



## Maxwell Quartet excel at Olympic trials

Maxwell Swimmers, Hana Capstick, Ed Downes, Craig Gibbons and Paul Turner all achieved new lifetime bests at the recent Olympic trials held in Sheffield.

Hana (17) achieved 6th place in the senior women's 100m fly in a time of 1min 02.08 secs. This outstanding performance has earned her provisional selection for a GB swimming training camp in September. Head Coach Janko Gojkovic commented "This could be the first step toward the international stage as her main goal is the Commonwealth Games in 2006"

Craig Gibbons went within a fraction (0.09sec) of going to Athens. Swimming the 100m Freestyle in a new personal best of 50.29 secs he finished in third position. The combined time of the first four in the event was used to calculate the entry time for the 4 x 100m freestyle relay and provided this met the stiff entry times set by Bill Sweetenham would guarantee them selection. Unfortunately, by a fraction of a second, the qualification time was missed so under the strict selection policy no relay squad will be entered.

Paul Turner reached the semi-finals of the 100m backstroke. Paul was delighted with a new PB of 59.61 secs - the first time he has been below a minute.

Ed Downes (current 16 year age group 200 medley National Champion) also swam new personal bests in both the 200 and 400 medley events. Unfortunately in the 200m heats Ed was disqualified on a technicality and so missed out on the opportunity of a Final.

"All our swimmers at the trials swam outstandingly well and as a Club we finished 18th overall. This is a tremendous achievement when you consider the other Clubs and Performance centres competing" said a delighted Janko.

## More Maxwell Success at Midland District Youth Championships

Maxwell Swimmers achieved a superb haul of medals over the recent three day Midland District Youth Championships. In total 13 championship wins were recorded including the all three Men's Relay events—no mean feat when the opposition include City of Coventry, Nova Centurions (Nottingham), City of Peterborough, City of Birmingham etc. The individual highlights include:

Sarah Turner 14/15 age group — 1st place Women's 200m Free and 2nd in the 400m and 800m Free.

Dominique Green 16/17 age group— 6th place Women's 100m and 200m Breaststroke

Paul Turner 17/18 age group — 1st place Men's 100m and 1st place 200m Backstroke.

Craig Gibbons 17/18 age group — 1st place Men's 50m + 100m + 200m + 400m Free

Hana Capstick 16/17 age group — 1st Place Women's 200m Fly, 2nd place 50m Free, 3rd place 100m Fly.

Ed Downs 17/18 age group — 1st place Men's 200IM and 400IM, 2nd place 100M Breaststroke.

Adam Hilliard 17/18 age group — 5th place 400m IM.

Further great Maxwell swims were made by Craig Oliver, Greg McBirney, Lucy Askew, Lisa Lloyd, Rebecca Gill, David Smith and Alec Morgan

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## Maxwell chosen to help develop more World Class Swimmers

Maxwell Swim Club has been selected to help British Swimming double the number of world ranked British swimmers over the next four years. Maxwell had to meet the strict criteria demanded by British Swimming and as a result will be one of only 12 clubs in England working under the supervision of National Youth Coach John Atkinson.

"The Club can be immensely proud of this achievement". commented Head Coach Janko Gojkovic. "It's a recognition not only of our swimming success but also of our structure and operation, coaching resources and overall approach to performance swimming. Being part of this British Swimming initiative will help Maxwell improve even further by giving us access to the very latest thinking in coaching and training".

John Atkinson reports directly to Bill Sweetenham and has complete responsibility for junior development in the UK. He is in regular contact with Janko and will visit the Club two or three times a year to work with our Coaches

## BAGCATS

Several years ago the ASA introduced the system of BAGCATS (British Age Group Category Points System) for younger swimmers. The intention was to encourage the development of swimmers across the full range of strokes and distances through awarding points that relate to race achieved times.

Although some Meets do give BAGCAT point scores usually there is no specific award. However at the annual County Championships, BAGCAT awards for each applicable age group are made. The points scores are weighted so a swimmer may score highly in an event (such as fly) despite it being one of their weaker strokes.

The system particularly encourages distance capability so regular training within the Maxwell programme will inevitably help achieve a good result in the Championships. But remember you have to have eligible\* times compete and these have to be done within a prescribe period before the Championships. For more information on BAGCATS see the [www.britishswimming.org](http://www.britishswimming.org) web site.

(\* It is expected that for the 2005 Championships swimmers will have to achieve eligible times at License 3 Meets or higher)

## Notes from the Committee

The Oxfordshire and North Buckinghamshire County Championships saw Maxwell swimmers achieve more Championship wins than any other Club. This success is the result of a great deal of hard work by everyone involved within the Club — so a big thank you to all.

But of course this success is thoroughly deserved by our swimmers, after all, they do the really hard work by swimming many thousands of meters each week. The Coaches had a job keeping abreast of all the personal bests being achieved and were delighted with the great spirit amongst the swimmers.

The Club committee is also delighted with the positive reaction to the recent (Jan 04) changes to squad and training arrangements. Saturday mornings, when we have the best availability of facilities all week, is now regularly seeing between 40 and 50 swimmers attending. This is double the average attendance prior to the changes. Pool hire is one of the biggest costs to the Club so seeing pool space fully utilised is not only great in helping produce future Champions but also vital in keeping fees in check.

## Changing Facilities

The Club would like to take this opportunity to remind all parents of the code of practice laid down by the Amateur Swimming Association regarding child welfare.

All swimmers **must** use the changing room facilities at the pools used by the club (getting changed on pool-side is not allowed) and only same sex should enter the changing rooms to assist with their child getting changed. We understand that some of our younger swimmers may require some assistance in getting changed but respect for the older ones should also be remembered.

The Club **has** to follow the guidelines on Child protection set down to all Swimming clubs by the A.S.A. and your co-operation in this matter is greatly appreciated.

Also, with the return of light nights, there is a temptation to "drop and go"! Please remember that the Club is not in control of the facilities it uses and may be refused access for all sorts of reasons. Fortunately it rarely happens, but when it does, the Club is not responsible for swimmers and so parents should be on hand to make sure the training session is taking place before leaving.