

BECKENHAM SWIMMING CLUB: WEEKLY UPDATE: FRIDAY 3rd FEBRUARY 2012

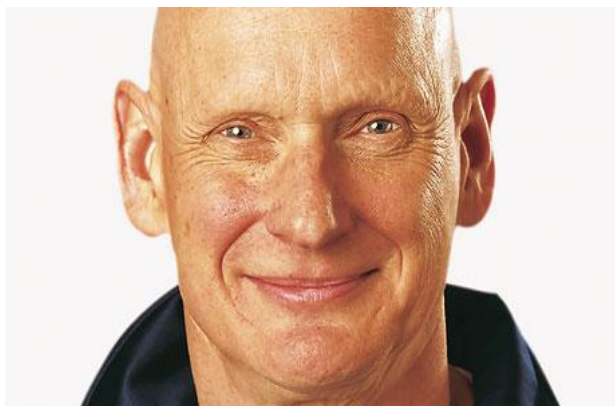
CLUB MATTERS

YOUR CLUB NEEDS YOU!



When you think of Olympians receiving their gold medals, do you think of their national anthem being played? I know that most people do! Often athletes are seen holding back the tears... Well, a famous Olympian and BSC swimmer never got that chance! When he won his gold at the 1980 Moscow Olympics, national anthems were not played (political reasons) and so he missed out big time!

BBC Radio Five Live's Colin Murray is travelling the length and breadth of GB for a major Olympic programme to find out one good thing or bad thing about the experience of our gold medal winners. **DUNCAN GOODHEW** is that Olympic gold medallist who never got to hear the national anthem. He asked that he return to BSC, where it all began for him. We are all going to give him the chance to have that national anthem experience and sing 'God Save the Queen' for him!



DATE 13th February 2012

VENUE Beckenham Spa Pool

TIME FROM 6PM

Whether you are a master, water polo player, swimmer, coach/teacher, parent, committee member...WE NEED YOU to be there to make this a 'night to remember' for Duncan. He will also be interviewed and there will be time for some questions on the night. The Spa is delighted to be working with us on this exciting event. Note - the Monday training schedule will go ahead as normal.

So – we need Union Jacks; BSC flags; but mainly you and your voices!

Behaviour in the showers at the Spa

Swimmers are reminded that the showers and changing areas at the Spa (and indeed at other venues) should be used for just that purpose. It is not an area for horseplay or messing about particularly as the shower area at the Spa is open to and can be seen by the general public (both swimmers and non swimmers) and any such behaviour reflects badly not only on the Club but also the individual swimmers. Parents are therefore requested to remind their children that they are expected to behave in a manner which complies with the Code of Conduct to which all swimmers are required to subscribe.

GALAS

RESULTS

ZONAL MEET SOUTH

Some excellent swimming saw our swimmers win 4 gold medals 1 silver medal and 2 bronze medals and reach numerous finals at the South Zonal Meet at Millfield in Somerset last weekend. The Zonal Meet attracted a very strong field with many of the fastest swimmers in the South East, London and Western Regions competing and is pitched at a level between regional and national levels although some of the qualifying times were faster than the National qualifying times so merely to qualify was an achievement in itself. Congratulations to all who qualified and well done in particular to the following medalists and finalists:-

Lauren Walton (15/o) 1st 200m Freestyle and 400m Freestyle
Luke Gunning (16/u) 1st 200m Butterfly and 3rd 100m Butterfly
Matt Shead (17/o) 1st 100m Breaststroke
Michael Gregory (17/o) 2nd 100m Backstroke and 6th 100m Freestyle
Rebecca Walton (15/o) 3rd 200m Freestyle
Henry Knight (16/u) 4th 100m Backstroke and 200m backstroke
Louis Phillips (16/u) 4th 200m freestyle
Natasha Sinha (15/o) 7th 100m Butterfly 8th 200m Backstroke
Olivia Handley 15/o) 8th 200m butterfly

Natasha and Sophie Simpson also qualified for 200m Butterfly final but this immediately preceded the Medley Relay (which was an opportunity to qualify for the national championships in July) where they along with Sian Rowe and Lauren finished an excellent 3rd.

Well done also to our other individual qualifiers Sian and Ned Moriarty who were inside or close to their PBs

London Region Swim team – Barcelona January 2012 (adapted from the London swimming report)

Michael gunning, Natasha Sinha and Lauren Walton were part of the London Swimming team which travelled to the Catalonian Open Swimming Championships held 20 – 22 January at the 10 lane Terressa Pool just outside Barcelona.

The standard of the meet was extremely high with two world record holders and one multiple world champion in attendance and the majority of the Spanish national senior and junior swim squads in action. Add to this the powerful leading French club of Canet 66 and the London team of Youth and senior

swimmers had to be swimming fast in the morning heats if they wanted to progress to either the A or B finals in the evening.

The swimmers' selection was all based on FINA points and so the potential for this team was great and they certainly rose to the occasion – with many swimmers chasing those elusive British Champs/Selection qualifying times.

The team came away with 12 medals; 3 gold, 5 silver and 4 bronze. The race of the meet was certainly won by Michael Gunning (Beckenham), who, after being moved up to the final heat of the 400m free, won the event from the outside lane, leading all the way and was rewarded with a new personal best time and a British Champs/Selection Trials qualifying time of 4.00.20. This was good enough to earn Michael the 6th place award in the best male performance . He also picked up third place in the 200m fly (2.04.89) .

The women's relay team also managed a podium place with silver in the open 4 x 200 freestyle where Lauren Walton was part of the team that recorded a time of 8.28.37.

Kent Schools

This results from the first set of Kent schools Competitions have now been posted. Well done to

Georgia Harris 3rd 12/14 100m Butterfly

Rebecca Walton 1st 17/18 200m IM

Tim Adelani 2nd 15/16 100m Freestyle

White Horse League

After much toing and froing over the venue and date the first round of the White Horse league took place at the Eltham Centre on the evening of Sunday 22nd January with an expanded field of 7 teams. The battle could hardly have been closer and we were just pipped by Sevenoaks and Orpington O'Jays to top spot. Well done to all those who swam. The final points were

Sevenoaks	299
Orpington O'Jays	298
Beckenham B	295
Southwark Aquatics	220
Erith & District	215
White Oak	212
Bromley	153

Parents please feel free to send us reports yourselves or from your children on any galas you attend so that we can use them in either the Weekly Update or "Our Club"

This and Next Week's Galas

Good luck to all those swimmers entered for the Orpington O'Jays Novices Meet at the Spa on Sunday.

UPCOMING GALAS

2012

5 February	Orpington O'Jays Novices Meet (The Spa Beckenham)
19 February	Kent County Championships (Gala 1 Crystal Palace)
25 February	Kent County Championships (Galas 2 & 3 Medway Park Gillingham)
26 February	Kent County Championships Galas 4 & 5 Medway Park Gillingham)

10 March	Kent County Championships Galas 6 & 7 Medway Park Gillingham)
11 March	Kent County Championships Galas 8 & 9 Medway Park Gillingham)
17 March	Kent County Championships Gala 10 & 11 Medway Park Gillingham)
18 March	Kent County Championships Gala 13 & 14 Medway Park Gillingham)

N.B. Only those Meets marked in bold are being entered as a Club entry. Queries regarding entries to Open Meets (only) by the Club 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.

Other Aquatic Matters

British Gas Swimming Championships 2012 : VOLUNTEERS NEEDED

The British Gas Swimming Championships 2012 (Selection Trials) promises to be the most exciting to date.

Rebecca Adlington, Liam Tancock, Ellie Simmonds. They are household names. Now they face one of the toughest battles of their lives - the fight to compete at the Olympic and Paralympic Games. The trials will be held at the Olympic Park in the Aquatics Centre in Stratford from Saturday 3rd March 2012 to Saturday 10th March 2012. **And you can be there!**

London Swimming has been asked to supply volunteers to help run this event. This is a wonderful opportunity for you to be part of the excitement at the Aquatics Centre.

We are looking for volunteers to: Greet people, check tickets, sell programmes, guide people to their seats, organise the VIPs and assist with the victory ceremonies.

We are also looking for people to be medal bearers at the victory ceremonies.

You will be given a polo shirt to wear. Your travel expenses will be paid and there will be a contribution towards your food. Everybody will get a chance to watch some swimming. A schedule of the events is available on the British Swimming website.

If this interests you then please fill in the attached form and send it back as soon as possible but by 15th February 2012 at the latest. I will then confirm your offer, a photo id will need to be sorted and final arrangements made.

Kathy Hook
London Swimming
k.hook1@ntlworld.com

British Gas Swimming Championships 2012: Application to Volunteer

Name:			
Address:			
Email address:			
Phone Number:			
Mobile Phone Number:			
Are you connected to swimming, and if yes, how?			
	<u>Date</u>	<u>Event</u>	<u>Availability</u>
1	Saturday 3rd March 2012	Heats - 07.30 - 12.00	YES/NO
2	Saturday 3rd March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO
3	Sunday 4th March 2012	Heats - 07.30 - 12.00	YES/NO
4	Sunday 4th March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO
5	Monday 5th March 2012	Heats - 07.30 - 12.00	YES/NO
6	Monday 5th March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO
7	Tuesday 6th March 2012	Heats - 07.30 - 12.00	YES/NO
8	Tuesday 6th March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO
9	Wednesday 7th March 2012	Heats - 07.30 - 12.00	YES/NO
10	Wednesday 7th March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO
11	Thursday 8th March 2012	Heats - 07.30 - 12.00	YES/NO
12	Thursday 8th March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO
13	Friday 9th March 2012	Heats - 07.30 - 12.00	YES/NO
14	Friday 9th March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO
15	Saturday 10th March 2012	Semi Finals and Finals - 17.00 - 19.30	YES/NO

Please return to Kathy Hook, 32 Oakwood Avenue, Beckenham, Kent, BR3 6PJ

or email to k.hook1@ntlworld.com

Croydon Borough Championships

Here are details of the Croydon Borough Championships. If you are eligible and wish to enter the entry forms are with this weekly Update. This is not an event the Club will be submitting an entry but before doing so you should check with your Coach as Gala 1 is at the same time as the Kents and Gala 4 may clash with other events

ANNUAL CHAMPIONSHIPS & AGE GROUP COMPETITIONS 2012 Licensed Level 4 Closed Championship Galas

PROMOTORS CONDITIONS OF ENTRY

- The Annual Championships & Age Group Competitions (to be held under ASA Laws & Technical Rules) will be held at Whitgift School, South Croydon, on the following dates:
 - Gala 1 Saturday 10th March 2012
 - Gala 2 Saturday 14th April 2012
 - Gala 3 Saturday 19th May 2012
 - Gala 4 Saturday 16th June 2012
- Age qualification for the Age Group Competitions will be as of 16th June 2012. All Swimmers are eligible to swim in the Open events. Swimmers aged 16yrs and under on 16th June 2012 are eligible to swim in the 16yrs & under events. Swimmers in the Mixed Relay events must be aged 13yrs & under on 16th June 2012.
- **Swimmers must be a member of a club affiliated to CBSA or be resident in the Borough of Croydon and a member of a club affiliated to the ASA, from January 1st 2012.** ASA membership numbers must be included on the entry form.
- Events will be swum in the same order as laid out on the Official Entry Form. All events will be swum on Heat Declared Winner (HDW) basis.
- **Trophies:** presentations will be made on the night for the first 3 places only, in each event. All other awards will be forwarded to the clubs concerned for distribution.
- No refunds will be given for missed swims or if a swimmer withdraws from an event.
- Swimmers entering the Open 400m Free Championship **MUST** meet the entry time of 5 minutes 30 seconds.
- All entries (inc. Team entries) must either be made on the official entry form, accompanied by the required entry fee, alternatively entries submitted en masse via clubs running the Team Manager software can be submitted electronically. E-mail notes will not be accepted.
- Entries must be with the Entry Receiving Officer (Mike Atherton) at least 28 days prior to the date of competition. It is preferable, however, for manual entries for all galas to be made by 10th February 2012 if at all possible. **Late entries and those not accompanied by the correct fee will not be accepted.** Entries made electronically by clubs running the Team Manager software should be submitted one gala at a time.
- Trophy winners will be expected to represent Croydon in Inter-borough competitions if selected.

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.