

BECKENHAM SWIMMING CLUB: WEEKLY UPDATE: FRIDAY 26 NOVEMBER

CLUB MATTERS

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

The Rising Stars Open Meet takes place this Saturday 27th November at Trinity School Croydon. Please contact Claire Ockwell (email - elliskeeler@btinternet.com) with all offers of help etc. Claire is very grateful to all those who have already offered help. Also if you have raffle prizes please bring them to Claire tomorrow. Doors open at 1.30 p.m.

Club Championships Session 4 - Monday 22nd November

Jackie Elliott reports:-

Another great night of swimming with yet another record broken by Kunmi Ogunfeibo in the boys 13 year 200 metres IM. This was his 4th record of 2010 and broke the record set by M Soo in 1993 (before Kunmi was born). Well done Kunmi.

It was great to see the younger swimmers managing not one but two 100m swims. It is a late night for them but we need to have the 100m IM later in the programme to split the longer 200 IM and Butterfly for the older swimmers. There were a good number of entries in the 200m Butterfly. Well done to all of those attempting it for the first time. There were actually more swimmers in the youngest age groups trying this event than in the older age groups (however in case you thought they had escaped those who did not do it on Club Champs night were required to do so the following night in training!). Yet again, thank you to those Parents that help so as to allow the meet to take place.

On a housekeeping note, I picked up 3 T bags and 2 pairs of goggles at the end which went into the cupboard. Can I also ask that parents / swimmers to pick up their rubbish at the end of the evening as there was a lot left on pool side but more in the spectator Gallery. At 9.30pm, Justine and I want to get home with our children, not be picking up rubbish! The Spa are really good at getting the pool set up for us to start on time, we do not want to leave them with extra work at the end of the day.

Finally, the last session for 2010 is on the 13th December and the events are 50m Back, 50m Fly and 400m IM.

Offers of help to Justine please.

Christmas Presentation Disco – Friday 17th December

Email Invitations to the Presentation Disco have been sent out by the Squad Reps but in case you haven't seen it here it is

Beckenham Swimming Club invites you to The BSC Presentation Disco on 17th December 2010 at The Beckenham Rugby Club Balmoral Avenue, BR3 3RD

Doors -7pm, Trophies- 7.45 pm Finish -11pm

There will be a Pay Bar and Buffet

Entry is strictly by ticket only, (there is no charge) please could you indicate to your Squad Rep the number of tickets your family requires by 27th November .We will then distribute the Tickets at training during the week commencing 6th December.

We hope people will bring a dish for the buffet table, a list of suggestions will be circulated via email and at training. Please could you indicate what you might like to bring so we don't end up with too much of the same thing.

It would be greatly appreciated if a few dads could put themselves forward to do a short shift on the door through the evening. We would also be grateful for a hand clearing up at the end of the evening, last time this happened very swiftly as a good number of people helped out.

Finally this is a great opportunity to get together as a Club for some well-earned Festive Cheer and to celebrate the achievements of the last year.

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

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. Many thanks to those who have already volunteered! John now has forms for those want to officiate to complete so please contact him (if he does not see you at training or at the Rising Stars Meet).

GALAS

RESULTS

Kent Junior League Round 3

A terrifically exciting gala at Sevenoaks Leisure Centre last Saturday night ended with Beckenham winning the gala by some 14.5 points from Thanet and therefore clinching the Kent Junior League Division 1 trophy. The result was far more convincing than looked likely at many points during the evening as Beckenham and Thanet were neck and neck for large parts of the gala. Well done to all the swimmers and coaches (with particular thanks to Di Manley). The final scores were

Beckenham	243.5
Thanet	229
Sevenoaks	188.5
Orpington O'Jays	169
Black Lion	118
City of Canterbury	92

Crawley Not So Early Bird Level 1 Meet

Well done to all the swimmers who competed at the Level 1 Meet held last Saturday and Sunday at K2 Crawley. There were many excellent swims particularly by some of the younger swimmers who fitted in

the Kent Junior League in the middle of the Meet. Top three placings went to Michael Gunning (1st in 16 and over 200m and 400m and Open 1500m freestyle), Lauren Walton (1st in the Open 800m Freestyle and 2nd in 14/15 200m Freestyle and 400m Freestyle), Sophie Simpson (14/15 1st in 200m Butterfly and 3rd in 100m Butterfly), Kunmi Ogunfeibo (12/13 1st in 200m Backstroke), Rachel Bull (2nd in 16 and over 400m Freestyle, 3rd in the Open 50m Backstroke), Steffi King (16 and over 2nd in the 200m Backstroke and 3rd in 100m Backstroke) and Rebecca Walton (2nd in the Open 800m Freestyle and 3rd in 14/15 400m Freestyle). Many of the foregoing achieved other top 6 places along with Fearn Cook (14/15 400 Freestyle), Heather Travers (14/15 200m Breaststroke), Olivia Handley (14/15 100m Butterfly), Harold Pearson (12/13 400m Freestyle), Henry Knight (14/15 200m Backstroke) and Luke Gunning (12/13 200m Butterfly).

Gravesend and Northfleet Swimming Club Level 2 Open Meet

Whilst most of the older members of our Top Squad were at Crawley a good number of swimmers from the Club attended the inaugural Gravesend and Northfleet Swimming Club Level 2 Open Meet held at Medway Park Gillingham on Sunday. Swimmers from the Club came away with a good number of medals. In the 14 year old girls Greta Sharp was 1st in the 100m and 200m Butterfly and 2nd in the 200m Freestyle. In the 13 year old girls Molly Haynes was 1st in the 50m and 100m Freestyle, 3rd in the 200m Freestyle and 100m Butterfly, Emily Wood took gold in the 200m Breaststroke, silver in the 100 m Breaststroke and bronze in the 200m IM whilst Emily McClymont was 2nd in the 200m Backstroke.. The 12 year old girls saw Phoebe Goold take first in the 100 Breaststroke, Marie Deane took 2nd in the 200m Breaststroke and was 3rd equal with Ashley Hamilton in the 100m Backstroke as well as 3rd on her own in the 100m Breaststroke. Ashley also took bronze in the 100m Butterfly. Finally in the 10 year old girls Ruby Waters was 2nd in the 50m Butterfly and 3rd in the 50m Breaststroke. All the swimmers took home further medals for 4th, 5th and 6th places.

In the Boys events Ned Moriarty (14) took home bronze in the 200m freestyle and 100 m Breaststroke together with further medals for lower placings whilst Sammy Woodhead (10) also won bronze this time in the 50m Backstroke and Freestyle and Freddie Suther-Jones (10) won medals for 4th and 5th places in 3 of his events.

THIS WEEK'S GALAS

Good luck to all the swimmers competing in our own Rising Stars Meet at Trendy School Croydon on Saturday.

Most of Top Squad with Head Coach Tony Beckley will be attending a Mini Camp run by the Club at Crystal Palace on Saturday and Sunday to get some Long Course training under their belts

UPCOMING GALAS

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 (A Team at K2 Crawley B Team at Trinity School Croydon)
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)
2011	
7/8/9 January	City of Canterbury & Dover Lifeguards Icebreaker Open Meet (Level 3 at Kingsmead Canterbury)
15/16 January	Burns Open Meet (Level 1 at Ponds Forge Sheffield)
15/16 January	The Tom Handley Twenty Seventh Age Group Meet (Level 2 at Prince Regent Centre Brighton)

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

Reader Mrs. F Pearson of West Norwood asks "How are the teams who make the National Arena Swimming League Finals worked out and how does the "Virtual Gala" work?"

The National Arena Swimming League is a nationwide swimming league divided into 7 regional leagues, East Midlands, London, North East, North West, South, West and West Midlands.

Each League is divided into a number of divisions of between 16 and 24 teams (except the North East where there are only 8 teams this year for historical reasons).

Each team in the top division of each League swims 3 rounds of galas. They are in October, November and (the final round) in December. The results in the October and November galas establish the positions of the teams in the division to go into the December gala with the top 6 or 8 teams in each League (depending on that League's rules e.g. 6 in the South; 8 in London) qualifying to swim in the regional League Final. The positions of the teams in the regional League Finals dictate which teams will be in the National Finals.

The National Finals comprise an A Final and a B Final each of 10 teams.

The 10 teams in the A Final are

- (a) The 7 League winners plus

- (b) The 3 teams other than the league winners with the best results in the Virtual Gala (see below)
(this can but need necessarily be teams who are League runners up)

The 10 teams in the B final are

- (a) All Leagues' runners up (other than those in the A Final) plus
- (b) The teams with the next best sets of results from the Virtual Gala who are not in the A Final so as to make the number of teams in the B Final up to 10.

The Virtual Gala takes the results of the top 6 teams in each regional League final and compares all their times for each of the 50 events that make up the Regional League Final galas. Points are awarded to each team for each event. As there are 7 Leagues with 6 teams from each League being included in the Virtual Gala the results of 42 teams are compared. 42 points will be awarded to team with fastest time in each event, 41 to the second fastest down to 1 point for the 42nd fastest. No points are given where there is a disqualification. As a result every swim in the League Regional final is crucial as even if a swimmer finishes last in the actual gala he may find that his swim is still say the 10th best in the Virtual Gala giving his team a good number of points.

The points from all the virtual races are totted up and the teams put in order from 1 to 42. Because the winners and runners up of each League are guaranteed places in either the A Final or the B Final the results of the Virtual Gala do not guarantee that the teams with best 20 scores are in the A or B Final. Historically teams from the East and West Midlands Leagues have recorded lower scores than teams from other regional League Finals and their Leagues' runners up have been in the A and B Finals at the expense of other teams with better results in the Virtual Gala.

Remember in a fortnight's time Beckenham A are in the South League Regional Final swimming hopefully for one of the automatic spots on Finals Day.

OTHER SWIMMING MATTERS

Craig Gibbons who swims for us in the National Arena Swimming League and is one of the top freestylers in the Country has asked us to publicise a Backstroke Clinic he is organising (please see final page).

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.



IS PROUD TO PRESENT A BACKSTROKE SWIM CLINIC WITH

LIAM TANCOCK



World Record holder and Double Commonwealth Champion Liam Tancock has joined forces with Swim Vision Academy to offer Swimmers a unique chance to meet and watch the fastest backstroker in the world offer demonstrations, tips and answers to all the questions!

WHEN: SATURDAY 18TH DECEMBER 2010

WHERE: STOWE SCHOOL MK18 5EH

TIME: 2.00PM START - 5.00PM FINISH (APPROX)

COST: £100 PER SWIMMER

* Included in the price is a free water bottle signed by Liam and a voucher for 50% off a future Swim Vision Academy course.

To come along to this once in a lifetime opportunity or for more information please visit www.craiggibbons.co.uk and click on Swim Vision Academy and fill in the booking form.

For a chance to win a free place please email your name, club and email address to craig.gibbons@hotmail.com and you will be entered into a free prize draw.