

OUR CLUB! ISSUE 4 JANUARY 2009



Hope that you all have/had a great Christmas and a happy New year! Welcome to the latest issue of BSC news. And, there is a lot to read again! Don't forget, you can be a contributor - send in your news about swimming, other sports or ideas, as Mr Bram-Shoemaker (Dad of Barclay in Platinum/water polo) did recently - see below for the T-bag/polo shirt challenge! Contact me via john@hamo6055.plus.com or 020 8857 4977. I am looking forward to hearing from you.

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National League x 2; Borough Champs; Cyprus Trip; Club Champs; Kent Development Meet; Kent Junior League; Rising Stars; the T-Bag and Polo Shirt Challenge; Water Polo success; Sports Quiz and Ten things you did not know about....Kym Tamplin, Michael Gunning and Hannah Vigors!

GOOD LUCK to all swimming at the Ice-Breaker Meet at Canterbury, at the White Horse League, which kicks off in mid-January and all at the Kent County Championships - reports next issue.

NATIONAL LEAGUE

2nd and 3rd round reports:-

On Saturday 8th November Beckenham A team travelled to ***Guildford Spectrum*** for the second round of Speedo A, we were up against some big clubs such as Guildford and Portsmouth. On the coach everyone was talking of how we need to beat Guildford to give ourselves a good chance of making the Speedo A final, I was feeling very nervous about the gala as I wanted to swim well. When we arrived I was told I was going to be swimming the 50M Backstroke, the Freestyle relay and the medley relay, it was good to see some of our older swimmers such as Jade Barclay, Craig Gibbons, David Bennett and Tom Harnetttt, as this gave all us younger swimmers a lot of confidence. The ***atmosphere*** was really good and once the racing started I didn't feel nervous until it was my turn to swim. My first race was the freestyle relay which we came second in, my second race was my 50M Back where I matched my PB and my last race was the Medley Relay where we came 2nd again.

Everyone was swimming really well and halfway through the Gala we were in 2nd place, just 2 points behind Guildford, unfortunately Guildford pulled away from us but we secured a comfortable 2nd Place which now sets us up nicely for an exciting 3rd and final round, which I am really looking forward to. **Megan Sheltz (Gold Squad)**

Yo, ho, ho and a bottle of rum (well, not before the gala!)



The **"A" team**, 4th going into the final round gala at the K2, had a rollercoaster of an evening. The atmosphere electric, with every member of team (as well as gallery supporters!) dressed in the **Pirate theme**. The team stayed 4th, then moved up to 2nd, then back to 3rd where they remained until the very last race of the evening - the men's squadron relay. Leatherhead, 2nd at that point, were disqualified in the last race on a takeover. As a result the team nudged ahead of them by 1 gala point to finish **2nd overall** in the league, and qualify automatically for the National Final in Sheffield on **26 April 2009**. News quickly spread to Crook Log via text, phone and carrier pigeon!

Back at Crook Log, the **"B" Team** were still in a long wait for the results of their final. At the halfway mark 15 gala points had separated the top 3 teams, the 'B' team lying in 3rd. All credit to our more senior swimmers for encouraging the whole team to get up behind blocks which saw the team finish strongly. $\frac{1}{2}$ a gala point separated winners White Oak from the 'B' Team in second - meaning the 'B' Team had finished **second** in the league overall and **promotion to Division 1**.

Congratulations to Captain Tone and the coaching team on a great achievement for both teams, and to all of the swimmers competing - you really gave your all. A special thank you to the Club's Team Managers and Officials across the 3 rounds as you played a big part in the successes. A big well done to the gang of Pirates in the galleries supporting too, and of course not forgetting Championship Team Gunning (Gill & Sean) who have done a grand job this year in organising the club's participation throughout the National League competition.

Richard Collins (Chairman and Swimmer)

KENT JUNIOR LEAGUE 2008

A successful win in the final round meant that Beckenham again won the League. Excellent swims by a number of swimmers combined with a great team spirit and much support proved a real recipe for success, as **James Allan** reports:-

Although I've only done Kent Junior League for Beckenham for the last couple of years, it was one of the first galas that I took part in at my previous club. It's a **great opportunity** for a young swimmer to represent their club and be part of a team. The atmosphere is always fantastic and addictive. As I will be 14 next year, this was my last KJL. Beckenham had won the last two rounds, so I knew that we were in a strong position to win and retain the title. However, on Saturday morning I woke up feeling really unwell, but there was no way that I was going to let the team down. All the swimmers through all age groups swam amazingly - pushed on by the support from the parents in the gallery, Di, Steve and Gillian on poolside and the Beckenham banner, brought by Luca, making us all feel special and proud to be part of the Beckenham team. In true Beckenham style we went on to win!

This was the last KJL for a number of us (Lauren, Rebecca, Henry, Marlon and myself) and so I thought that it would be nice to hear what some of the others had to say:

Kent Junior League this year was amazing. The atmosphere was lively and so tense. The team spirit was at a high and it was great to see so many races being won by the Beckenham team. I did well in my 100m backstroke coming first with a PB of 1.10.56, and my team relays did really well coming 1st and 2nd. It was great to win the whole event and I went up with the other 1995s to collect the trophy. I am really upset because that was my last KJL and I wish that I could do it over again.

Henry Knight

I still remember my first experience of KJL. - great memory to last forever. The team spirit is amazing and as you're standing there ready to race it is a joy to hear everyone cheering for you. It really boosts your confidence. KJL is one of the few team galas that you can compete in at such a young age. I think this is good as you get the experience of racing as part of a team. Teamwork makes a dream work. Remember this forever.

Lauren Walton

Kent Junior League was always good fun and had a great atmosphere. On the last one I was sad to leave but knew that the memories would last. Everyone would be cheering. Di would give you a smile before you raced and then you would be ready. You would make friends with the younger ones and have a great time with your mates. I will really miss KJL.

Rebecca Walton

KJL this year was great fun. Unfortunately, I could not swim because I was too old, but I helped run it! Beckenham had done so well in the last league but this time I felt that everyone was going to swim FAST! We won this last round, and I was proud as junior club captain to witness it. The atmosphere was good and LOUD.

The swimmers swam well and it was nice when everybody asked me advice!! I wish I was young again.

Michael Gunning

I think the Kent Junior League is a very motivating gala. There is always, without fail, a good team spirit. I feel that the older swimmers, like me, can motivate the younger swimmers to do their utmost to put in 110%.

Marlon Gasparotto

Report by James Allan (Top Squad)

Congratulations to all swimmers who swam in the three rounds; results on club web-site.

BROMLEY BOROUGH CHAMPIONSHIPS



This annual event took place on 26th October, and saw a good number of BSC swimmers in attendance, shepherded by **Susie Good**. Highlights included top Girl - **Alex Sandeman** (who received her large trophy at a recent Club Champs night) and the 'Endeavour' trophies for boys and girls being awarded to **Thomas Langley** and **Leila Bernstein**. Other notable performances included three wins out of three swum for both Kunmi Ogunfeibo and Mark Handley, and many swimmers achieving PBs. Full results were sent round in the Weekly digest from Richard Collins, and they are also on the web-site. **Well done to all!**

CYPRUS SWIM CAMP

Sun, sea, sand, and.....a lot of swimming! Report from **Georgia Phillips** -



Cyprus 2008. Where do I start, as it was such an amazing trip I think I should start by thanking **Steve Sheltz** who made the trip possible, and then the next place to start is right at the beginning!

One bleak Monday in October, 25 excited swimmers, 3 nervous chaperones and 1 weary coach assembled at the Spa waiting for their Cyprus adventure to begin. After a noisy wait for the coach to arrive we all piled in and off we went! When arriving at Heathrow the competition to see who had the heaviest bag began.

Our winner was *Henry* (which is quite ironic as he was the smallest in the group!). After *Danny* had finished being searched at security, we were free to roam. I don't suppose you want to hear too much about the flight, but it was really good fun. After reaching the hotel at about midnight (we got held up by *Jodie's* exploding suitcase) we were ecstatic to find that a spread of food had been left for us in our rooms! After a tiring journey and satisfying our stomachs, we got to sleep. We had training from *9-11* each morning and *4-6* every evening. It was a bit of a shock to all of us training in the dark, and seeing the stars and an even bigger shock to the system getting out after evening training and having to put on a jumper as it was so cold! Apart from the swim training and land training sessions, the rest of the time was our own.

Most of the older girls spent their time *sunbathing* on the beach and around the hotel pool area, while the boys played *footie* and were just boys! The younger ones would be in the warm pool (which was not that warm) and generally around having fun.

In the evening our time was our own and the curfew was 10pm. One of our best evenings was probably our "*Night on the Rocks*". After dinner we all decided that it would be fun to go out onto the rocks, which were next to the sea by the hotel. I took my camera and we took lots of hilarious pictures (*not being shown here - ED!*). Our fun was cut short when the chaperones and Tony being conscious of our safety told us to get back to the hotel! During the camp, we had been deciding to give *Francesca* a make-over. So everyone came to my room and we straightened her hair; it is really long when curly, but when straight it was really long. She looked so pretty!! Then *Danny* wanted to get in on the action, so we put make up on him and dressed him on girl's clothes! (*Presume photos are on Facebook?? ED*) I think that was one of the best nights there.

I have made it sound like it was all fun and no work, but we all worked extremely hard. We did 10 training sessions in total and I think that I speak for everyone when I say that one of the *hardest sessions* was the one where we did 10 x 400IM....what a killer!

I don't think that I can put into words how *amazing* Cyprus was, but I think you might just be able to grasp a little of the excitement! I just want to thank Steve again, and give a huge thank you to Tony for being such an amazing and enthusiastic coach. Hopefully, we will go on another Camp?

Georgia Phillips (Top Squad)

KENT DEVELOPMENT MEET 22/11/08

On Saturday 22nd November, a team of *21 swimmers* from 4 different squads swam in the Kent County Development Meet at Black Lion Pool in Gillingham. This was the first time our club has entered this gala, and it was very worthwhile.

The **Development Meet** is for swimmers aged 10, 11 and 12 who did not qualify for the County Championships earlier in the year. It gives the swimmers the chance to compete against opposition of similar standard within Kent, whilst aiming to qualify for the 2009 County Championships by the end of the year. It was an enjoyable gala and worth missing X-Factor for, with an unusual format in that each swimmer entered all **four strokes at 50m** and then an aggregate time of the 4 events were added up to result in a 200m Individual Medley time. The first 3 swimmers in each age group will be selected to attend a **Development Camp** which is being held in February 2009. The cost of each event was only £2 and it was a well run meet. There are no upper limits on qualifying times and nobody was turned away. Many great **PBs** were achieved with notable swims came from **Oliver Kent** from Silver Squad who swam a superb 50m fly in a 43.56 (Kent QT is 44.0) to come 2nd and **Grace Ockwell** from Gold Squad who swam her 50m fly in a great PB of 40.14 just missing out on her Kent qualifying time of 41.0, to touch in 3rd place. **Alex Sandeman** who had a perfect date of birth for this gala and is also from Gold Squad swam a 35.71 in her 50m fly (Kent QT is 35.0) and finished in 2nd place whilst her other swims were 3rd in the 50m backstroke in a 37.77 (KQT 36.00), 3rd in the 50m breaststroke in a 42.70 (KQT 41.00) and 4th in the 50m free in a 32.45 (KQT 31.50) so a great day for Alex and with those times she should hopefully qualify for the Kents by January.



The swimmers who attended were as follows:- *Omari Obeng-Patterson, Patrick Sutton, Miles Lugenbuhl, Oliver Kent, Aaron Stephens, Patrick Gunning, Robert Simpson, Scott Sandeman, Nathanael Briggs, Jack McDonald, James Alvey, Sam Hoiles, Thomas Langley, Jeffrey Chui, Leila Bernstein, Grace Ockwell, Zoe Pope, Lucy Ellis-Keeler, Jade Donaldson, Emily Grant and Alexandra Sandeman.*

I would like to thank *Chris Ellis-Keeler* for his help with getting everyone to the right place at the right time, and also to *Mark Handley* from Platinum Squad for his advice, time keeping/split taking, warm up exercises, daft games and being a general source of amusement and encouragement to the swimmers.

Susie Goold, Coach

RISING STARS MEET



A pretty packed Crook Log on 29th November, witnessed some really good swims, a great atmosphere and notable PBs all of which were the end result of many weeks of planning and attention to detail by *Patricia Ogunfeibo*, together with many members of the Committee and parent helpers. Croydon Amphibians won the visiting club award.



The raffle team



Some of the officials...!



Is that Tony auditioning for Strictly Come Dancing?

THE BECKENHAM T-BAG/POLO SHIRT CHALLENGE!

As highlighted at the start of this issue, Mr Bram-Shoemaker had the great idea of having a section in the newsletter which had photos of our T-bags or Polo shirts being worn around the globe, or in unusual places.....which need to be publishable, NB. So, the **CHALLENGE** kicks off! Simply wear your T-bag or shirt in an unusual place, next to a major landmark, or in a foreign country, get a digital photo taken and send it to me john@hamo6055.plus.com. Each issue of "OUR CLUB" will feature photos sent in and at the end of the year the challenge creator and committee will vote on the top three, and there will be a little prize incentive, too! Now, where won't anyone think off???

WATER POLO UPDATE



From left to right - Jia Ping Lee, Lauren Spencer-Boyce Sophie Simpson, Emily Grant, Matilda Williams Henry Knight, and Emily Monaghan-Coombs

Well done to the 7 players who represented Kent, in the ASA under 14s Inter County Championships last Saturday. The Kent team finished above Sussex in 2nd place - runners-up to a strong Surrey team in the 4-game round robin competition at Whitgift School.



Sunday 14th December saw the Beckenham Under-12s and the Ladies Seniors begin their challenge in the London Winter Championships 2008/09 at Whitgift School. The under-12s, in the first of three rounds of games, won two and lost one in a solid start to their competition.

The ladies team, who have joined up with Croydon to compete against West London Penguin and Hythe this year, won one and lost one, in the first of two rounds of games. *Good luck to all teams in the New Year.*

For information about water polo, contact Robert Spurr via robert.spurr@lgrcapital.com

CLUB CHAMPIONSHIPS 2008 final rounds



The last two rounds of the Club Champs resulted in a number of new records and PBs, too. Many thanks must go to not only the swimmers but the vast band of parent helpers and officials not all of whom are from BSC, who gave up their time for the five galas. Particular thanks to those who took on new challenges of lead refereeing, chief time-keeper and many other roles, all of which was hugely appreciated by the large number of swimmers at each gala. Full results are on the club web-site, and the photo above, shows just how dark it gets at one side of the pool at night in December.....!

SPORTS QUIZ

Ten sporting questions to answer, and two tie-breakers....have a go! Please get your entries to me by **31/1/09**. There will be prize for the winner, so get your thinking caps on and perhaps get parents/friends to help out, too. This is a quiz for everybody to have a go at! Send your answers to me john@hamo6055.plus.com, or give to **JOHN HANDLEY**, Dad of Mark Handley (Platinum Squad), who is at the Spa on Mondays and Wednesdays.

GOOD LUCK!

1. If the top two teams in the Premiership finish on equal points, what is the maximum number of points they each could have?
2. Which English county was Brian Lara playing for when he scored 501 n.o. v Durham in 1994?
3. How much is the sequence red, blue, red, yellow worth in snooker?
4. Which sportsman is hiding behind the anagram "go get beers"?
5. What US sportsman is mentioned in Madonna's 'Vogue' Simon & Garfunkel's 'Mrs Robinson' and Billy Joel's 'We didn't light the fire'?

6. Harry Vardon, the inventor of the 'Vardon grip', was an early great in which sport?
7. How many hoops are there in a croquet set?
8. In the sport of luge, do competitors lie on their front, or on their backs?
9. Where is the only race-course in Great Britain that has a name beginning with the letter D?
10. What was the only year to date in which two people were named BBC Sports personality of the year?

TIE-BREAKERS -

1. Which swimmer swam next to Ellen Gandy in the photo from the 200M fly at the Beijing Olympics which appears in the November edition of OUR CLUB?
2. At exactly what time and date did the Beijing Olympic Games Opening Ceremony start in China?

TEN THINGS YOU DID NOT KNOW ABOUT.....KYM TAMPLIN



Favourite Film(s)- Point Break (Surfie Film)

Favourite Food- Anything I have not cremated! Mum's roast lamb Sunday dinner

Favourite Music- A bit of anything, but not 80s

Football club- Not really a fan, but Crystal Palace, as that's the team my Granddad's supported before he emigrated to Australia

Interest(s)- Chilling out with friends and holidaying (not lucky to go away as much as Di!)



Things I hate- Holiday blues and Sunday drivers

Motto/Chant- Feel the fear and do it anyway, or, dance like no-one can see you & sing like no one can hear you

Cat or Dog- Love both, but have to say cats as have black & white year old cat called "Ed"

First swimming medal - Gold medal for one length backstroke when was 7 at Latimer Road Pool. Anyone who knew me as swimmer will be mystified as I was a



breast-stroker.

Likes/dislikes about swim meets - Stifling heat on poolside!

AND from MICHAEL GUNNING, our Boys' Junior Captain (aka Big Mike)

Favourite film - On the way to Cyprus I did watch Kung Fu Panda (it has a good moral)

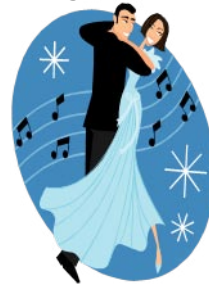


Favourite food - Chinese (especially the prawn balls!)

Favourite music - funky music... it's got to have a good rhythm

Football club - don't really have one, but when my mum was little, my granddad used to take her to watch West Ham play every weekend so when I am at home I support West Ham and when I am at swimming I support Milwall, because my good coach Tony, promised me he would take me to a match when I am older. *(Good to keep in the Coach's good books! Ed)*

Interests - APART FROM SWIMMING... it's got to be dancing. (Watch out Mark



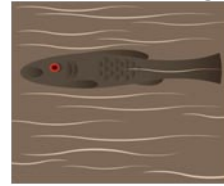
Foster... here I come)

Things I hate - pushy and selfish people, grumpy people. When people tell me I don't have a social life and I must have a life after swimming, when really I just enjoy what I do because swimming is my life and I really love it, so if you really love something then why do something you dislike, just because everyone else does it!

Motto - always believe in yourself

Dog/cat - I prefer a dog because cats stare at you for ages. But I really love fish I have a massive Koi Carp that my granddad bought when my mum was a baby and he passed them on to us when my dad built a fish pond.

In the summer I feed them twice a day and they all come to the surface waiting for



me. (Now you know why I swim like a fish!!)

First swimming medal - It has to be the novices gala at the Walnuts in 2003. I used to cry before a gala and did not want to swim because I used to be so nervous. Apparently I cried a lot then as I didn't like swimming; can you believe it!!

Likes/dislikes - I love people congratulating me on my success and when I swim exceptionally well, I don't like being late, or when you are waiting to swim your race and others try to put you off so you swim badly.

AND from HANNAH VIGORS - our girl's Junior Captain

Favourite Film - everyone at BSC will know it is "101 Dalmatians"! In Cyprus I was



known as 'Patch 101'.

Interests - Very interested in art; am going to New York to visit the art galleries in



the New Year.

Likes - I love wearing Roxy and Animal clothing; I live a short distance from Bluewater, so I feel that I have to shop there frequently...!

Dislikes - Clowns!! If anyone brings a clown near me, I cannot be accountable for my actions..... and, the wind! Why does it always blow the wrong way for my sweep



over fringe??

(This clown would worry anyone! Ed)

Cat/Dog - I have two dogs called Mr Darcy and Mr Bingley; they are Lhasa Apso dogs and I enjoy taking them for walks.

My sister has just had a puppy Lhasa Apso (Lady Penelope) for her birthday and she bites my feet regularly! I also have two gerbils called Thelma & Louise and I got them for Christmas last year.



1st swim medal - this was at Beavers SC when I was 5. The event was walking a width of the pool. It was very difficult!

Thanks to ***Kym, Hannah and Michael*** for their 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 -

James Allan and friends, Richard Collins, Susie Goold, Michael Gunning, Georgia Phillips, Megan Sheltz, Kym Tamplin and Hannah Vigors.

DON'T FORGET YOUR QUIZ ENTRY! 31/1/09 IS THE DEADLINE

Please send any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by 21/2/09 for the March, 2009 issue.

January 2009 Issue