

## OUR CLUB! ISSUE 4 NOVEMBER 2008



Welcome to the latest issue of BSC news. And, there is a lot to read again! Issued a little bit earlier than usual due to the group going on swim camp. Don't forget, you can be a contributor - send in your news about swimming, other sports or just a topic which you feel would be of interest to BSC. Contact Hilary on [john@hamo6055.plus.com](mailto:john@hamo6055.plus.com) or 020 8857 4977. I am looking forward to hearing from you!

### CONTENTS -

Beijing 2008; White Horse League; Kent Junior League; Opens; Club Champs; National League; Water Polo; Hampshire Invitation; Ten things you didn't know about.....DI MANLEY!

There will be a **SPORTING QUIZ** in the January issue - look out for it! A small entry fee will cover the prize, secure a printed answer sheet and any money left over will go to club funds.

**BEST WISHES to all going on the CYPRUS Swim camp - full review in next newsletter!**

### BEIJING 2008 - ELLEN GANDY -



As you know, Ellen made the semi-finals of the **200M fly** in the Beijing Olympic Games, as seen in the photo above. Here is her account of those eventful few weeks.

Since coming back from the Olympics people have said to me, 'How was it?' and to be honest I have just said the same thing to everyone, 'it was *really amazing*' because SO much happened. It's hard to highlight the main parts of my trip 'cos there were so many! I could seriously write a book so much happened. Getting the kit was amazing, when I first put on my tracksuit I got butterflies. I think that was the first time I realised what I'd actually done, and what I was going to do. I was going to *compete for my country* in the Olympics.

The *Olympic village* was like a theme park. Just a surreal, beautiful village with hundreds of people walking around all day. There was an enormous dining hall full of all the free food you could ever eat, at anytime of the day. There were loads of things to do, free internet cafes, free games arcades, outdoor play swimming pool (50m), cinema rooms to watch movies. So many people told me before I left - don't get distracted from what you are there to do, don't get carried away with the village before you finish racing. And I always thought - 'yeah sure, whatever, I'll be fine, it can't be that distracting'. But I was sooo wrong! It was so hard not to be; everything was there and free for you to use. It was hard to say no, but me and Jemma (my roommate) made a deal to take complete and full advantage of the village after we raced and *NOT* before!

I can't explain how being in the *Olympic pool* felt to me because it is truly an experience that doesn't compare to anything else. I remember the *cameras* under water and on the ceiling. I can remember the blocks (most AMAZING blocks ever, I don't know how but they were just a perfect size, perfect gripping, just perfect!) I was training and I stopped and saw *Michael Phelps* a metre away from me .... It was MINT and it was cool coz I've trained with *Leisel Jones* for the last year so I was so excited for her when she won. It was truly awesome being amongst people who were living my dream and getting a gold medal at the Olympics and I realised that it is not impossible. Nothing is unreachable if you commit yourself to doing it. All I can say to people is the Olympics is everything you imagine it to be x 100 in both good and bad ways. It's hard to see people achieve the ultimate (gold) and see people a second later have their dreams crushed, all they have worked for their whole lives just lost. It's truly a roller coaster of emotions, but I was so blessed to have the experience of going so young so I know exactly what it means to be at the Olympics, to be an *Olympian*, so if I hopefully make the team again I will be ready to go further and faster than I went this time.

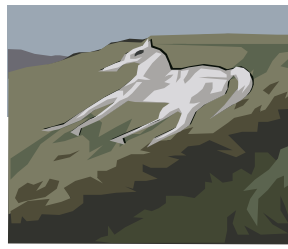
I want to *thank* Beckenham SC, especially all my coaches (Di, Cilla and Tony) over the years because although I made the team whilst I was training in Australia, I would *NEVER* have got so far without them.

So, the moral of the story is don't limit your dreams. 4 years ago whilst I was watching the Athens Olympics I said to my mom 'I don't want to watch the Olympics on TV anymore I'm going to be there next time.' When I said it I really didn't think I would, but each year the goals seemed more reachable till finally I just had to go for it. And, it's the best thing I've ever done in my life. *Ellie Gandy*

## WHITE HORSE LEAGUE - Rounds Five and Six

### *Round 5, Saturday 6<sup>th</sup> September 2008*

I was selected to take part in the Whitehorse League, Round 5, doing one of my favourite strokes, which is front crawl! It was great fun taking part in the gala with my friends, T, Megan and Sophie. I was a little nervous when I was on the block, but I soon got over my nerves when I entered the water. After I finished my races, I looked up at the crowd; when I saw my family's reactions, I knew I had done well! It was really cool to see my friends and all the other Beckenham swimmers doing well in their races. At the end of the gala whilst I was chatting to my friends, Kym told my family what my times were for my races. Later that night my mum told me that I beat my Personal Best! *Shanice Allen (Gold Squad)*.



### *Round 6, Saturday 5th October, 2008*

The final round took place on 4th October, once again at a warm Crook Log. The team had many new and excited faces and it was great to see real camaraderie amongst them all. This was a hard gala - most teams had put out their strongest swimmers, and Beckenham battled for every race and vital point. At the end of a smooth running gala by the officials - having three teams of referees and time-keepers really helped, the overall League results were in. Once it was declared that Bromley had finished 3rd and Beckenham 2nd, it was clear that Orpington O'Jays had won. Congratulations to them; what a great result for the Beckenham B squad over 6 rounds.

## KENT JUNIOR LEAGUE

On Saturday 13<sup>th</sup> September Beckenham S.C. went to Crook Log for the Kent Junior League Round 2. It was really exciting to be there; everybody was cheering each other on and there was a really good team spirit.

I was part of the 11 year old girls relay team, we came 2<sup>nd</sup> in both our relays and I 'drew' in my individual race, but was put in 2<sup>nd</sup> place, but I didn't mind because I got a P.B. I remember being so nervous before my race and saying to my Dad who was timekeeping, "I don't want to do it", but in the end it wasn't that bad!

In the end we came 1<sup>st</sup> hopefully we will do well next time too. *Lani Davies (Gold Squad)*

## NATIONAL LEAGUE

The first of the three rounds of the *National League*, the main club competition for all swimming clubs up and down the country, saw Beckenham S.C. compete on two fronts last Saturday evening in the South of England leagues. The Beckenham "A" team, in the Premier Division at Reading, ran out winners by a good margin of **46** points after the 50 event competition. To put the performance in context, the teams' total of 244 points was 2 points more than the highest achieved in any round of the premier league last year. Head Coach, Tony Beckley, was extremely pleased with the performances, praising the swimmers, but sounding a slight caution as the next rounds will become more challenging.

### B Team Division 2 Round 1 at the Spa...

Entering the Spa on Saturday to compete in the National League, was a welcome break for me to escape club management responsibilities for the evening. Once again being able to see a gala through the eyes (albeit less in focus these days!) of a Beckenham swimmer on what was to end up an *impressive performance* for the "B" team.

Walking up to the Gallery, en mass, there was a team of volunteer support at 5.30pm (well done Sean Gunning!), everything well organised and planned for the Gala the club was hosting. And by 5.50ish the whole team was on the poolside, almost all in club kit (Tom Cart!), and being put through a *well choreographed* stretching and warm up exercise led by Emma Schofield, ably supported by Milly and Sabrina. Well done girls for getting everyone prepared. To some degree this did seem to give the team an edge, as we went on to *win 8 of the first 10 races* - I won't mention who was involved in the other 2 (those blocks seem to have got higher in 20yrs!).

The *relays* had set a tone for the evening and moving onto the *individual events* it was the girls who were stealing the show. Hannah Vigors, Emma and Francesca Hayward all winning impressively. Hannah's mum Sandra, in care of spectator entry and raffle, looked keen to dive over the balcony and swim for Hannah at one stage as she was cheering so loud! The depth in the U13s and U11s, both boys and girls, was seeing the team knock up win after win too.

National League was the gala that my Mum and Dad always got off the armchairs for on a Saturday evening when I was growing up, as the atmosphere was always so exciting. The first round was no exception - as Mark "Can we please have quiet for the Start?" Brown PA for the evening will testify! The *team support and cheering*, not least from those in blue, made the Spa pretty electric and partisan.

On entering the final 8 races, all of which were relays, the team had won over half of its races. I'm pretty sure that we won all of the first 6 of them, which then left the final two races - the *squadrons* (that's 6 in a team swimming 50m front crawl each). These races saw a bit of *competitiveness and team rivalry* between the men's' and women's teams as both wanted to out-perform the other. The women's team ran out impressive winners in their race - even managing to lap one team.

That put the pressure on the men, pretty neck and neck with Hythe Aqua all the way, the team support from behind the block (thanks girls) pulling the men through to seal another victory. That final race meant that the 'B' Team had won the first round by *60pts*, which sets the team up very well now for getting promoted to the top division.

There are two rounds left and they will get harder as the team will next face the stronger teams in the division.

And as quickly as the final race was swam reality set in - on being asked by an 11yr old niece whether I was the *oldest swimmer* competing in the evening! Reality too meant that I again saw the event from the eyes of club management. As such I would like to thank *Team Managers* Di, Sarah and Brian Patterson for keeping the team well organised and making sure we were all at the blocks at the right time. I'd also like to thank those mentioned in supporting the club host the gala. In addition Hilary, Helen & Catherine as our *officials*, as well as our *recording table* of Sue Irving and Sue Curran. Without your support we couldn't have run the gala so thank you all (... and apologies if I've missed anyone!). *Rich (President) and not the 'oldest swimmer in town' - Ed!*

## KEN DEELEY SPRINTS OPEN MEET, BRIGHTON

Brighton Pavillion



This one-day meet held at the Prince Regent Swimming Complex on 20th September, one of the really sunny days this summer! A group of Beckenham swimmers entered with some good results; some at 9-years old were competing for their first time in an Open meet. Full results are on the BSC web-site; well done to all...must have been very hard to swim inside on a day when the beach beckoned!

## MAXWELL OPEN - AYLESBURY 27/28 Sep' 2008

First of all I must **thank** the Coach, Susie Goold, and the supportive parents shouting at top of their voices particularly Steve Shelts on poolside who lost his voice at the end of the first day of the weekend! Being a *level 3 gala*, it is an opportunity for all club swimmers of various abilities to 'rub shoulders with' and get to know one another. The atmosphere allows for the younger swimmers to emulate the more experienced ones and perform to their best and as a result, most of them walked away with *PBs* in all the events. Experienced swimmers also gained from the opportunity to *test themselves* in events that they wouldn't normally qualify for in other levels of competition and as a result, most of them walked away with their heads high having done PBs also.

The *Aqua Vale* in Aylesbury where the competition took place may not have been as big as K2 Crawley, and the parking spaces may have been in short supply, but it has good facilities like a gym, a lazy river, a good café, a well equipped park and a bouncy castle was also provided for the day. The location itself is surrounded by shopping places. Our swimmers took advantage of the park facilities during the breaks on both days to play together and this was where the older ones, really displayed their *maturity* and discipline by keeping their eyes on the younger ones on the slides and other rides, and by making sure they were all safe, and that everybody had fun.

In the light of these reasons, we would *recommend* it for everyone to try it at least once and then make your own mind up. Generally BSC did very well, and the results speak for themselves. *David Dada and Gabriel Dada (Top Squad)* Results on BSC web site.

## HAMPSHIRE COUNTY ASA CENTENARY CELEBRATION GALA



On the same weekend as the Aylesbury Open on the Saturday night in Southampton, the Kent County team took part in the Hampshire Centenary Gala in an Inter-County Swimming Competition. The Hampshire Black team won the Inter-County Swimming competition with the Kent team finishing 2nd and Surrey 3rd.

The Kent Team included the following Beckenham Swimmers: Katie Irving, Danny Casey, Francesca Hayward, Rasheed Bailey, Leah Casey, Michael Gunning, Michael Cook, Rachel Bull, Marlon Gasporotto and Jack Brown (...and apologies if I have missed anyone!) *(from weekly BSC digest)*.

## CRAWLEY OPEN 4th and 5th OCTOBER



### K2

I started the meet on the Saturday, second session...even though I was meant to swim in the 400IM in the first session, but unfortunately had to miss it; I was distraught!

But never mind about that. As soon as I walked into **K2** I remembered that I hadn't written out my plus 3% target times of my PB's, so I cheekily had to "borrow" some paper from reception to write it out, to give to Tony when I entered the pool; he doesn't know this so I'd appreciate it if nobody told him. (*Oops, sorry - Ed*)

To my surprise as I entered the pool, I got loaded with *coffee duty*, and with the added pressure of that, Milly's coffee, which she got for Tony, was great! Now I am a real coffee novice, and had no idea what a 'white coffee' was and then Jo King (get it...sorry Jo!) ask me for a black coffee, my mind was in overload. So in an attempt to out-do Milly, I asked Georgia to line up with me to get the coffee, and then I picked up almost every 'addition' (white sugar, brown sugar, Splenda, semi-skimmed milk, skimmed milk, napkins, straws; you name it, I got it).

And on my return to the pool, Tony declined my 'additions', even the napkins - which he later regretted!

Anyway, to the *swimming*, I had the 100m Backstroke and the 200m Freestyle in my first session and the opposite in my 2nd session, 100m Freestyle and 200m Backstroke. In the warm up I felt quite sluggish, which wasn't a good sign, but I didn't think anything of it. My first race, 100m backstroke came, and I was eager to find out how I was swimming in this early season, and 65 seconds later I found out... not very well! But I was on my target time and got a good start in the race, which was pleasing. My second race came quickly and as a result, it didn't turn out too well, or as Tony would say, 'That really hurt!' But on the positive side, I was again on my target time.

Throughout the day, the **atmosphere** in the Beckenham team grew, with more team spirit and everyone cheering on others (a good sign for National League the following week), despite some tired faces.

The break between the 2nd and the 3rd session came and went, which Ricky and I weren't happy about, but it's about getting used to '*racing hard and racing tired*' as a 'kind of' wise man once said (sorry, Tony!). The 100m Freestyle was next on my list of races (I have no idea why I entered this event!) but from the disappointment of the 200m F/s, I was not going to give up, even if I was last in the race!

I surprised myself with how I approached and swam this sprint race, as it is pretty far from my comfort zone. I was pleased with how I swam it, but more could be said about the time. However the end of my meet was nearing with one race to go, and this was my comfort zone, 200m backstroke. I knew I wasn't on top form, understandably, and instead of splashing and dashing for the fastest time (while swimming a sloppy race), I decided to swim as technically efficiently as I could by trying a *new race plan*. This would entail me working more off each turn (inspired by a certain someone, also called Michael... sorry, not you Gunning). As a result, the time was nothing special, but I was pleased with how I swam the race. And what made it even better was that Tony said I was in first position after the start! Overall quite a pleasing meet for me, and speaking to the other swimmers from Beckenham, it was quite a *worthwhile meet* for them too. Tony said that he was pleased at how we had all swum, but, we were all very tired by the end of it!  
*M. Cook, Esq. (Top Squad). (Full results on [www.crawleysc.ik.com](http://www.crawleysc.ik.com)).*

### **CLUB CHAMPIONSHIPS 2008 to date**

These kicked off in grand style on *29th September*, the first of five such sessions covering everything from 50M sprints in all strokes to long distance races and medleys, providing swimmers with ample opportunity to challenge themselves in many ways! For some swimmers it was their first club champs, and there was a palpable air of expectation - not to say nerves, too!

Much parental support and help from club officials and whips/race stewards ensured that this was enjoyable as well as rewarding.

The second session, on *13th October*, was no less impressive with event best performances and a host of young swimmers testing their 200M breast stroke skills. *Three more Club Champs nights to go!*

### **WATER POLO UPDATE**

Beckenham Men's Team had one final game this season in the London League competition earlier this month, potentially to become champions. They played against Croydon Amphibians at Whitgift and unfortunately went down 21-16, which is now likely to mean a 2nd or 3rd place finish on conclusion of other teams' final games. The team was slightly disappointed by the result, as they have played consistently and professionally this year, and were slightly weakened in the last game both with players returning to university and also recovering from a hectic weekend of national competition. Well done guys!

On the bright side, at a National level the Beckenham men accounting for about 60% of the players in Invicta's two National League sides performed well on the 3rd weekend of games. The Invicta team is currently lying in *7th* spot in the First Division, whilst the Invicta 'Marlin' team are *5th* in Division 2.

*Sean King* went to Istanbul for the *European Junior Championships*, the first time the GB Junior Team qualified for the main junior championships. Historically, the GB team playing against the heavyweights in Europe has been similar to Crystal Palace (or better still Millwall!) playing in the Premier League. So although a little disappointed with a 13th out of 16 finish, it was none the less a respectable result. Well done Sean! (*The exploits of the Junior men feature in the November issue of "SWIMMING Times" - Ed*).

### KENT CHAMPIONSHIPS 2009

The entry times and dates for the 2009 Kent Championships are now on the website ([www.kcasa.org.uk](http://www.kcasa.org.uk)) so, check them out!

### TEN THINGS YOU DID NOT KNOW ABOUT.....DI MANLEY

*Favourite Film(s)*- El Divot (are you sure? Heard of El Cid...!)

*Favourite Food*- Indian



*Favourite Music*- Keeping that information on a need to know basis!

*Football club*- Not into football, but loves rugby



*Interest(s)*- Keep fit and gardening



*Things I hate* - Being accused of being in a bad mood when disciplining swimmers; pushy and negative people

*Motto/Chant* - "Perfect practise makes perfect"

*Cat or Dog* - Love them both

*First swimming medal* - Probably club champs or race night; it was many years ago and can't remember!

*Likes/dislikes about swim meets* - Watching swimmers achieve PBs and trying their best to do so; picking up sackfuls of rubbish at the end - not in job description"



*(Swimmers take note - and help out/ensure that you clear the pool-side of your rubbish - Ed).*

Thanks to Di for her thoughts and being so helpful. Another willing person/victim will be in the hot seat next issue.....or maybe two or three!

*Thanks to the following contributors* - Shanice Allen, Richard Collins, Michael Cook, David Dada, Gabriel Dada, Lani Davies, Ellen Gandy and Di Manley.

*Please send any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by 19/12/08 for the January, 2009 issue.*

**November 2008 Issue**