

OUR CLUB! ISSUE 12: MARCH 2010



Welcome to the latest issue of "OUR CLUB" - the newsletter by and for Beckenham SC. A digest of events and information since November! Do keep sending me bits and pieces about swimming, other sports or ideas. Contact me via - john@hamo6055.plus.com or 020 8857 4977.

CONTENTS -

Michael in Geneva, Kent Secondary Schools, The Kent's - the story so far; the Orpington OJays meet; Kent Development Camp; Climbing walls.....?!

KENT SCHOOLS CHAMPIONSHIPS - January 2010



It was great to see so many Beckenham swim caps being worn by swimmers representing their schools at the annual Secondary Schools Championships! To get a place in the team, a swimmer has to make the final of their individual race and get into the top three in the final itself. The events took place at Gillingham, and resulted in three BSC swimmers being in the top three places in their respective finals and so were selected to represent Kent Schools:- Kate Curran - Junior 100M breast-stroke, Mark Handley - Intermediate 100M fly and Steffi King, Senior 100M back-stroke.

Good luck to you all at the Kent v Surrey schools meet on 19th March!

INTERNATIONAL MEET in Geneva - Michael Gunning's Experience

I was 'over the moon' when I got selected to swim for London Swimming in the biggest International Meet in Geneva in January 2010. The selection criteria was tough because all swimmers were ranked in the top 6 at Nationals at the end of last year in their respective age groups. All of my team reached the finals of their events during the 3 day event and I had so much fun but when I was standing ready for my final, one of my best memories was that London had the loudest cheer. The snow crept in before we went and I was not even sure if the flights were going to run, but it did not stop us on Thursday 14th January! But I tell you, it was one of the best experiences of my swimming career that I have ever had, racing the French and Italians was amazing as the boys who were the same age as me were like giants and were men compared to me!

I did not expect to win any medals, I was just going to enjoy the experience and soak up the atmosphere, but when I swam the first heat of the 200m Butterfly on Friday, I was ranked 2nd in the finals! I was so happy that I was in with a chance of winning a medal, so I went back to the hotel and prepared.

That evening, I was so nervous, as it was so different competing in a different country and I could not understand the language and almost laughed on the block as they said in Swiss "Take Your Marks". It was very similar to our Nationals in the UK, as there were big plasma screens and cameras everywhere. I was really quite nervous but I knew I had to swim for my team and I could not let them down. My race soon approached and I was sitting with the team waiting to be called up by my coaches because I did not understand the foreign language they were speaking in.



I made some fab friends and had so much fun. Lol!

Soon the final for the 200m Butterfly was called, and I was sent up. I stood behind my block, Lane 5, and even though I could not understand the commentator, I could understand my name being read out in Swiss "Michelle Gunning" and the massive roar from London. I was really ready, and I raced the massive boy next to me hitting the wall in 2nd in the time of 2.10.18. I GOT A MEDAL!! After that race, I wasn't nervous for any of my other events because I was having an amazing time.

The Award Ceremony was amazing because you stood behind the block and they called your name and I stood on this massive block and I felt like I was in an



Olympic Ceremony.

I was grateful for the chance to compete on an International stage against some of Europe's best swimmers.

Winning the 3 medals was the 'icing on the cake', and this trip was one of the best experiences of my life! I made some good friends and I had a truly amazing time. When I arrived home, I was greeted by my family and I was wearing my medals around my neck. They were so proud of me! The next day, my coach gave me the morning off! I went to school. That evening I resumed to my intense training programme. I haven't got long... Commonwealth Trials in March is soon approaching where I will gain yet another amazing experience.



By Big Mike

ORPINGTON OJAYS NOVICE GALA - Sunday 7th Feb 2010



Thirty one swimmers from blue, bronze, silver, gold and club squad attended the Orpington Ojays Novice champs on Sunday 7th Feb., and for many of them it was their first taste of representing the club at an Open Meet. It is a perfect first gala because it is aimed at swimmers who have not previously won medals at any other open meet, plus the races are only over 1 length, so there are no turns to worry about. It is exciting because there are heats and finals, mixed relays and a medal presentation ceremony which I feel is sadly lacking at most other open meets.

Between them the swimmers managed to win 11 golds, 10 silvers and 10 bronzes in their individual races medals plus twenty four 4th, 5th or 6th places in the finals. We entered two teams in the 10&under relays. The 'A' team came 3rd in the medley but were disqualified in the freestyle and the 'B' team came 4th in the freestyle but were disqualified in the medley, unfortunately both times for take overs. Our 11&under and 12&under relay teams both won golds in the medley and freestyle relays.

The swimmers behaviour was very good and it was great to see them in their club kit, all supporting and cheering for their team mates, which is one of the reasons why we want them to stay on poolside until the end of each session. Another good reason being that it is impossible to chase up swimmers to go and report for their races on time if they are sitting with their parents in the balcony!

Well done Beckenham and let's hope we can top 31 entries next year when the swimmers born in 2001 will be able to enter.

Susie Goold

PS A big thank you to parents Liz Haynes and Matt Biggs plus big sister Heather Travers from Top squad, for coming to my rescue on poolside and helping to organise the swimmers. It was greatly appreciated!

THE KENT'S 2010 - THE, STORY SO FAR! (As at 22nd February, 2010)



	1st	2nd	3rd	4th	5th	6th
<u>Ladies 400 IM Team</u>		4				
<u>15/Open 200 Free Men</u>						
15 Yrs						
Michael G	1					
Gabriel					1	
17/18 Yrs						
Ricky		1				
16/U						
Michael G (+ County Record)	1					
Open						
Michael G	1					
Ricky						1
<u>Girls 11-13 100 Back</u>						
12 Yrs						
Emily Mc					1	
13 Yrs						
Leah	1					
<u>Ladies 14/Open 100 Fly</u>						
14 Yrs						
Rebecca	1					
Heather			1			
Lauren					1	
16 Yrs						
Steffi		1				
16/U						
Steffi		1				
Rebecca				1		
Heather						1
17/18 Yrs						
Rachel	1					
Open						
Steffi		1				
Rachel			1			
Rebecca						1
<u>Men's 15/Open 50 Breast</u>						
17/18 Yrs						
Ricky		1				
Open						
Ricky			1			

Boys 9/14 200 Breast

9 Yrs

Marcus 1

12 Yrs

Harold 1

14 Yrs

Robert 1

Marlon 1

Girls 10/13 400 Free

12 Yrs

Lani 1

13 Yrs

Sophie 1

Men's 400 IM Team

4

Ladies 14/Open 200

Breast

14 Yrs

Heather 1

16/U

Heather 1

17/18 Years

Francesca 1

Men's 15/Open 100 Back

15 Yrs

Gabriel 1

Michael G 1

16 Yrs

Mark 1

16/U

Gabriel 1

Michael G 1

Boys 12/14 100 Fly

12 Yrs

Luke 1

13 Yrs

Archie M 1

14 Yrs

Marlon 1

James A 1

Ladies Open/Jnr 100 IM

16/U

Lauren W 1

Steffi 1

Rebecca 1

Open

Lauren W 1

Steffi 1

Girls 9/13 200 Fly

13 Yrs

Sophie 1

Boys 9/14 50 Free

10 Yrs

Henry S 1

12 Yrs

Kunmi 1
Harold 1

13 Yrs

Archie M 1

14 Yrs

James A 1

Men's 400 Free Team

4

Ladies 14/Open 400 Free

14 Yrs

Lauren W 1
Rebecca 1
Fearn 1

15 Yrs

Maisie 1

16/U

Lauren W 1
Rebecca 1

17/18 Yrs

Francesca 1

Open

Lauren W 1
Rebecca 1
Rachel 1

Men's 15/Open 100 Fly

15 Yrs

Michael G 1

16/U

Michael G 1

Open

Michael G 1

Boys 9/14 50 Breast

10 Yrs

Joe 1

11 Yrs

Harold 1

14 Yrs

Robert 1

Girls 9/13 200 Free

10 Yrs

Sophie LW 1

12 Yrs

Lani 1

13 Yrs

Sophie 1
Leah 1

Boys 9/14 200 Free

10 Yrs					
Joe					1
12 Yrs					
Kunmi	1				
Harold					1
14 Yrs					
Marlon	1				
James A					1
<u>Ladies 14/Open 50 Back</u>					
14 Yrs					
Fearn	1				
Heather		1			
Rebecca					1
16 Yrs					
Steffi	1				
16/U					
Steffi	1				
Fearn		1			
Open					
Steffi	1				
Rachel			1		
Fearn					1
<u>Ladies 400 Free Team</u>	4				
<u>Men's 200 IM 15/Open</u>					
15 Yrs					
<i>Michael G</i>	1				
Gabriel					1
16/U					
Michael G	1				
Open					
Michael G	1				
<u>Ladies 14/Open 50 Fly</u>					
14 Yrs					
Rebecca	1				
Heather		1			
16 Yrs					
Steffi		1			
16/U					
Steffi		1			
Rebecca				1	
17/18 Yrs					
Rachel				1	
Open					
Steffi				1	
Rachel					1
<u>Boys 12/14 100 Back</u>					
12 Yrs					
<i>Kunmi</i>	1				
Harold					1
13 Yrs					

Archie		1					
14 Yrs							
Marlon			1				
Henry K				1			
<u>Men's 15/Open 50 Free</u>							
15 Yrs							
Michael G	1						
Gabriel				1			
16/U							
Michael G			1				
Gabriel							1
<u>Ladies 14/Open 200 Back</u>							
14 Yrs							
Rebecca							
Fearn				1			
Lauren W							1
16 Yrs							
Steffi	1						
Sabrina				1			
16/U							
Steffi	1						
Fearn					1		
Open							
Steffi	1						
Rachel					1		
<u>Girls 11/13 100 Breast</u>							
12 Yrs							
Lani							1
13 Yrs							
Kate		1					
<u>Boys 9/14 400IM</u>							
10 Yrs							
Joe			1				
12 Yrs							
Harold			1				
Kunmi				1			
13 Yrs							
Archie			1				
14 Yrs							
Marlon	1						
James A						1	
Henry K							1
TOTALS TO 14 FEB	34	29	22	17	19	17	
<u>1500 Free Girls</u>							
13 Yrs							
Kate				1			
14 Yrs							
<i>Lauren</i>	1						
Rebecca		1					

15 Yrs

Maisie 1

16/u

Lauren W 1

Rebecca 1

Open

Lauren W 1

Rebecca 1

1500 Free Boys

13 Yrs

Archie 1

15 Yrs

Michael G 1

Gabriel 1

16/u

Michael G 1

Gabriel 1

Open

Michael G 1

Gabriel 1

800 Free Girls

13 Yrs

Kate 1

14 Yrs

Lauren 1

Rebecca 1

15 Yrs

Maisie 1

16/u

Lauren W 1

Rebecca 1

Open

Lauren W 1

Rebecca 1

800 Free Boys

12 Yrs

Kunmi 1

Harold 1

13 Yrs

Louis 1

Archie M 1

14 Yrs

Marlon 1

James A 1

Henry K 1

15 Yrs

Michael G 1

Gabriel 1

16/u

Michael G (+ County Record)	1						
Marlon					1		
Open Michael G	1						
Marlon						1	
TOTALS TO 21 FEB 2010	45	38	25	20	26	20	

For full results, check the Kent web-site - www.kcsa.org.uk

CLIMBING THE WALL - THE EVEREST CHALLENGE!

On Wednesday, 17th February 2010, 13 Beckenham swimmers took up the 'Everest Climbing Challenge' set by the Bromley Youth Service. Climbing in teams of 3 or 4 each team had half an hour to climb as many times as they could to the top of a climbing wall. The challenge took place in 'The Glades' in Bromley so with lots of people there watching our intrepid climbers started their challenge. We entered five teams and each one gave it their best climbing between 25 and 40 times in half an hour.

Four of the girls were then interviewed on camera about their team and what they usually do, so even managed a bit of publicity for the club along with our T-shirts appearing at the top of a wall in the Glades in Bromley. We are waiting for confirmation but believe that one team has won the prize for the most climbs in half an hour and will be presented with some W H Smith vouchers by the Bromley Youth Service. *Well done to Lauren, Rebecca, Fearn, Kate, Megan, Lani, Sophie, Alex, Robert, Kiton, James, Harold and Louis.*



Are we nearly there yet?



Not sure about this new fashion.....

KENT DEVELOPMENT CAMP

After attending the Kent development meet at Gillingham last November, Orla Ingram (Club squad), Lucy Grant and Kie Ren Lau (Gold squad) and Stephan Balency (Silver squad) were all selected to attend the Kent County development camp on Sunday 7th February 2010. Lucy and Orla have written a report about their day..



On Sunday 7th February I was invited along with Lucy Grant to attend the Kent Development Camp in Gillingham. The day started really early as we had to be there at 10.00am. I was quite nervous as there were about 20 girls and boys of all ages from lots of different clubs and I did not recognise any of them - that was until Lucy arrived! We started by all introducing ourselves and we had a true/false question session which was fun and a bit of an ice breaker.

Julian Metcalf who is the Assistant County Coach oversaw the day. We did lots of land training which included lots of tips on how to keep fit and healthy. After lunch we had another talk about fitness and then it was time to get into the pool!! Julian based the pool session on our technique.

The afternoon swimming session went really quick and it wasn't long before it had all come to an end. I had a really great day and learnt lots of new things and tips, as well as making lots of new friends. *Orla Ingram*

On 7th February 2010 I was chosen to attend a Kent development camp along with Orla Ingram. I found the day very interesting and I'm going to try using some of the stretching and nutritional relating advice the coaches gave us!!!

We started off by introducing ourselves to the twenty-nine other people and then played some games; the first was where we had to get into name alphabetical order. Then we had to get into birth day and month order. Next one coach, Julian Metcalf, put us in groups of six and told us to pick a cartoon character and sports star we would like to be most then we had to get into alphabetical order for the cartoon character's name. The last game was we had to get back into the same groups of six Julian put us in and tell something about us that was true and something that was complete lies and the other people had to guess which was which.

Then we had a talk it was very long, but it was worth it because I learned a lot.

We then had a break when we could have a small snack. After this we did land training which was mainly stretching. We learned a lot and tried out loads. It was fun and made me hungry so I was quite glad when we were done for a lunch break.

After lunch it was finally time to get in the water we were in for around two hours. It was brilliant it was based on stroke work we did quite a lot of breast stroke which is good for me because breast stroke is one of my favorite strokes. We also did some dives which was fun.



When it was all over I was quite sad, as was everyone else, because we had enjoyed the day.



Lucy Grant

Many thanks to the following contributors - Susie Goold, Orla Ingram, Lucy Grant, Michael Gunning, Anne Denny and Patricia Ogunfeibo

WANTED - roving reporters for duties at Kent's, Arena League, White Horse League, Our Open and other Open Meets, and anything else which takes place between now and mid May, 2010. To report to the Editor!

DON'T FORGET YOUR T-BAG/POLO SHIRT PHOTOS ENTRIES!!

Next issue - any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by May 15th, 2010 for the May, 2010 issue.

March 2010 Issue