

The Splash!

News from Bristol Henleaze Swimming Club



**BRISTOL HENLEAZE
SWIMMING CLUB**



IN THIS ISSUE

- It's all in the planning
 - Committee news
 - SwimEngland news
 - Bex's BHSC bites
-

Follow us on social media:



Bristol Henleaze
Swimming Club



@BHSCswimming



@swimbhsc

www.bristolhenleazesc.net

It's all in the planning

Last week you should all have received a letter by email from Jez, updating where we are with our return to swimming plan. Despite the news from the Government this week, that pools won't re-open on 4th July as we'd all hoped, we are still anticipating that the Culture Secretary's nod that the middle of July will bring further news for sports facilities is a positive sign.

With that in mind, we continue to talk to our pool providers and put plans in place to enable us to return to swimming as soon as we can. In case you missed it, the key points from Jez's email are that, in order to be able to comply with social distancing, not just in the pool but in the communal and spectator areas, too:

- The first groups to return to swimming will be Youth and Senior groups (Bronze 2, Silver 1 and 2, Gold and Performance), we hope from July.
- From August we hope to engage our Bronze 1, Fitness and Junior Squads.
- Henleaze Minnows and Club Development (Widths and Lengths) will be programmed to return in September.

We will release further details as soon as they become available, but in the meantime we ask you all to lobby the Government (see SwimEngland news over the page) and keep everything crossed that the situation for swimming changes soon. As always, stay safe!

Committee News

Thank you...

Justine Lord, outgoing Welfare Officer

The committee would like to express thanks to our outgoing Welfare Officer, Justine Lord. Since early 2018, Justine has committed significant volunteering time to support the BHSC committee and all club members, by undertaking the essential role as Welfare Officer. We have been really lucky to have her enthusiasm, efficient organisation, reliability and compassion in fulfilling her duties, over the last few years. Some of you will also be aware that she has managed the recruitment and organisation of our Lifeguard workforce, too.

As well as all the responsibilities of the above two roles, Justine has also committed her time to support early morning training sessions, at Badminton, by being the extra responsible adult present. She's also supported the organisation of the last Warm Weather Training Camp, in Mallorca, as well as acting as one of the required chaperones for that trip (a massive responsibility and time commitment). She also gave her time officiating at our Open Meets. Justine, we salute you and wish you and your family all the best. Please don't be a stranger to the Club and its members and we look forward to seeing you at future Open Meets, when the competition season can restart.

And welcome...

Liz Maddocks, incoming Welfare Officer

We would like to welcome Liz Maddocks as the new member to the BHSC committee, with immediate effect. Liz will pick up Justine's role as Welfare Officer and Lifeguard organiser. Liz is currently undergoing her welfare training and completing a full handover. A big thank you to Liz for taking on these roles, as well as your recent commitment to the Club by qualifying as our newest Level 1 Swimming Official. What a star!

In memory of Bob

Bob Lisle (1951–2020) former BHSC coach

BHSC would like to honour Bob Lisle, former Bristol Henleaze head coach, who died suddenly following two strokes at the end of May. Born in Henbury, swimmer, cyclist, rower and rugby player, Bob was a key figure on the Bristol swimming scene, involved not just with BHSC, but also Bishopsworth, Portway and City of Bristol Swimming Clubs. He is survived by his wife, and his son, two step-daughters and four step-grandchildren. Our thoughts are with his family and friends.



Following the Government's recent announcement about the re-opening of further facilities, but excluding swimming pools, SwimEngland has launched the #openourpools initiative, calling on the Government to reconsider this decision and get swimmers back in the water. The petition has been gaining traction from some of our most high-profile GB swimmers present and past, including James Guy, Adam Peaty, Rebecca Adlington and Sharron Davis. If you haven't already signed the petition, please do and let's do all we can as a club and individuals to get pools open from the middle of July.

In addition, SwimEngland is inviting everyone to write to their MP (you can find a sample letter on the SwimEngland website) and to Tweet your support for the campaign.

Go to: www.swimming.org to find out more.

In the meantime, SE has released its return-to-swimming guidance. Life in the pool isn't going to feel 'normal' for a while, but we are looking forward to being able to put their guidelines into practice and start preparing for the 20/21 swimming season.



Swim England Contacts

- General Enquiries: operations@swimming.org
- Institute of Swimming Enquiries: iosadmin@swimming.org
- Membership Enquiries: renewals@swimming.org
- Awards Customer Services: customerservices@swimming.org
- Clubs: clubdevelopment@swimming.org

Out of Hours Contact

- Phone: 07970 017439
- Email: communications@swimming.org

Bex's BHSC bites

This month Bex is fuelling us with a her first NutriTip about the importance of fibre, and setting us all a foodie challenge. Banana pancakes... mmm...

Hello BHSC!

We have all adapted somewhat to a more solitary and virtual life. Meals have evermore become the highlight of our days, and sometimes the gap between lunch and dinner seems endless. With long commutes for most of us abandoned, we can use this extra time to celebrate food together. It sounds a tad cheesy, but cooking from scratch and sharing concoctions comfortably nestles into a multi-faceted approach to health. Let's use this community to generate some food inspiration and support. From me, you'll be getting recipe challenges and nutrition tips. This month's challenge is BANANA PANCAKES! Follow the link below for instructions, give it a go and share your pictures on Facebook – what toppings will you choose?!



Recipe Challenge

<https://www.rebeccaguynutrition.co.uk/blog/banana-pancakes>

NutriTip #1: Fibre

We all know that carbohydrates are an efficient source of energy, but they are also an important source of fibre. Our bodies need fibre for lots of reasons – to help optimise our circulation and digestion, for a start. The less processed a carbohydrate is, the more fibre it tends to contain. For example, wholegrain rice contains more fibre than white rice. According to the NHS website, adults need about 30g fibre a day, with 11–16-year-olds needing about 25g and 5–11 year olds about 20g. That's actually quite a lot to find, and unfortunately most of us are missing our ideal daily intake. This week try thinking about increasing fibre in your diet – wholegrain foods, and fruit and vegetables (with the skins, if possible) are a good way to start. Another brilliant source of fibre is baked beans – in fact, they are a nutritious double whammy because they contain decent amounts of both fibre and protein. Is there anything more British than comforting beans on (wholegrain) toast? Look out for a blog post on the BHSC website for more on this topic and how to work out if you're eating enough.

- Follow me on social media for food inspiration + nutrition titbits @rebecca_guy_nutrition
- To learn a bit more about my work head to: www.rebeccaguynutrition.co.uk