

Hillingdon Swimming Club

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

BEST WEEK NEWS

No.11 Fri 27th Nov – Sat 6th Dec



QUOTE OF THE WEEK

You cannot dream yourself into a character: you must hammer and forge yourself into one.
Henry D. Thoreau

!!!!GO HILLINGDON!!!!



**GOOD LUCK TO ALL TEAM MEMBERS INVOLVED IN THE
NATIONAL JUNIOR LEAGUE FINAL THIS SUNDAY**

COME ON SWIMMERS – LET'S RACE!!!!!!!!!!!!!!

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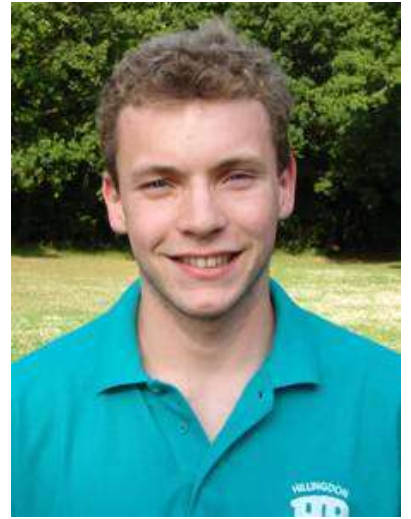
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LUKE LANDS NATIONAL QUALIFYING TIMES AT CRAWLEY

Well done to Luke Spain in gaining his 100m & 200m Breaststroke National Qualifying times so early on in the season at Crawley Long Course this past weekend. Luke was among a host of quality swims that resulted in 2 coaches from other high profile clubs coming to me and commending Hillingdon as the most impressive club at the meet over the whole weekend.

Luke posted 1.08 on the 100m and 2.30 on the 200 which were both comfortably under the NQT's. Adam Prunty claimed the swim of the weekend with a phenomenal 9.06 on



the 800m free. Adam only managed this short course 2 weeks ago but this performance was such a high standard that it was only 5s off the NQT at this point in the season!



Holly Esson continued her impressive racing form over the weekend posting many personal best times alongside Kate Wilson and Sarah Procter who both performed exceptionally well long course so early in the season. Sarah Harrington and Georgia Collins both had good swims especially on the 400 free. Lorraine Bouch powered to an excellent 3.02 on the 200 Breaststroke confirming her rate of improvement whilst Fiona McAndrew and Daisy Fraser both looked great in their number 1 strokes.

Danny Nelson Leon Berchie, Fravash Bilimoria and Jamie Woodman all had great swims and continue to build their friendly rivalry into the Hillingdon 100's. Danny powered through every swim in a personal best time while Leon moved from a 1.10 at Highgrove last weekend to 1.10 LC at Crawley. Fravash who claims David's training is far easier than Gary's continued to drop his best times and looked outstanding on the Breaststroke. I better keep the training easy then Frav, hey? Leighton Jones in Gary's harder programme also swam very well posting personal bests in the 200 Fly and IM.

Callum Mitchell had his best ever long course performances with the pick of his swims being 1.08 on the 100m back nearly 2s faster than what he won the Scottish Nationals in earlier in the year.

Francesca Marr, Sophie Wilson and Karley Mann continued their early season dominance with fastest ever long course performances at this time of the year. Sophie and Karley even out swam their National Championships IM and backstroke times which was great to see. Unfortunately Karley was still edged by former World Champion Katy Sexton on the 100m Back!

Adam Wood performed around his best LC times over the weekend but produced a special 200 IM when he powered a 2.23 which showed his speed is beginning to develop. Warren Berchie put on a display of repeated fast LC performances which is encouraging leading into SC competition next weekend.

Faisal Bhatti just missed his National Qualifying time in the 200m breaststroke by 0.5s which will now encourage him to meet this standard in January.

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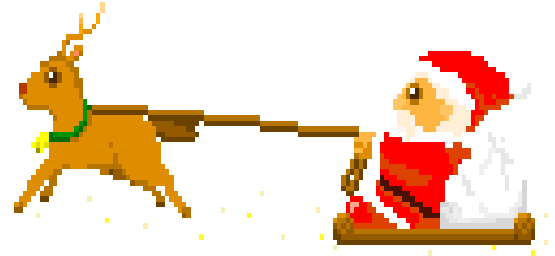
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Hillingdon Xmas Meet

Confirmation of session times

Session 1 - 2.30pm warm up for 3.15 start.
Signing in for swimmers from 2.15, desk closes at 2.45.
If you are unable to swim or are likely to be late, please let us know by text on 07831 734374



Session 2 - 5.45pm warm up for 6.30 start.
Signing in for session 2 from 5.30 to 6.00.

Spectators that have prepaid for admission will need to check in and will be issued with a programme and entry pass. There will be a very limited number of spectator places available to pay on the day

COMPETITION INFO

PLEASE REPLY TO MY BURNS MEET MESSAGE IF YOU INTEND TO SWIM IN JANUARY (ELITE PERFORMANCE AND TRANSITION ONLY)

TRAINING CHANGES

Training = BASIC / RECOVERY WEEK week.

A reminder that there are changes to the training programme for Sat 28th through to Sun 6th, which I included in last week's newsletter – there are no additional changes. These changes to the normal schedule are also shown on the TRAINING page of the website. **Please refer to either the Week 10 newsletter or the Training page to ensure you know the programme.**

Details for Dec - Jan coming soon.

THANKS
DAVID HEMMINGS
HBEST HEAD COACH

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