

# Hillingdon Swimming Club

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

## BEST WEEK NEWS

No.14 Fri 18<sup>th</sup> Dec – Sat 26<sup>th</sup> Dec



### QUOTE OF THE WEEK

*There are some people who live in a dream world, and there are some who face reality; then there are those who turn one into the other.*

Douglas Everett

# Merry Xmas

## WISHING EVERYONE A FANTASTIC CHRISTMAS

### MIDDLESEX CHAMPIONSHIPS 2010

The Middlesex Entry Information will shortly be on our website. Please follow my guidelines for entry below:

- I would like ALL HBEST swimmers to enter either the 800m or 1500m at the 1<sup>st</sup> weekend of the counties. The only swimmers exempt from this are swimmers in ESS who do not want to compete in a long distance event, swimmers who are not old enough and swimmers who are nowhere near a QT. I am encouraging swimmers to do BOTH 800m and 1500m as by late February swimmers **WILL** be fit enough to do compete in both and I also believe swimmers swim better on the shorter distance a few weeks later if they do this.
- All HBEST swimmers need to be available for relay team selection on this weekend. The relay team selections will be published within 2 weeks following Cambridge.
- I would like HBEST swimmers to compete in the 50m sprints; however, I am not making entry compulsory. I do believe competing in the 50m give the swimmers excellent targets for the upcoming weekends.
- On the 2<sup>nd</sup> and 3<sup>rd</sup> weekend I would like HBEST swimmers to enter as many events as possible. Obviously, swimmers will need to look at the qualifying times and ensure they are fast enough to enter. Any swimmer unsure should email me their questions and I will do my best to give correct advice.
- Swimmers should try to compete around twice per session. Obviously, if there is a session where there is not an appropriate event then entry is not compulsory. However, this should only apply to elder swimmers as swimmers on ETS, EJPS & EDS should still be developing performance in all strokes and events.
- I will be looking at the entries prior to Julie processing them and if I think anyone should be doing a certain event or events then I will make sure you know. Hopefully I will not have to do too much of this though.
- Swimmers competing at British Championships need to see me now.

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## A PLEA TO SQUAD PARENTS

There have been a few occasions recently where parents have come onto poolside whilst I have been getting ready to debrief or in the middle of debriefing the swimmers following a session. Can parents please not do this. Like mobility prior to a session, a debrief after training / competition is an essential part of any session. From a coaches perspective a parent coming onto poolside to usher their child off is unacceptable. It makes me feel uncomfortable and it makes the child feel uncomfortable as they are being asked to do something different to everyone else. I need the support of parents on this – please do not do it.

There are also occasions when swimmers and parents communicate from pool ~ balcony. This again is such a distraction for the coach and is something we wish would not happen. The swimmer needs to believe in the coach solely when in the pool. Any distractions when the coach is communicating with a swimmer/s are a real negative. On the flip side the parent is the most important source of support for the competitive swimmer but this must be away from the pool.

I would imagine parents may talk about what I have written here and then say that Monday a month or so ago David was wrong to keep the swimmers so long. Perhaps I was. But the content of my debrief was not wrong – I was trying to develop character in the swimmers and set them up with a strong mentality for the rest of the season. That is what is so good about Hillingdon and why we are always getting better- because we drive the winning mentality. Debriefs are a must if swimmers are to learn this character trait.

I am not moaning or 'having a go' but please understand the coaches are only trying to do the best for the swimmers. If I was a parent and the coach did not debrief then I think I would definitely have reason to moan!

Thank you for reading.

## LOST GOGGLES

Sam Mackerness lost his new goggles on Monday night at Northwood – anyone with information please see Ricky or Gary

## COMPETITION

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

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## 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 8<sup>th</sup> session of the week or the 7<sup>th</sup> with Saturday the 8<sup>th</sup>. 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.

## CHRISTMAS TRAINING

### Nearly there!!

Up to & including Saturday 19 <sup>th</sup> December	Training as normal.
Sunday 20 <sup>th</sup> – Highgrove 2.30-5pm	PM - ALL SQUADS (EPS, ETS, ESS, EJPS, EDS)
Monday 21 <sup>st</sup> – Training 5.20-7am Highgrove	AM - ALL SQUADS CAN ATTEND THIS SESSION
Monday 21 <sup>st</sup> – Training 6-8pm Northwood Coll	As normal
Tuesday 22 <sup>nd</sup> – Training 5.20-7am Highgrove	AM – IS FOR GARY'S & RICKYS SQUAD
Tuesday 22 <sup>nd</sup> – Training 6-8pm Highgrove	PM – EPS, ETS, ESS
Wednesday 23 <sup>rd</sup> – Training 5.20-7am Hayes	AM - EPS, ETS, ESS
Thursday 24 <sup>th</sup> – 5.30-8am Highgrove	AM - ALL SQUADS CAN ATTEND THIS SESSION
Friday 25 <sup>th</sup>	No training
Saturday 26 <sup>th</sup>	No training
Sunday 27 <sup>th</sup> – 2.30-5.30pm Highgrove	PM - ALL SQUADS
Monday 28 <sup>th</sup> – 1-4pm Hayes	PM – ALL SQUADS CAN ATTEND THIS SESSION – yet to be confirmed

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Tuesday 29<sup>th</sup> – 5.20-7am Highgrove

AM – GARYS & RICKYS

Tuesday 29<sup>th</sup> - 6-8pm Highgrove

PM – EPS, ETS, ESS

Wednesday 30<sup>th</sup> – 6-9am Hayes

AM – ALL SQUADS CAN ATTEND THIS SESSION

Thursday 31<sup>st</sup> – 6-8am Highgrove

AM – ALL SQUADS CAN ATTEND THIS SESSION

Friday 1<sup>st</sup>

No training

Saturday 2<sup>nd</sup> AS NORMAL

AM - 5.30-8am & 8.30-9.30am HIGHGROVE DAVIDS

AM - 6.30-8/8.30am GARYS & RICKYS

**THANKS**

**DAVID HEMMINGS**  
**HBEST HEAD COACH**

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