

Hillingdon Swimming Club

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

BEST WEEK NEWS

No.13 Fri 11th Dec – Sat 19th Dec



QUOTE OF THE WEEK

"You may be disappointed if you fail, but you are doomed if you don't try"

Beverly Sills

HILLINGDON 'FAST' 100s

Well done to all the swimmers who swam so well at Hillingdon 100s this past Saturday. There were some FAST times. Take a look at the comparison between last and this year's times below!...

HBEST 100s - WINNING TIMES 2008 VS 2009

		2008		2009				2008		2009	
Event	Years	Name	Time	Name	Time	Name	Time	Name	Time	Name	Time
100m Fly	10	Leighton Jones	1.30.76	Mitchell Adams	1.31.92	X	X	X	Lauren O'Connor	1.34.88	
100m Fly	11	Leon Berchie	1.14.90	Leighton Jones	1.20.05	Sarah Harrington	1.18.28	Megan Maloney	1.24.36		
100m Fly	12~13	Adam Wood	1.10.09	Leon Berchie	1.09.15	Sarah Procter	1.13.76	Sarah Procter	1.09.87		
100m Fly	14/15	Faisal Bhatti	1.07.23	Adam Prunty	1.05.95	Francesca Marr	1.05.11	Karley Mann	1.03.71		
100m Fly	160	Luke Spain	59.81	Tom Randall	57.86	Holly Elderfield	1.07.23	Sophie Wilson	1.03.64		
100m Back	10	Leighton Jones	1.26.21	George Taplin	1.19.78	Megan Maloney	1.32.65	Lauren O'Connor	1.28.31		
100m Back	11	George Prunty	1.18.74	Noah Foley	1.17.04	Sarah Harrington	1.17.65	Megan Maloney	1.20.36		
100m Back	12~13	Adam Wood	1.07.69	Callum Mitchell	1.06.34	Jaycee Sibley	1.12.74	Kate Wilson	1.10.18		
100m Back	14/15	Faisal Bhatti	1.09.93	Adam Wood	1.04.09	Karley Mann	1.07.06	Karley Mann	1.02.51		
100m Back	160	Tom Randall	1.02.55	Tom Randall	1.00.74	Elizabeth McGowan	1.12.07	Sophie Wilson	1.04.78		

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100m Brst	10	Leighton	Jones	1.44.40	Brandon	Filby	1.36.02	Casey	Fisher	1.45.86	Lauren	O'Connor	1.33.20
100m Brst	11	Massimo	Michini	1.31.58	Bradley	O'Connor	1.31.35	Sarah	Harrington	1.28.37	Megan	Maloney	1.35.17
100m Brst	12~13	Lucas	Navarro	1.19.56	Callum	Mitchell	1.18.55	Fiona	McAndrew	1.22.66	Sarah	Procter	1.19.60
100m Brst	14/15	Faisal	Bhatti	1.12.35	Adam	Wood	1.15.26	Francesca	Marr	1.13.11	Karley	Mann	1.18.07
100m Brst	160	Luke	Spain	1.07.93	Luke	Spain	1.05.91	Holly	Elderfield	1.24.35	Francesca	Marr	1.10.96
100m Free	10	Leighton	Jones	1.15.39	George	Taplin	1.10.63	Megan	Maloney	1.21.95	Lauren	O'Connor	1.15.82
100m Free	11	Leon	Berchie	1.05.15	Bradley	O'Connor	1.10.42	Sarah	Harrington	1.09.15	Megan	Maloney	1.10.09
100m Free	12~13	Adam	Wood	1.02.35	Callum	Mitchell	1.01.71	Sarah	Procter	1.03.37	Sarah	Procter	1.01.68
100m Free	14/15	Peter	Smart	59.79	Adam	Prunty	59.5	Francesca	Marr	59.58	Karley	Mann	59.33
100m Free	160	Luke	Spain	55.14	Tom	Randall	54.36	Holly	Elderfield	1.01.97	Francesca	Marr	58.15

31 FASTER WINNING TIMES – shows how much stronger we have become in 12 months. If you look closely at the results the depth of the performance standard is so high too. For example at the meet there were 12 males under 60 seconds on the 100m Free. I personally cannot remember a time in Hillingdon's history where there was that many males going 59 or below. We went for years with a girl under the minute on the 100m Free; now we have 3 with a host of girls starting to knock on the 60 seconds door. Finally we have a male who has shot into the top 100 in Great Britain a sprint event. Luke Spain is now 65th fastest male on the 100m breaststroke. So there were so many individual and club positives to take from our club champs. A brilliant end to the seasons 1st training cycle which has created huge excitement for the lead up to the Middlesex Championships

WELL DONE EVERYONE! &

THANK YOU TO EVERYONE WHO HELPED RUN THIS COMPETITION

REMINDER....

If you have decided to compete at BURNS (Sheffield) in January (30/31) please email your entries (events, times & details) to Julie Perrin now.

Thanks

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KIT

I hope you have seen the new kit by now – I think it is great and from what I have heard the designs have gone down very well.

Obviously we were due a new kit but it is also a move on professionally for us too. We have the aim of being the top club in London and are well on our way to achieving this recognition. How we present ourselves at competitions is an important part of this goal. For this reason I do not want any changes / additions to the kit.

For example I do not want any names or pictures to be put on the hoodies, t-shirts, shorts or track bottoms. This doesn't mean you can't write your name inside the piece of clothing so please don't bombard me with emails regarding this!!

I said on Monday PM that I would like all HBEST swimmers by Middlesex's to be fully kitted out – it is up to HBEST to lead the way – we are the premier performance side of the club and must set the example for everyone else to follow. I am sure once Cambridge and Middlesex's come around we will look as good as we swim!!!

TRAINING FOCUS

I have been nagging swimmers a lot this week about taking and knowing their training time. This will now be a very big focus for all squads over the next month.

TRAINING CHANGE

From January swimmers on the B2 training program who are going to complete 8 sessions on HARD weeks will be allowed to access Friday AM. This will be on the trust that the Friday AM session is either the 8th session of the week or the 7th with Saturday the 8th. Obviously, I must state that I believe in terms of swimming performance for targeted meets – Saturday AM training is an absolute MUST. Hope this helps swimmers who are looking to move on from the B2 program – with more flexibility to get 8 swimming sessions completed in HARD weeks.

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PROVISIONAL CHRISTMAS TRAINING

Normally I would not do this as what you are about to read is **NOT** confirmed and there may very well be changes to it. In fact if there are no changes I will be amazed. However, so you are aware this is what I am aiming to put on.....

Up to Saturday 19th December training as normal.

Sunday 20th – Training AS NORMAL

Monday 21st – Training 5.20-7am Highgrove AM - ALL SQUADS CAN ATTEND THIS SESSION

Tuesday 22nd – Training 5.20-7am Highgrove 6-8pm Highgrove
AM – IS FOR GARY'S & RICKYS SQUAD PM – EPS, ETS, ESS

Wednesday 23rd – Training 5.20-7am Hayes 6-8pm Yiewsley
AM – EPS, ETS, ESS PM – EPS, ETS, ESS

Thursday 24th – 5.30-8am Highgrove
AM - ALL SQUADS CAN ATTEND THIS SESSION

Friday 25th – No training

Saturday 26th – 10am-12pm Hayes
AM – ALL SQUADS CAN ATTEND THIS SESSION

Sunday 27th – NO TRAINING

Monday 28th – 1-4pm Hayes
PM – ALL SQUADS CAN ATTEND THIS SESSION

Tuesday 29th – 5.20-7am Highgrove 6-8pm Highgrove
AM – GARYS & RICKYS PM – EPS, ETS, ESS

Wednesday 30th – 6-9am Hayes 6-8pm Yiewsley
AM – ALL SQUADS CAN ATTEND THIS SESSION AVAILABLE TO ANY OF EPS, ETS, ESS WHO ATTEND AM

Thursday 31st – 6-8am Highgrove
AM – ALL SQUADS CAN ATTEND THIS SESSION

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Friday 1st – No training

Saturday 2nd AS NORMAL 5.30-8am & 8.30-9.30am HIGHGROVE DAVIDS
6.30-8/8.30am GARYS & RICKYS

Please DO NOT email about this – this is preliminary and has only been included in the newsletter to assist you in your festive arrangements – please do not shoot me down if I have to resort to plan B or C....

THANKS

DAVID HEMMINGS
HBEST HEAD COACH

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