

OUR CLUB! ISSUE 11: JANUARY 2010



Welcome to the latest issue of "OUR CLUB" - the newsletter by and for Beckenham SC. A digest of events and information since November! A new decade.....and a really good idea for your New year's resolution - get involved with OUR CLUB; send me bits and pieces about swimming, other sports or ideas. Contact me via john@hamo6055.plus.com or 020 8857 4977.

CONTENTS -

Bromley Champs., Thanet Meet, Club champs, Arena League rounds, updates on swim rules, roving reporter of 2009 award, and more.....

2009 'OUR CLUB' ROVING REPORTER AWARD - MICHAEL GUNNING!

A little 'thank you' for your time and support for the newsletter will be with you in the New Year, Michael!

BROMLEY CHAMPIONSHIPS



Seems a long time ago now, but it was just too close to the last edition's deadline to get onto the last issue. A really good number of BSC swimmers young and older swam exceptionally well to record 23 wins out of 36 events, and a goodly number of seconds and third places.

It was particularly good to see two Dads swimming - so many congratulations to Karltone Malone and John Paddington...perhaps some Mums next year, too?

THANET MEET by Freddie Pearson



On Saturday 5th and Sunday 6th December, Beckenham competed in the Thanet Meet. Instead of it being in Thanet, it was in Canterbury. Unfortunately, my Dad woke me at 6.00 IN THE MORNING!!!!!! It was awful. Now, onto the racing.

Our participants were Ruby, Katie, Edward, Freddie S-J, Ned, Ashley, Emily M, Sophie, Phoebe, Lucy, Kie Ren, Molly, Emily W, Regina, Jamie, Archie and me. Our coaches were Susie and Cilla.

The whole team did very well, with most people getting a few PBs and some swimmers managed to win a couple of trophies. Kie Ren came third in his 200m Breaststroke; Lucy came 2nd in her 50m Breaststroke; and Sophie was 1st in her 50m Backstroke. I had a few disappointing races because I was desperate to get some Kent times, but I did manage to get four PBs.

We would like to say a big thank you to Susie and Cilla for giving up their weekend to help us out on the poolside.

Freddie Pearson

NATIONAL ARENA LEAGUE



A superb result in tense and nail-biting evening for the A team saw them qualify for the National Arena Swimming League B Final for the second year in a row.

Congratulations

BECKENHAM B at HORSHAM

"I would just like to say that the spirit within the B team was AGAIN tremendous, despite swimming against all A teams from other clubs. All our swimmers gave it their all, some swimming for the club for the first time, some out of age who swam

A team last year and some who now always swim for the B team but they always give and do their best, because this is what being a part of a club is all about. *(One swimmer was to celebrate his 16th birthday the following day - and this was mentioned by the announcer as 'showing great team spirit by not being out with mates instead'....Mark H! - Ed)*

Emma led a great 'B for Beckenham' cheer at the end and the kids sang all the way home. Best Saturday night all round for those who were there!"

Pat Davies

In the final round, the B team were "at home" hosting (yet again!) at Beckenham Spa - with starting gun and no AOE. They swam really well with a goodly number of first seconds and thirds which helped them achieve fourth place on the night.

A tough three rounds in this league having been promoted last year; but, gutsy swims, excellent camaraderie and vocal support were all in evidence. We also provided more officials than we are obliged to each round, which really helped out the referees and the smooth running of the galas each time, too.

CLUB CHAMPIONSHIPS ROUND 5 - 14/12/09



What another great night of swimming with a little festive cheer!

The night went well after a technical hitch with the microphone caused a short delay in the start. Thank you to the Spa staff and Ned (Gold squad swimmer) for helping to get the alternative sound system working. This delay didn't affect the swimming as **5 new Event Best Performances** were swum, taking the total of records broken in 2009 to 16 which is even better than the 9 records broken last year. Michael Gunning took another 2 in the 50m fly, breaking his own record and the 400IM. This took his total this year to 6 records. Steph King also broke another 2 records in both the 50m fly and 50m back. This took her total this year to 4 records. Kunmi Ogunfeibo took the 12/13 50m back record even though he is only 12 yrs old and can therefore have another go next year.

This took his 2009 record tally to 4. The other 2 records this year went to Edward Langley and Lauren Walton in earlier sessions.



WELL DONE TO YOU ALL! You are a great attribute to the club.

For the last time, **thank you to all the parents and officials for their help** in all the sessions this year. Justine and I panic for weeks over the organising of these championships, but we need not as it all comes together on the night, thanks to all the help. Roll on 2010!

May we wish you all a successful 2010.....!

Jackie and Justine

TRAINING with a DIFFERENCE at BSC

In the past few months, there have been some significant changes to training for several squads in BSC. These have been designed to develop technique, stamina and enthusiasm in and out of the water.

Just before the new season began, Tony ran two very successful two-hour stroke clinics for Gold, Silver and Bronze swimmers to prepare them for the new swimming year. At half-term, Di maximised the extra pool space freed up by the swim camp in Majorca to give Gold swimmers two very popular sessions on turns.



And at Christmas, spaces went like 'hot cakes' for two 'starts and turns' sessions with Tony for Gold, Silver and Bronze swimmers.



Another innovation has been the introduction of spinning (indoor cycling) sessions for swimmers.

This started out as initiative for Gold swimmers, introduced by Di, but swimmers from Club, Platinum, Silver and Top have signed up too. These sessions took place in November and December.

And finally, before Christmas, Tony took Top Squad for 50m training at Crawley - the first of what we hope will be a number of such sessions.

Since all of these events proved very popular, I hope they will be continued as much as the club can manage in 2010.

Fiona Pearson, Training Secretary

SWIM RULES UPDATE FROM 1ST JANUARY 2010
- John Handley



Not surprisingly because of the publicity generated by the "Suit debate" and the new Swimsuit Rules for competitions over the last few months, everyone has been concentrating on the new rules for the suits without taking much notice of other rule changes. But there are some and the most important of these is in relation to the **Breaststroke start and turn.**

Swimmers can still immediately after the start or turn pull back their arms to their legs. The new rules provide that a single butterfly kick (in practice this merely reflects that it is virtually impossible to make a downward dolphin kick without the legs going upwards) may be made **during** that first arm stroke, followed by a breaststroke kick. Consequently **the butterfly kick must be made whilst you pull back your arms to your legs not after.** If the butterfly kick is made after the completion of that first arm pull, the referee is entitled to disqualify you.

Swimmers are still not required to make a butterfly kick and the first kick after the start and first arm pull can be a breaststroke kick but only one breaststroke kick can be made whilst the swimmer is underwater.

IF YOU ARE AT ALL UNSURE ABOUT THIS PLEASE DISCUSS IT WITH YOUR COACH.

There are some further minor changes (see the highlighted words):-

- All individual races must be held as separate gender events.
- The swimmer must remain in and finish the race in the same lane in which he/she started.
- No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn.
- Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee. [In this case it is thought that a sticking plaster to cover a cut will not be a problem but taping fingers or toes together would entitle a referee to disqualify you - if you are not sure then ask your Coach to clear it with the referee].

AND FINALLY, just a few further thoughts on suits. *Please* remember you cannot wear more than one suit in competition (this applies already) and this includes

- Drag shorts worn over a suit
- Two or more suits worn because one is becoming see through
- A pair of pants or other under garments worn underneath a suit for modesty, or because it is more comfortable

Generally jammers or swimming trunks for boys and normal costumes or 'knee skins' for girls will be within the rules provided they are made of textiles. Parents - please do not buy suits that are too big for your child as apart from the fact they will not help your child to go faster if they extend below the knee or (in the case of boys) above the navel they are a breach of the rules and could lead to your child being disqualified.

Just because a suit is not "FINA 2010" approved does not mean you cannot wear it in competition in this Country. You can, unless the promoter's conditions say otherwise. Provided it is a textile suit and jammers or briefs (in the case of boys) and 'knee skin' or classic costume (in case of girls) you can wear it in competition. Remember, if you are at all uncertain, ask your Coach to clear it with the referee before the competition starts.

John Handley

Many thanks to the following contributors - Fiona Pearson, Freddie Pearson, Justine Pope, Jackie Elliott, John Handley, Pat Davies.

WANTED - roving reporters for duties at Brighton, Kent Schools, Kent Championships and any other meets/Opens between now and end of February, 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 February 26th, 2010 for the March, 2010 issue.

January 2010 Issue