

BECKENHAM SWIMMING CLUB: WEEKLY UPDATE: FRIDAY 29 OCTOBER

CLUB MATTERS

Club Championships Gala 3 Monday 1st November

It is the Third Club Championships this Monday. The events are 25m Butterfly (9 and under), 100m Butterfly (10 and over), 400m freestyle and 200m Backstroke. Everyone needs to sign in by no later than 5.45pm (there may be a queue!). Failure to sign by that time may mean you are not able to swim so please be prompt. Warm up starts at 6pm. Please do not go onto the poolside before 6pm as there are lessons in progress. One of the coaches will tell swimmers when they can start their warm up (girls first) after the safety announcements have been read out.

Jackie and Justine (the organisers) want to thank everyone who has offered to help. The Championships cannot run without parents' help whether as qualified officials or not. If any parents are unsure whether you are needed, please email Justine Pope Justinepope@yahoo.co.uk who has been busy contacting helpers this week.

We also need more raffle prizes so please bring them along on Monday.

Beckenham Rising Stars Meet – Saturday 27th November – Help Needed

We are due to hold our own Rising Stars Open Meet on Saturday 27th November at Trinity School Croydon. We need help with all aspects of the Meet on the day such as spectator door entry, raffle ticket sales etc. In addition we need raffle prizes. Please contact Claire Ockwell (email - elliskeeler@btinternet.com) with all offers of help etc.

Christmas Presentation Disco – Friday 17th December

Beckenham Rugby Club has been booked on Friday 17th December for the Club's presentation disco and general festive get together. We would like to have as many members as possible at the disco and hope that a good number of those in the Water polo and Masters Sections will be able to come as well those in all Swimming squads. More details will follow as we near the time but for any further information or offers of help please contact Pat Davies. **Please could you all put this important date in your diaries.**

ASA Data Protection Forms

Squad reps are handing out an ASA data protection form for each club member to sign and return. Please look out for these and help both your squad rep and Sally Lewis, the ASA officer, by signing and returning these forms. More information related to this is on the British swimming website <http://www.swimming.org/asa/about-us/data-protection>

Officials

If you are interested in officiating please contact John Handley on john@hamo6055.plus.com. We are waiting to hear from the County Officials co-ordinator as to the courses to be run this autumn. Many thanks to those who have already volunteered!

THIS WEEK'S GALAS

Good luck to Georgia Phillips, Fearn Cook, Sophie Simpson, Greta Sharp and Lani Davies swimming for Division 9 (covering the Inner London Boroughs) and Lauren and Rebecca Walton, Kunmi Ogunfeibo and Luke Gunning representing Division 11 (Kent Surrey and the Outer London Boroughs south of the River Thames) at the English Schools Swimming Association Divisional Championships being held at Watford today and tomorrow. Also the best of luck to all swimmers competing in the Bromley Borough Championships at the Spa on Sunday afternoon.

UPCOMING GALAS

29/30 October	English Schools Swimming Association 61 st National Swimming Championships (Watford Leisure Centre)
31 October	Bromley Borough Swimming Championships (Beckenham Spa)
1 November	Beckenham Swimming Club Championships Session 3 (Beckenham Spa)
6/7 November	British Gas London Region Winter Championships (Crook Log Bexley)
13 November	Arena League Round 2
14 November	Kent County ASA Development Meet (Level 4 Meet at Medway Park Gillingham)
20 November	Kent Junior League Round 3 (Sevenoaks Swimming Centre)
21 November	Gravesend & Northfleet SC Autumn Regional & County Qualifier (Level 2 Meet at Medway Park Gillingham)
20/21 November	Crawley Not So Early Bird Meet (Level 1 Meet at K2 Crawley)
22 November	Beckenham Swimming Club Championships Session 4 (Beckenham Spa)
27 November	Beckenham Rising Stars Meet (Trinity School Croydon)
3/4/5 December	Northampton Swimming Club Winter Festival Open Meet (Level 1 Meet at Corby East Midlands International Pool)
4 December	Greenwich Borough Swimming Championships (Eltham Centre)
4/5 December	Thanet Swimming Club Winter 200 Open (Kingsmead Pool Canterbury)

Queries regarding entries to Open Meets (only) should be directed to our Gala Secretary Sarah McClymont

Details of these galas and other forthcoming galas can be viewed on the fixtures page of the Club's website.

MASTERS

Calling all parents

Why leave it to just your children to get fit. Why not come along to the Masters session on a Monday evening from 9.00pm – 10.00pm. We have 6 lanes graduated from slowest to fastest, so there are no excuses! Phone or e-mail Peter Sutherland (the Masters secretary) if you want more information. Details are on the website. http://www.beckenhamswimmingclub.com/Masters_Swim.html

WATER POLO

London Winter League

This Sunday, 31st October, the 11/under water polo team are taking part in the 1st round of the London Winter League at Whitgift School. We won this tournament last year, so the pressure is on. There are some new teams entered this year, so it will be interesting to see what the standard will be like. Our 13/Under and 15/Under teams have both had their first round tournaments earlier this month and played very well. Match results / reports to follow soon (offers to write gratefully accepted!)

Ladies National League – Invicta Ladies Team

The second weekend of Ladies National League provided another weekend of ups and downs for the Invicta Ladies team (which features a number of Beckenham players).

It started with an afternoon game against Liverpool Water Beetles. A strong performance, against a team mixed with experienced ex-GB internationals and new juniors saw the Invicta team never behind in the first 3 quarters. At times 2 goals ahead, the opposition dug in and kept their game plan to ensure the score was 6-6 going into the last quarter. Unfortunately the 4th quarter saw Invicta going down 5-1 resulting in a final score of 11-7 to Liverpool. That said the game was in Invicta's hands, and should have been killed off in the 3rd quarter with 2 majors (out of the 4 awarded to Invicta in the game) not being converted. The performance was very good throughout the team and was encouraging going into the second game.

The second performance however was not at that same level against Cardiff. The story here was simple; Cardiff awarded 4 majors - scored 3; Invicta awarded 6 majors - scored 1. The final result was a 12-6 defeat.

The third and final game on Sunday was against Caledonia, fresh from their victory in the top-of-the-table clash against Carlisle, at this point making them the best team in the division. For Invicta it would prove a big test, against adaptable strong opposition, and in recovering from the setback against Cardiff. A much improved performance saw the Scottish opponents frustrated particularly on the switch from press to zone in the second quarter. Again Invicta out-majored the team; Caley 9 majors, Invicta 5. Conversion was better than previous games.

FREQUENTLY ASKED QUESTIONS

What is an Open Meet?

Open Meets are swimming galas or competitions which can be entered by members of any swimming club (or even individual ASA registered members). Most Open Meets will have a time qualification regulating which swimmers can enter. The idea behind this is to give opportunities to all levels of swimmers to compete against swimmers of a similar ability at that time. In addition Open Meets usually contain age bands within which the swimmers can compete for medals – usually the higher the level of gala the fewer age bands and number of medals on offer.

What is “Heat Declared Winner?”

At many meets including our Club Championships all the swimmers in a given event will swim in heats together regardless of age, starting usually with slowest in the first heat and the fastest in the last heat. This does not mean that the 9 year olds are actually competing against 16 year olds or older as once all

the heats are swum the swimmers times are sorted into the individual age groups and medals awarded accordingly. Where an event is Heat Declared Winner there are no Finals.

REMEMBER –

Please do continue to view the website as it is regularly updated at www.beckenhamswimmingclub.com and pass on any questions, feedback or requests for information that might be useful to David Grant our webmaster at david.grant@talk21.com

Please send news and comments to John Handley on john@hamo6055.plus.com. The deadline for inclusion in the weekly newsletter is Midnight on the preceding Wednesday.