

BOK

SWIMMING CLUB

FIRST EVER NEWSLETTER!- JULY 2018

Still to come to end this Seasons racing is -



British Summer Championships 24.07.18-29.07.18
and

English Nationals 31.08.18-05.08.18

To swim at this high level meet athletes competed during the qualification window from March to May and were ranked with their best times achieved in this window. To compete at BSC swimmers needed to achieve a time to place them in top 24 on the British rankings in appropriate age groups and for English Nationals, the next 19.

Competition for these places is tough and all of the following swimmers will be competing-

Adam Law, Aliya Bacakoglu, Avril Bowler, Alex Stringer, Alexandra Woodhead, Brandon Cartwright, Chloe Hirst, Emily Brook, Georgina Wright, Jonathan Booth, Milly Boulding and Rebecca Thornton.

Well done and good luck to all of you!



Good Luck and well done also to
Jacob Grierson
who will be competing at
The Scottish Nationals
from 14.07.18

Bok End of Season Internal- 29.07.18

Open to all squads and good opportunity for swimmers to end the season on a high.
Thank you to Gail Leask for organising this and all recent Bok run galas.
Volunteers old and new are always welcomed to get involved in
planning and running our Galas.

Please see your squad rep if you want to get involved.

For Summer shut down dates and phased return details go to- <http://www.kalswim.co.uk/performance>