

# Hillingdon Swimming Club

Affiliated to M.C.A.S.A. & L.R.A.S.A.

## BEST WEEK NEWS

No.1 Sat 12<sup>th</sup> – Sat 19<sup>th</sup> Sept



## QUOTE OF THE WEEK

*'Minds are like parachutes, they only work when they are open'*

Marc Salem

Welcome back everyone to the first BEST WEEK NEWS of this swimming year. This year has so much potential – it can and will be our best ever year. I am extremely excited about moving Hillingdon BEST onto new levels this season and continuing our pursuit of swimming excellence.

David Hemmings

## WHY IS DAVE SHOUTING SO MUCH?

I have been receiving some weird looks from the public this week and parents are probably thinking I am going a bit mad in the first week back. I'M NOT!!!!!!!

The effort this week has in majority been excellent. The reason why I have been quite loud is because I am desperately trying to get swimmers to break **BAD HABITS** or correct areas that I was nagging at them last season.

I explained to the swimmers that it is of upmost importance **GOOD HABITS** are created in September so they can be maintained for the rest of the season. It does not matter whether you are fit for the first week, fit for 2 months or fit for the Middlesex Champs – **BAD HABITS THAT ARE NOT CORRECTED NOW WILL STAY WITH YOU FOR THE DURATION OF THE SEASON.**

Swimmers must approach my LOUDNESS! with a **CAN DO** attitude.



## NEW BEGINNINGS

Catching Leighton 'the LOUD' Jones at The Harefield Academy Friday morning.

After huge complaint to his Student Manager Leighton reluctantly had his photo taken with me!

[www.hillingdonsc.co.uk](http://www.hillingdonsc.co.uk)



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swim21  
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## CONGRATULATIONS TO:

Kate Wilson, Georgia Collins, Jaycee Sibley, Louis South, George Prunty, Massimo Michini, Danny Nelson, Callum Mitchell, Matthew Conder, Leon Berchie, Adam Prunty, Sarah Harrington, Sarah Procter, Holly Esson, Fiona McAndrew, Lucas Navarro & Fravash Bilimoria

WHO HAVE ALL BEEN SELECTED TO REPRESENT HILLINGDON BEST AT THIS WEEKENDS MIDDLESEX TRAINING CAMP



## TRAINING CHANGES COMMENCE FROM SUNDAY HOWEVER.....

Because I am attending the Middlesex Camp on Sunday, Elite Senior Squad will train at:

**HAYES 6-7.30pm.**

Elite Performance Squad will **STILL** train 2.30-5pm at WB.

SAT AM – **Elite Junior Performance Squad to train at Highgrove from 5.30-8am** with Gary, Ricky and myself. We are doing this because of the Diddy League and some swimmers not attending SAT AM (i.e. any swimmer competing at Diddy is not to train SAT AM).

*Unfortunately, I cannot offer land training as there may be too many swimmers for the studio to hold in the circuit training environment.*

**SAT AM – Elite Development Squad is cancelled**

### MONDAY PM - FLEXIBILITY

I am delighted that **Lucy Esson** has agreed to run the flexibility sessions that will run concurrently with the pool sessions on Monday nights. Lucy has great experience with gymnastics coaching and will be a great addition to the swimmers training programme. We will be commencing the flexibility training **THIS COMING Monday**. **PLEASE bring your exercise mat.** If you do not bring the mat you will not be allowed to do the flexibility training due to safety.

**I WILL BE INFORMING SOME ELITE PERFORMANCE SQUAD SWIMMERS OVER THE WEEKEND THAT THEY WILL BE DOING FLEXIBILITY ON MON PM FOR 1 HOUR DUE TO INADEQUATE SUPPLENESS**

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## Competition

The London Region Winter Champs form is on the new website [www.hillingdonsc.co.uk](http://www.hillingdonsc.co.uk) - the form needs to be printed, filled in and given to Julie / Ginette no later than 20th September. Do not 'doctor' any times as they are being checked.

Crawley LC entry will be on the website this weekend – the closing date for return to Julie is the:  
**9<sup>th</sup> OCTOBER**

I am confirming Cambridge 16th / 17th as a targeted HBEST meet. Julie has informed me Travel Lodge have a good deal on at the moment so book soon before the hotel returns to normal price which I believe is £70 a night.

**GO TO THIS SITE:**

[http://www.travelodge.co.uk/saver\\_rooms/index.php](http://www.travelodge.co.uk/saver_rooms/index.php)

## TECHNIQUE FOCUS SHEET

I will be sending out a technique improvement sheet for ALL swimmers on EPS, ESS, ETS, EJPS. I would like you to complete this sheet ELECTRONICALLY and send it back to ME: [davehbsc@aol.com](mailto:davehbsc@aol.com)  
Please ensure it is sent to me by next FRIDAY. It is quite simple to complete.

## FINGER PADDLES

I would like all swimmers on EPS, ETS, ESS to purchase finger paddles for training. You can find them cheap at:

[http://www.nessswimwear.co.uk/shop.php/accessories/hand-paddles/finis-adult-sculling-finger-paddles/p\\_607.html](http://www.nessswimwear.co.uk/shop.php/accessories/hand-paddles/finis-adult-sculling-finger-paddles/p_607.html)

The Speedo biofuse finger paddles seem quite good too – I prefer the simpler FINIS version though (through link) and they are only £5.

**THANKS**

David Hemmings  
HBEST Head Coach

**!GOOD LUCK TO HILLINGDON SWIMMING CLUB'S DIDDY TEAM'S THIS WEEKEND!**

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