

BECKENHAM SWIMMING CLUB: WEEKLY UPDATE: FRIDAY 19 NOVEMBER

CLUB MATTERS

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.

Club Championships Session 4 - Monday 22nd November

It is the Fourth Club Championships this Monday. The events are **200m Individual Medley (10 and over), 100m IM (9 and under), 100m Breaststroke (all ages)** and 200m Butterfly. 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

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.**

Starts and Turn Clinics for Silver and Gold Squads - 22/23 December

Following the success of clinics earlier in the year, Tony has agreed to run two starts and turns clinics, one for Silver and one for Gold. The cost is £10 per swimmer. The Silver clinic is on December 22 from 8am-10am at the Spa; the Gold clinic is on December 23 from 8am-10am at the Spa. Anyone wishing to sign up for either clinic should contact Fiona Pearson direct on 07885 442258 to book a place. They are going fast and each clinic is limited to 20 places

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>

Publicity

We would like to increase awareness of the Club throughout Bromley and the surrounding Boroughs through placing articles on the Club and its swimmers' achievements in newspapers etc. We should be grateful if any of you could supply details of what free papers are distributed in your area such the News Shopper. Please respond to Hilary Moore email john@hamo6055.plus.com

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!

GALAS

RESULTS

National Arena Swimming League Round 2

In the Premier League the A Team put in another fine performance at Bracknell to come away with a convincing victory last Saturday night. This puts them in the Top Gala in the 3rd round. The team will have to be at their best to get one of the two automatic places in the Finals day in Sheffield in the Spring. The opposition comprises perennial South Division champions Guildford City as well 4 other strong teams in Amersham, Bracknell & Wokingham, Windsor and City of Southampton.

The points results from the gala (adjusted as 5 team gala) were

Beckenham A	228.5
Bracknell & Wokingham A	204
Staines	169
City of Canterbury	142.5
Orpington OJays	123.5

The B Team gave another fighting performance and despite finishing sixth go into the relegation gala as 3rd seeds which is quite an effort given the inexperience both in terms of age and amount of training of many of the boys team. Perhaps the most telling statistic was that the B Team did not have a single DQ which says a great for the swimmers commitment and the Coaching. A special mention goes to the Open Relay Team (Ned Moriarty, Jack Myers, Sam Hoiles, Kwende Blair Ford Harry Ingamells and Thomas Hart who is just 12) who were not phased by the opposition towering over them on the blocks. In addition well done to Emily Wood and Leah Casey for 1st places in their individual events

The final positions were

Chelmsford	238.5
Atlantis Horsham	199.5
East Grinstead	185
Southend On Sea	149
White Oak	141
Beckenham B	133

Kent Development Meet

Well done to all the swimmers who took part in the Kent Development Meet which took place at Medway Park Gillingham last Sunday. In particular congratulations to the following medallists:-

Tamara Elise Elliott (10 years) 1st Backstroke, Breaststroke and Freestyle and 2nd Butterfly

Sammy Woodhead (10 years) 3rd Freestyle

James Gillie (11 years) 1st Freestyle and Backstroke and 3rd Breaststroke and Butterfly

Olivia Garvin (10 years) 3rd Breaststroke

Duyen Nguyen (10 years) 2nd Freestyle

Stephan Balancy (11 years) 2nd Butterfly

All races over 50 metres. The full results can be found at

<http://www.kcasa.org.uk/Swimming/Development%20Meet/2010/WebPages/index.htm>

THIS WEEK'S GALAS

Good luck to all our swimmers competing in the Crawley Not So Early Bird Level 1 Meet at K2 Crawley on Saturday and Sunday and at the Gravesend & Northfleet Level 2 Meet at Medway Park Gillingham.

Our Kent Junior League Team competes in the final round of their league tied with Thanet for first place in the Top Division. So there is all to play for on Saturday night at Sevenoaks. Best of luck to the team in trying to retain the trophy.

UPCOMING GALAS

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)
11 December	Arena League Round 3
13 December	Beckenham Swimming Club Championships Session 5 (Beckenham Spa)
18 December	Guildford City Swimming Club Long Distance Open Meet (Levels 1 and 3 at Surrey Sports Park Guildford)
18/19 December	Hillingdon Swimming Club Winter Open Meet (Level 1 at Hillingdon Sports & Leisure Complex)

7/8/9 January

City of Canterbury & Dover Lifeguards Icebreaker Open Meet (Level 3 at Kingsmead 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

FREQUENTLY ASKED QUESTIONS

What Times can I use for entry into Open Meets

When filling in a form to enter an Open Meet one has to be careful to ensure that the time entered is a valid time. The first thing to note is the only time which is acceptable for most Meets is an official time. This can either be a time recorded at a Licensed Meet which is recorded in the National Rankings or a time recorded by the official timekeeper at an Unlicensed Meet such as a team gala. After most team galas the Club receives a result sheet and these times can therefore be validated. Sometimes especially in Novice Events it may be acceptable to enter an estimated time particularly if a swimmer has no previous time for that event but this is only rarely the case and should be done in full consultation with swimmer's Squad Coach.

Times recorded by parents in the stands or even by the Coaches on poolside are not official times. Only the official timekeeper can see when exactly a touch has been made. Relay splits cannot be used as entry times except the lead off legs of a freestyle or medley relay. Please remember that putting in a time faster than a swimmer's PB is unlikely to help a swimmer unless this has been specifically agreed by the Coaches where for instance a swimmer has not swum an event for some time and other circumstances indicate that he or she is capable of going significantly faster.

Many meets will require a time from another Meet within a certain period or at a certain Level e.g. Regional Times can only be achieved at Level 1, 2 or 3 Meets so the Club Championships as Level 4 Meets would not be sufficient. Often the entry forms will require the date and name of the Meet to be entered on the entry form so that the organisers can check whether the times are acceptable for their Meet. Failure to meet the requirements will most likely result in rejection of the swimmer's entry.

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.