

Hillingdon Swimming Club

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

BEST WEEK NEWS

No.17 Fri 5th Feb – Sat 13th Feb



QUOTE OF THE WEEK

“Jump and a net will appear”

Gary Mohamed



HBEST PRESENTATION AWARDS GO OSCAR WILD!

The HBEST awards will go Oscars style on the Hillingdon Swimming Club Presentation evening on Saturday the 27th February. Each award will have a number of nominations from which a winner will be named! The 2008 / 2009 season awards will be:

Swimmer of the Year – Senior
Swimmer of the Year – Junior
Hardest trainer
Most improved
Best Example
Best Competition Performance
Gary's Best Skills
David's Best Skills
Swimmer's Swimmer of the Year

HBEST AWARDS – SWIMMERS SWIMMER OF THE YEAR NOW OPEN FOR YOU TO SEND ME YOUR NOMINATIONS

You can now nominate who you think is HBEST's swimmer of the year. The process is YOU send me an email with just the name of who you believe is the swimmer of the year. I will collate the votes and then 1 week prior to the Hillingdon Presentation evening I will send out the nominations (swimmers who received the most votes). Swimmers will then be asked to vote AGAIN for those swimmers who have been nominated.

Things to remember:

1. The vote is for the 2008 / 2009 season (up to Nationals / Plymouth – do not base your vote on what has happened this season (from September))
2. Do not pick yourself or that vote will be discarded
3. Do not pick your best friend – be honest and pick who you really think deserves the award.
4. Base your vote on training effort, competition performances, mental attitude, support for other swimmers and being the 'whole package'

Personal choice voting window – Friday 5th February – Thursday 18th February

Nominations voting window – Friday 19th February – Friday 26th February

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BRILLIANT BURNS

What appeared a tough meet for many swimmers at the BURNS meet in Sheffield last weekend turned out to be phenomenal meet for HBEST swimmers.

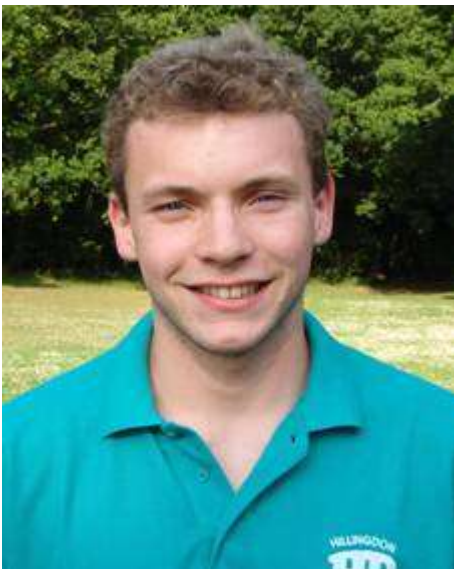
Luke Spain finally came of age and delivered what he has been promising to do for a long time with 50m and 100m Breaststroke times that flew him into the premier ranks in Great Britain. In the 18 years GB ranks, Luke's 50m time 30.67 now ranks 6th fastest and his 100m time 1.06.88 ranks 9th. His 100m time qualified for the British Championships where the top 17/18 year olds will compete to make the European Junior Championships in Helsinki.

Sophie Wilson overcame illness to swim a lightning fast 2.21.03 on the 200 IM that pushed her to 4th fastest in the GB 16 years ranks and met the qualifying standard for the British Championships. Even more impressively, this time was the 30th fastest senior GB time in the last 12 months.

Adam Wood had a tremendous meet gaining his National Qualifying Time in the 200m backstroke (2.17.7s). He also posted best ever times in the 200m IM and 400m IM where his 4.56.85 in the later was only 1 seconds off the NQT.

Sarah Procter was on top form narrowly missing British Championships qualifying times in the 100m free, 200m free and 200m IM. All her times were personal bests and only 1 second off 14 years National Qualifying Times.

Danny Nelson and Callum Mitchell continued the trend of fast swimming gaining best times in all their entered events. Danny swam 1.10.7 on the 100m backstroke which moved him to 19th quickest 13 year old in Great Britain.



Left:

Luke Spain qualified for the British Championships in the 100m Breaststroke and posted the 6th fastest 50m breaststroke time in Great Britain (18years).

TRAINING TIMES

Any swimmer who is still to give me their training times – can you please get this done!

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TRAINING

SUNDAY – NEW TRAINING TIMES / LOCATIONS FOR SOME SWIMMERS

Effective from SUNDAY 7TH FEBRUARY. Any problems with this please email me....

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

MIDDLESEX RELAY SWIM OFFS

Monday PM – these swim offs will take place.....

50m FREE – 160
Warren Berchie
Alex Carr
Matthew Tuff

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50m FREE - 14/15yrs

James McGowan
Lucas Navarro
Luke Conder

50m FREE – 14/15yrs

Charlotte Jackson
Hannah Page
Fiona McAndrew
Bethany Perrett

50m BACK – 14 / 15yrs

Hannah Page
Lucy Taplin

50m BRST – 12/13yrs

Adelle Hall
Lorraine Bouch
Georgia Collins
Charlotte Norman

50m FLY – 12 / 13yrs

Daisy Fraser
Adelle Hall
Sarah Harrington
Georgia Collins

50m FREE – 12 / 13yrs

Fravash Bilimoria
Louis South
Zaid Alasifi
George Prunty
Daniel Pearson
Matt Conder
Jamie Woodman
Harry Jackson

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50m BRST – 10 / 11yrs

Jamie Pearson

Davin McAndrew

50m FLY – 10 / 11yrs

Mitchell Adams

Daniel Brennand

Jordan Sexton

50m FREE – 10 / 11yrs

Matthew Quinn

Daniel Brennand

Jordan Sexton

Mitchell Adams

Sam Mackerness

Jamie Pearson

Davin McAndrew

50m FREE – 10 / 11yrs

Elise Kelly

Chloe Lachasseigne

Casey Fisher

THANKS

DAVID HEMMINGS
HBEST HEAD COACH

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