 1 relay)	1	14
Joshua Drury-Tew	7 (including 2 relays)	4	2	13
Hugh Mason-Williams	5 (including 3 relays)	1	1	7
William Tonks	5 (including 3 relays)	1 (including 1 relay)	1	7
Jasper Kong	2	0	1	3
Maryse Magnee	2 (including 1 relay)	1	0	3
Jake Dark	2 (including 2 relays)	2	0	4
Ruby Chudleigh	1 (including 1 relay)	2	1	4
Gabe Thursfield	1 (including 1 relay)	2 (including 1 relay)	1	4
Ben Sanders	1 (including 1 relay)	1 (including 1 relay)	5	7
Toby Williams	1 (including 1 relay)	0	1	2
Jude Denning	0	3 (including 2 relays)	1	4
Connie Palmer	0	1	1	2
Freya Richardson	0	1	0	1
Josh Harris	0	1 (including 1 relay)	1	2



2023 WARWICKSHIRE COUNTY CHAMPS RESULTS: INDIVIDUAL MEDAL WINNERS

Name	Gold	Silver	Bronze	Total
Noah Southgate	0	2 (including 2 relays)	0	2
Toby Lowe	0	2 (including 2 relays)	0	2
Tom Parry	0	1 (including 1 relay)	0	1
Morgan Atherton	0	0	2 (including 2 relays)	2
Oli Larcombe	0	0	2 (including 2 relays)	2
Dan Jenkins	0	0	1	1
Rose Arnott	0	0	1	1
Hayden Cheung	0	0	1 (including 1 relay)	1
Lewis Dickinson	0	0	1 (including 1 relay)	1

**WELL
DONE**

In addition to the above, we would also like to congratulate Will Tonks who set a new club record of 31.41 sec for his 50 meters breaststroke time in the finals of this event. Amazing work, Will!



SPRING MINI MEET OFFERS YOUNGSTERS TASTE OF COMPETITIVE SWIMMING

We were really pleased to see so many of our young swimmers take part in the 2023 Boldmere Spring Mini Meet which took place at the end of January at Beeches Leisure Centre.

47 children, aged 6 to 12 years, competed in events covering 25m freestyle, backstroke, breaststroke and butterfly as well as 50m freestyle, and together achieved a total of 133 personal bests (PBs). For half of them, this was also their first-ever opportunity to experience a competitive swimming environment.

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), Junior Development 2 (JD2) and Club squads - who performed exceptionally well! We really hope that they enjoyed the day and will now be entering the Junior Invitation Meet which Boldmere Swimming and Water Polo Club are running at the beginning of March.

Most importantly, we would like to say a very big "Thank you!" to all the volunteers – especially those that supported us for the first time – as well as the teachers, assistants, and parents who helped us to deliver this event and ensure the swimmers attend training sessions regularly".

Sutton Schools Gala

We are looking forward to the Sutton Primary Schools Gala which will take place on 4 March at Walsall Swimming Baths. We know a number of our swimmers will be competing there so we wish them the very best of luck!



LEARN-TO-SWIM UPDATE

Starting in the week commencing 26 February, our Turtles, Seahorses and Sharks squads will focus on lengths in their training sessions. All swimmers will practice for their distance awards which will be assessed during the week commencing 5th March. We are sure they will do very well! All certificates and badges will be available in the week after the assessment is carried out.

Also please note there will be NO SESSIONS on Sunday 5 March due to the Boldmere Junior Invitational Meet (JIM). Swimmers are welcome to book a catch up session by emailing learntoswim@teamboldmere.co.uk.

Finally, we are planning to run some intensive training sessions during the Easter Break - so watch out for the additional information which will be available soon!



NEXT UP IN THE DIARY

16 - 23 February: Lanzarote Training Camp

This year 18 members of the National Youth squad are heading to Lanzarote for a week of intensive training. It takes place during half term and will be preparing them for meeting the regional and national qualifying times, earmarked by the coaching team.

We will work hard but also have a lot of fun!



Sunday, 5 March: Boldmere Junior Invitation Meet (JIM)



We are looking forward to this year's JIM where our younger swimmers (aged up to 12 years) will have a chance once again to test their growing competitive skills. We would like to encourage everyone to enter as this club-only event is a fantastic opportunity to build confidence and try out the techniques we've been practicing in training. Our aim is to have the A Team at the National Finals and the B Team promoted to the 1st Division.

Please note entries for this event have now closed.

11 & 12 March: Nova Centurion National Qualifier

We are inviting all swimmers from the national and regional squads who have achieved qualifying times to participate in the Nova Centurion long course open meet. The event will take place at Harvey Hadden Stadium in Nottingham.

Please note entries should be received through the Google form no later than 15th February. Also ensure that you have checked the qualification times before you put forward your swimmers. Click [here](#) for the meet pack.





UNDER 18S WATER POLO TOURNAMENT SUCCESS



Many of our mens' under-18s water polo players were part of the West Midlands Warriors team that participated in the Division I U18s Inter-Regionals Championships on 28 January in Blackpool. They held their own and performed really well at this event! The team consisted of Tadhg Perry, Eric Buhaescu, Isak Evans, Alex Forty, Spencer Lloyd, Dennis Buhaescu, Filippos Psychogios, Max Spragg, Kai Turner, Archie Brewer, and Will Coleman and was coached by Ben, Trevor and Mark. Super job everyone!

Also, Talia Dalton from Boldmere's Water Polo Team competed with the Girls U18 West Midlands Warriors who took gold in their Division 2 Inter-Regionals on 4 February. Huge congratulations, Talia - that is an awesome result!



Boldmere Water Polo to celebrate season's 22/23 achievements with own awards

The awards - to be held on 25 March at Boldmere St. Michael's Football Club - will mark the success of both teams and players during the 2022/2023 season. There will be food and drink, an awards' presentation as well as a disco for all present to enjoy.

We look forward to sharing more about this event in our next newsletter as well as celebrating the winners of the night!

Thank you to the sponsors of the awards who have generously supported this evening:

JOIN US FOR
SEASON 22-23
BOLDMERE WATER POLO
AWARDS

MARCH **25** 6:00 PM

Join us in celebrating our teams and remarkable players. Hot and cold buffet will be served at 7:15pm. Presentation of awards at 8:30pm followed by disco, last orders at 11.30pm.

Boldmere St Michael's Football Club
 B73 5RY





FUNDRAISE TO SUPPORT YOUR CHILD AND YOUR CLUB

Boldmere Swimming and Water Polo is a non-profit organisation that relies heavily on the financial support of its members and third parties (including businesses, charitable bodies, local and national government, Swim England and others). We engage regularly in a number of activities that help us generate funds for improving our facilities and equipment - all of those with the purpose of providing better opportunities for our swimmers!

At present, the club is working with funders to raise money to purchase new and replacement equipment as below:

- Starting blocks and backstroke ledges for our competitive squads;
- Various flotation equipment for our learn-to-swim squads;
- Balls and additional kit for our water polo team.

However, funders who approve applications, do not always provide all the money needed. On a lot of occasions, their criteria require matched funding from the club and may not cover VAT or delivery costs. This is where your support for Boldmere becomes crucial!

One of the easiest ways for you to help us raise money is easyfundraising. It is FREE, simple, and straightforward way to contribute to our equipment fund. All you need to do is download and visit the app easyfundraising before checking out your grocery, holiday, clothing or other purchases - and the retailers will automatically donate a proportion of your total basket value to Boldmere! There is no extra cost or commitment for you!

To date over **£3,044** has been raised for the club but with your help, we can grow this substantially! So please remember to use easyfundraising every time you shop online! Over 7,000 brands will donate, so please sign up if you haven't yet. You can get started at www.easyfundraising.co.uk.

If you are able to support us with one-off contributions, have any ideas or connections, or simply would like to lend us a hand, please contact Ade Mullins, our Grants and Fundraising Officer through grants@teamboldmere.co.uk.

Other ways to fundraise for Boldmere

- Speak to your employer about their charitable donations
- Keep an eye out for press announcements on grant opportunities and let us know
- If you have your own business, consider reducing your tax by donating to Boldmere
- Contribute raffle prizes for our events
- Purchase raffle tickets at club events

Every bit of effort makes a big difference to our swimmers!

**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
16-23 Feb	National Youth Training Camp	Lanzarote	National Youth	N/a	N/a
4 Mar	Sutton School Galas	Walsall Swimming Baths	Please speak to your primary school	N/a	N/a
5 Mar	Boldmere Junior Invitation Meet	Ladywood Leisure Centre, Birmingham	8, 9, 10 and 11 year old swimmers	30 Jan	11 Feb Closed
11 Mar	Nova Meet	Nottingham TBC	NY, selected NA	6 Feb	Midday 15 Feb
25 Mar	Junior League (Round 1)	TBA	Selected swimmers aged 9 – 12	TBA	TBA
31 Mar - 2 Apr	City of Leicester Age Group Open meet	Braunstone, Leicester	Selected swimmers	Closed	Closed
31 Mar - 2 Apr	The eXcel Spring Qualifier Meet Derwentio eXcel Level 1	Ponds Forge, Sheffield	Qualified swimmers	14 Feb	21 Feb

ON DECK WITH...

ROBIN SURGEONER, ASSISTANT HEAD COACH

We've been really pleased to welcome Robin Surgeoner to Boldmere Swimming and Water Polo Club as assistant head coach - but very few of us know that actually Robin started his formal coaching career with Boldmere. We recently asked him a few questions about swimming, coaching and songwriting - and here is what he said.

How did you first get into swimming, Robin? Does it run in the family?

No! In fact, everyone in my family swam but they all started after I stopped competing professionally! I didn't start walking until I was four but I had been in a hydro pool since I was two and a half. I am told it was quite apparent to my physio even then that I could swim really well. By the age of three I could swim a fair few lengths of the swimming pool - and so I never really looked back after that.

When I was seven, we moved to Hong Kong for my dad's work. There when you are not in school, you are either in the sea or in the swimming pool. That is how swimming became an absolute second nature to me. But I didn't compete at that point. It was just something I did for fun. Even at school, in the summer months, we did survival courses, so by the time I was 11 I could swim a mile fully dressed. Now I know you think a mile is not that long but try doing that wearing shoes, a jumper and a belt!

And when did you start competing?

We returned to the UK when I was 11 and settled in Farnborough. There was a big club there called Rushmoor Royals and that is when I first started swimming competitively. I went to my first nationals when I was in year 7 - and that was it! I was then selected for the GB long squad at the age of 14 (nowadays it is called Podium Potential).

So when was your first international competition? Is that when you got your first gold medal?

My first international event was in Germany in 1981, and then in 1982, I went to Denmark to my very first world champs! I remember that clearly - it was amazing. In 1984 I went to the USA for the Summer Paralympics, and I had my first collection of gold



medals. Then there were other European and international competitions. I was really proud to be able to go to Seoul in 1988 which was a big step up. That was also the first time when I experienced walking out in front of 110,000 people at the Seoul main stadium. It is one of these moments that really stays with you!

I often get asked how many gold medals I have. It is kind of weird but the medals - for me - are a moment in time. They are of course impressive - but I use them mostly as a tool, for example when I have to do talks for schools, or just bring them to the sessions to show the swimmers.

What did your training routine look like when you were swimming internationally?

At the height of my swimming career, I was training 10 times a week. Because it was ages ago I sometimes forget how hard it was. We had to be in the pool for 5.15 am for pre-pool, ready for dive-in for 5.30 am - Monday to Friday. And then Saturday was a lie-in as the session didn't start until 6.30 am. We used to do 6 mornings and 4 evenings. At that time, I was also at the University of Birmingham, doing my degree in Philosophy.

What did you want to get out of swimming?

I always had the drive to be able to be good at what I was doing. I was never very good at walking but I was amazing at swimming. The one thing for me is that I never competed to be a winner; I always competed to be the best I can be. And I was lucky that sometimes these two came together - and sometimes they didn't!

When you decided to go into coaching? How did that come about?

I've kind of always coached informally on and off all my life. I just like to see people swim better. We'd be on holiday and I would say: "Come on, you can make that a little bit quicker, if you wanted to?" I used to be a member of Bannatynes in Birmingham and I was forever trying to give advice to the other members with their swimming. I did a lot of informal coaching, some of it was home-based training for paralympic swimmers.

Then I also got involved in basketball coaching for a while – I even ended up competing when I was 50! I know a lot of you know Josh but he also has a younger sister named Emily whom I also taught to swim. And then she joined Boldmere in 2015 so this was when I got my first formal coaching job with the club. I was really proud of that, I was proud to have my name on a coaching top alongside the Boldmere Swimming Club logo. I then completed my formal coaching qualification and went on to built from that.

So what is your approach to coaching, Robin? What can the swimmers expect from you?

My coaching philosophy is doing my best to make sure everybody can maximise their potential. It's about working at this together; it is a relationship between me and every swimmer in the squad, and I will be doing my very best to engender a positive approach, to be a critical friend – in the right way. I feel that is what I do particularly well!

It's about working at things together - looking at what went well, what went wrong, what do you want out of this and how do we get there together. It is a journey and it takes time. The swimmers have to get to know you, they have to trust you.

Where I add value is through my experience: I can teach them how to relax when they are behind the blocks, or before an event. I can help them get their head back in the right place before a race, or if they have had a bad swim. For me, there is much more work in that. It is still important to look at that great swim but you definitely learn more from the failures. I am here to support every swimmer with their individual needs - because not everyone is the same and not everyone needs the same thing!



What can the parents expect from you?

My message to parents is that I am always approachable. If you have any questions or simply want to chat about something, please let me know and I will try and give you 5 minutes as soon as I can. We at Boldmere have a strong coaching team with a set of skills, experiences and results to be envied, and I hope with a bit of time to get my feet under the table, I will help to yield even greater results for our swimmers.

So what do you do outside of coaching, Robin?

Well, outside of coaching I work as an empowerment trainer and an artist. What does that mean? Ever since I was little I hated injustice. I feel passionate about it, and when it matters to me, I write about it. My poetry and songwriting are very human. They are very much about looking at what can be readdressed, about standing up for justice and rights for people that often can't or have not been empowered to do that for themselves. So a lot of the work I do, my poetry and my music are about using my skills to help people understand who they can be. Just because someone was told you can't be something, it doesn't have to define you. You should be your own judge about the things you can do. Believe me, I know better than anyone!

Last question – if anyone wanted to listen to your music where can they do that?

You can look for AngryFish (one word) in Spotify, Apple Music and the like. A word of warning – some of the songs do contain strong language – but they are used either with humour or to make a point. For me, it is the message first and then everything else!



HEALTH, WELLBEING AND NUTRITION

RED-S: RELATIVE ENERGY DEFICIENCY IN SPORT

Over the last 12 or so months, our coaching team has sought to provide not only physical training for our swimmers but also overall support with other topics that affect performance - such as health, wellbeing and nutrition. We hope that by delivering webinars and providing in-person advice for our young athletes we can help them to develop healthy habits, avoid injury and illness, and achieve their aspirations.

As a part of this program of education and awareness, we will soon be inviting our competitive squads and their parents to attend an in-person session with performance nutritionist Laura Salmon on RED-S: Relative Energy Deficiency in Sport.

What is RED-S? RED-S is a condition caused when an athlete does not consume enough calories (eat enough food) to match the high-calorie demands the body must use for exercise. You can think of it like when your phone goes into low power or battery saver mode.

Being in a state of low energy availability is hugely concerning for youth athletes. It will affect a range of the body's functions from health and growth, such as causing weaker bones and increasing the risks and occurrence of fractures and breaks, to affecting hormonal production, lowering immunity, causing nutrient deficiencies and in severe cases it can affect the heart. This is all as well as massively impacting performance, through impairing recovery, causing fatigue and increasing injury risk.

Initially, it was thought that RED-S only affected female athletes, when low dietary intake was discovered to cause a loss of the menstrual cycle and affect bone health. However, since then, lots more research has been done and it is now known to be a concern for both male and female athletes of all ages.

Keep an eye out for the date and location of this in-person session - it will be shared with the appropriate squads via email and whatsapp!

Signs and symptoms of RED-S

- Weight loss/ being underweight
- Periods stopping/ becoming irregular
- Recurrent illnesses e.g. colds and flu's
- Decreased sports performance
- Mood changes and swings
- Increased or excessive fatigue
- Delayed or disordered growth and development

LET'S BE SOCIABLE!



BOLDMERE SWIMMING AND WATER POLO CLUB SHOP

The Boldmere Club Shop would like to remind all members that we are open for sales and enquiries on Thursdays between 6.30 and 8.30 pm in the foyer of Wyndley swimming pool.

Special offer this month are new jammers (a donation) – they are £30+ online

- 1 x 30 inch and 1 x 32 inch Speedo speedfit graphic jammers
- 1 x 32inch Adidas Pro jammer
- 1 x 32 inch Zoggs Arizona jet jammer

All priced at £10.00

We are expecting a delivery of new water bottles in late February but we still have a few lids that fit the old bottles – (50p each).

Thank you for understanding the challenge we have had in buying fins for resale – they are not available in any numbers at a reasonable price at present. If you have fins that have been outgrown please do bring them into the shop (we buy them off you and re-sell).

Lindsay and Lynn



10% discount online and instore with code BOLDMERE10



Don't forget that you can claim your 10% discount on all swimwear and equipment at Allens of Kingsbury when you quote the above code.

For more information see the retailer's website as below:

<https://www.allensswimwear.co.uk/>

NEWS IN BRIEF

County Pathways

The second County Pathway event took place on 12th February with the top 48 11-year-old swimmers from the County invited. Boldmere was represented by Gabriel Thursfield, Toby Williams, Rinnosuke Tabata, Joshua Harris, and Amy Edwards.

Swim England DiSE Programme

We were really pleased to see Noah Southgate being selected for this year's SE DiSE (Diploma in Sporting Excellence) Programme. He joined a group of 95 DiSE swimmers from across the country who have started a week of 'learning, racing and enjoyment' in an offshore camp in Dubai. DiSE is a two-year programme which commenced in September 2021.

Jude Denning is also on his first year of the DiSE programme, having joined in September 2022. Previously, Ollie Carless from Boldmere attended, starting in September 2020.

Well done to these talented swimmers and sportspeople!

'Why I love Swimming For Boldmere' competition

Our creative competition is still open for entries. Whatever the format, please do not forget to submit your entries for a chance to win a £25 swimming goodies voucher from Allens of Kingsbury as well as a range of other prizes. Hand any physical items to your coach who would send them onwards to the judging committee. Any digital submissions can be emailed to marcus.atkin@teamboldmere.co.uk. Please write your name, age and squad on every entry.

Winners will be announced at the Boldmere Junior Invitation meet and shared with parents via email, our social channels and this newsletter.