

Hillingdon Swimming Club

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

BEST WEEK NEWS

No.1 Sun 12th – Sat 19th Sept

swim21
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QUOTE OF THE WEEK

*A pessimist sees the difficulty in every opportunity;
an optimist sees the opportunity in every difficulty*

Sir Winston Churchill

DIDDY SUCCESS



Congratulations to ALL the swimmers who performed so outstandingly last weekend! The final results of the Diddy Final Competitions were as follows:

A FINAL - Final Result:

Hillingdon A - 227
Ealing - 187
Amersham - 178
Teddington - 176
Wycombe - 139
Windsor A - 117

B FINAL – Final Result:

Chalfont St Otters - 196
Maidenhead - 184
Milton Keynes - 183
Hillingdon B - 183
St Ives - 151
Acton - 119

I was certainly impressed by the energy, team spirit and focus the A Team showed. Lesley also told me how well the B Team performed to get so close to 1st place.

Let's get ready for the Regional Final!!!



www.hillingdonsc.co.uk



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CONGRATULATIONS TO KARLEY MANN & FRANCESCA MARR WHO BOTH HAVE BEEN SELECTED TO REPRESENT MIDDLESEX AT THE UPCOMING NATIONAL INTER-COUNTY COMPETITION
(Girls I have emailed you the forms to send back!!!)



TRAINING CHANGES

NONE THIS WEEK (SUN 20TH – SAT 26TH)

This Monday will be the first TEST SET held within your 1 hour session.
All swimmers 1 hour swim 1 hour flex in your normal times.

HOWEVER, NEXT WEEK – SUNDAY 27TH TRAINING 4-6.30PM FOR
EPS, ESS, ETS & EJPS AT HAYES POOL
(THIS IS DUE TO SEA-BYRD CLUB CHAMPS AT FELTHAM)

MONDAY PM - FLEXIBILITY

The flex session was absolutely great this Monday. Remember to bring you exercise mat this coming Monday.

Competition

The London Region Winter Champs form is on the new website www.hillingdonsc.co.uk - the form needs to be printed, filled in and given to Julie / Ginette no later than Monday 21st September. Do not 'doctor' any times as they are being checked and ensure any LC times are converted to SC.

Crawley LC entry will be on the website this weekend – the closing date for return to Julie is the:
9th OCTOBER

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TECHNIQUE FOCUS SHEET

Sorry this has not gone out yet – I have just got over-busy this week and most things got put on hold!
This will be out very soon!

MESSAGE FROM SUE DYER REGARDING MEDICATION

Dear Parents/Swimmers,

It is very important for swimmers health & safety that I keep each coach advised of any changes in medication taken and/or general medical updates.

Would you therefore please update me with any changes from those originally disclosed on your membership application form. If you are unsure of what has already been declared, please advise me of the current situation.

Please contact me direct in confidence.

kind regards,

Sue Dyer
Membership/Registrations Secretary
Hillingdon Swimming Club
e-mail: sue@dyer106.freemove.co.uk
Tel: 01895 630600

Young Aquatics Organiser

The closing date has passed and there has been a strong uptake of 14 swimmers for this project. If you are still interested and time has just passed you by please email Julie Stokes immediately.

stokesja@hotmail.co.uk

Youth Council

We are looking for more HBEST members to be on the Youth Council to help with the running of our club. The criteria is Yr 7 upwards. We ideally are looking for 2 reps per squad - 1 male / 1 female ideal.

If you are interested email me asap.

THANKS

David Hemmings
HBEST Head Coach

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