

Hillingdon Swimming Club

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

BEST WEEK NEWS

No.10 Fri 20th – Sat 28th November



QUOTE OF THE WEEK

“If you are told more than once and you can remember the last time you were told then you need to ask yourself how much you really want to improve.”

ANYONE WANT A TROPHY?



[SOPHIE, FRAN and KARLEY CLEAR UP AT LONDON REGIONS](#)

COMPETITION INFO

Good luck to [FRANCESCA MARR](#) who is off to Eindhoven, Holland to compete on Tuesday. Francesca travels with the other members of the elite England Talent Level 3 squad who will also be competing in Bordeaux, France in February.

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CRAWLEY

THIS WEEKEND I WOULD LIKE ALL WARM UP AND COOL DOWNS TO CONSIST OF A 1000M MINIMUM.

WARM UPS SHOULD BE MADE UP OF 400m TO LOOSEN, 200-300 EVENT SPECIFIC KICK, DRILL, SWIM, A FEW SHORT SPRINTS AND A MINIMUM OF 200m EASE DOWN.

SWIM DOWNS SHOULD BE COMPLETED AS 5x200 WITH 30S REST – TAKE HEART RATE AFTER 5TH AND ENSURE IT IS 100 BEATS OR BELOW. IF YOU ARE UNSURE OF HOW TO WORK THIS OUT SEE GARY OR ME.

WORLD CUP CIRCUIT – HAVE A LOOK AT THESE SHORT COURSE WORLD RECORDS! **AAAHHHH!!!!**

The 15 short-course World Records were set in:

-men's 200 free: 1:39.37, Paul Biedermann, Germany
(old= 1:40.83, Biedermann; November 2008)

-men's 400 free: 3:32.77, Paul Bidermann, Germany
(old= 3:34.58, Grant Hackett, Australia; July 2002)

-men's 200 back: 1:46.11, Arkady Vyatchanin, Russia
(old= 1:47.08, George Du Rand, South Africa; Moscow World Cup meet--pending approval)

-men's 50 breaststroke: 25.25, Cameron van der Burgh, South Africa
(old= 25.43, van der Burgh; August 2009)

-men's 100 breaststroke: 55.61, Cameron van der Burgh, South Africa
(old= 55.99, van der Burgh; August 2009)

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- men's 50 fly: 21.80, Steffen Diebler, Germany
(old= 22.06, Diebler, October 2009--pending approval)
- men's 100 fly: 48.48, Evgeny Korotyshkin, Russia
(old= 48.99, Korotyshkin; Moscow World Cup meet--pending approval)
- men's 100 IM: 50.95, Sergey Fesikov, Russia
(old= 51.15, Ryan Lochte, USA; April 2008)
- men's 200 IM: 1:51.55, Darian Townsend, South Africa
(old= 1:51.56, Ryan Lochte, USA; April 2008)
- women's 100 back: 55.23, Shiho Sakai, Japan
(old= 56.15, Sakai; February 2009)
- women's 200 back: 2:00.18, Shiho Sakai, Japan
(old= 2:00.91, Kirsty Coventry, Zimbabwe; April 2008)
- women's 50 breaststroke: 28.80, Jessica Hardy, USA
(old= 28.96, Hardy; Stockholm World Cup meet--pending approval)
- women's 100 breaststroke: 1:03.00, Leisel Jones, Australia
(old= 1:03.72, Jones; April 2008)
- women's 200 breaststroke: 2:15.42, Leisel Jones, Australia
(old= 2:16.83, Annamay Pierse, Canada; August 2009)
- women's 200 fly: 2:00.78, Zige Liu, China
(old= 2:02.50, Liu; Stockholm World Cup meet--pending approval)
--short course WR once again faster than long course WR (2:01.81)
- women's 100 IM: 57.74, Hinkelien Schreuder, Netherlands
(old= 58.40, Jing Zhao, China; Stockholm World Cup meet--pending approval)

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PLEASE READ! INFORMATION FROM WAYNE HIRST

Dave,

If you could find space for a couple of adverts in your newsletter I would be grateful.

1st for the HB gala, I would like to make a request for parents to help provide food for the officials between sessions by bringing an item of food. To ensure everyone doesn't bring sausage rolls could they please let Adrienne Bouch (who will be organising the food) know what they intend to bring.

Secondly, also at the HB gala I am organising a small talk between sessions to inform parents why it is important that HSC runs its own galas, what officials and helpers are needed to run gala, what is involved in becoming an official and what the commitments are. This will probably be in the canteen area. I will be writing an article for the newsletter but if anyone is remotely interested I would like to explain to them how they can help our club.

Thanks

Wayne

TRAINING CHANGES

Training = MIX week.

Training over the next few weeks is going to be a little manic with so much going on so here are the current arrangements:

THIS WEEK (11)

Friday 20th as normal

Saturday 21st - CRAWLEY MEET

- all swimmers from all squads to HIGHGROVE (AM)
- * EPS, ETS, ESS, EJPS - 5.30-8am then land training 8.30-9.30am
- * EDS - 6.30-8am
- *Obviously any swimmer at Crawley not to train here

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NEXT WEEK (12)

Sunday 22nd - CRAWLEY MEET - all swimmers to HAYES (PM)

* EPS, ETS, ESS, EJPS - 6-7.30pm

* EDS as normal 5-6.30pm

* Any swimmer competing at CRAWLEY does not train

Monday 23rd - Friday 27th as normal

* No land training on Monday night

Saturday 28th

DIDDY LEAGUE PREPARATION SESSION - 6.30-8AM HAYES - DETAILS TO BE POSTED SOON

All swimmers from all other squads to HIGHGROVE 5.30-8am

WEEK 13

Sunday 29th

DIDDY FINAL

* Unfortunately due to ALL coaches being unavailable to coach on Sunday I am having to cancel training. If you are not competing at DIDDY or on the England Talent Camp you have the day off.

Monday 30th to Sunday 6th - REDUCTION WEEK LEADING INTO HILLINGDON 100'S

* This week will consist of only 1 hours sessions ready for BLAST OFF on Saturday 5th

Monday 30th AM training at Highgrove 5.20-6.50am - AVAILABLE TO ALL SWIMMERS IN HBEST - EPS, ETS, ESS, EJPS. * EDS do not attend this session

Monday 30th PM - Northwood College - training as normal for everyone

Tuesday 1st Dec AM = cancelled for EJPS, EDS

Tuesday 1st Dec PM = 6-7pm - EDS, EJPS, ETS (B2 swimmers)

7-8pm - EPS, ESS, ETS (B1 swimmers)

Wednesday 2nd Dec PM = 6-7pm - EDS, EJPS, ETS (B2 swimmers)

7-8pm - EPS, ESS, ETS (B1 swimmers)

Thursday 3rd Dec PM - EJPS & EDS as normal at Northwood College

- 6-7pm - ETS, & EJPS selected

- 7-8pm - EPS & ESS

Friday 4th Dec AM - **5.50-6.50am HIGHGROVE** - EPS, ETS, ESS, EJPS, EDS

* No Friday PM training

SATURDAY - Hillingdon 100's

*No training AM!

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WEEK 14

SUNDAY - DAY OF REST FOR EVERYONE

Details for Dec - Jan coming soon

EDUCATION

AS WEEK ARE APPROACHING THE WINTER COLD I HAVE INCLUDED A VERY GOOD ARTICLE ON 'PREVENTING ILLNESS' FOR YOU TO READ – HOPE YOU FIND IT USEFUL

THANKS

DAVID HEMMINGS
HBEST HEAD COACH

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