

# Hillingdon Swimming Club

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

## BEST WEEK NEWS

No.16 Fri 22<sup>nd</sup> Jan – Sat 30<sup>th</sup> Jan



## QUOTE OF THE WEEK

*"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure ... than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a grey twilight that knows not victory nor defeat."*

Theodore Roosevelt

**WELL DONE TO EVERYONE WHO SWAM SO WELL AT  
CAMBRIDGE & GENEVA COMPETITIONS  
THERE WERE SOME FANTASTIC SWIMS!!**

## TRAINING TIMES

Now Cambridge is complete and swimmers have their definite 200m competition times on their strokes please ensure you start bringing your printed sheets to training so I can start getting them laminated.

## TRAINING

There will be some changes next weekend due to the BURNS meet. An email will be sent out to all squads regarding training early week.

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



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## SUNDAY – NEW TRAINING TIMES / LOCATIONS FOR SOME SWIMMERS

I sent an email about 2 weeks back and have just realised it never actually sent!!! I pressed 'send' but I think it must have failed without me realising. I did think it was a little weird no one had emailed me with any questions!!

I wanted to adjust where swimmers trained on a Sunday to make the sessions more effective with the current programme I am running i.e. different strokes etc. I placed swimmers in sessions as below.....

WILLIAM BYRD 5-6.30PM	
M	Condor
S	Harrington
C	Jackson
J	McGowan
D	Nelson
C	Norman
H	Page
J	Woodman
L	Condor
H	Elderfield
O	Green
E	Harrington
E	McGowan
K	Neal
B	Perrett
N	Smith
L	Taplin
W	Berchie

HAYES 6-7.30PM	
L	Berchie
F	Bilimoria
L	Bouch
G	Collins
H	Esson
F	McAndrew
L	Navarro
L	South

The sessions will be more specific for the swimmers this way and would like to run the Sunday session as this from **SUNDAY 7<sup>TH</sup> FEBRUARY.**

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## BURNS SWIMWEAR

Swimmers and coaches, please note change to swimwear law (BL 8.2/8.3) that will be applied rigidly at The Burns Meet 2010

### **BL 8 SWIMWEAR**

**BL 8.1** All FINA approved swimwear to be used at the Olympic Games and FINA World Championships must be approved by FINA at least twelve (12) months prior to the start of the respective competition. In addition, it must be available for all competitors by 1st January of the year of the Olympic Games or FINA World Championships.

**BL 8.2** In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

**BL 8.3** From January 1st 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

Any swimmer at the start wearing two costumes will be disqualified – they will be reminded in marshalling

**THANKS**

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