

Hillingdon Swimming Club

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

BEST WEEK NEWS

No.3 Sat 3rd – Sat 10th Sept



QUOTE OF THE WEEK

'The greatest efforts in sports came when the mind is as still as a glass lake'
Timothy Gallwey

TRAINING CHANGES

Because of the Diddy League Semi-Final **TRAINING ON SUNDAY WILL BE AS FOLLOWS:**

HAYES 4-6pm

ELITE PERFORMANCE SQUAD, ELITE TRANSITION B1

HAYES 6-7.30pm

ELITE SENIOR SQUAD, ELITE TRANSITION B2, ANY OF GARY'S ELITE JUNIOR PERFORMANCE SQUAD

Because of the Diddy League Semi-Final **ELITE DEVELOPMENT SQUAD WILL COMMENCE ON MONDAY 5TH NOT SUNDAY AS STATED IN THE LETTER – SORRY FOR THIS MISTAKE**

GOOD LUCK KARLEY & SOPHIE



LONDON
swimming

GOOD LUCK TO KARLEY MANN & SOPHIE WILSON WHO WILL REPRESENT LONDON REGION THIS SATURDAY AGAINST SOUTH EAST REGION AT THE FIRST EVER....

DUEL IN THE POOL

www.hillingdonsc.co.uk



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MONDAY PM - FLEXIBILITY

Lucy told me last week she was seeing some good improvements in flexibility which is good to hear. She also said the boys were beginning to concentrate more which I am really pleased with. It is important swimmers keep focus and strive to become more supple – it really will pay dividends.

I have asked Lucy to, over the next month, pick 2 swimmers she feels are trying hard to improve their flexibility – I HOPE IT IS YOUUUUUU!!!!!!

Competition

Crawley LC– the closing date for return to Julie is the:
9th OCTOBER

CAMBRIDGE – CHEAP HOTEL PRICE:

GO TO THIS SITE:

http://www.travelodge.co.uk/saver_rooms/index.php

TECHNIQUE FOCUS SHEET

I have received sheets back from:

Adam Wood, Danny Nelson, Bethany Perrett, Jaycee Sibley, Lucy Taplin, Sarah Procter, Noah Foley and Lucas Navarro – well done to these swimmers!

Please can you complete this sheet – I will send it out 1 more time.

My email: davehbsc@aol.com

NATIONAL QUALIFYING TIMES

ARE NOW OUT:

FOLLOW THIS LINK:

<http://www.britishswimming.org/>

It can be found on the right side of the page – I can't seem to save it so you will need to go there yourself – I think the times are tough but achievable for many swimmers this year!



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EDUCATION

I WOULD LIKE TO THANK MARTIN WOOD FOR THIS MONTH'S EDUCATION ARTICLE.

MARTIN KINDLY AGREED TO PREPARE AN ARTICLE ON DRUGS AND SWIMMING – IT IS A SUPERB AWARENESS DOCUMENT THAT ALL PARENTS AND SWIMMERS SHOULD READ AND ACKNOWLEDGE THE ADVICE.

THIS DOCUMENT CAN BE FOUND ON THE SAME PAGE YOU CLICKED TO ACCESS THIS NEWSLETTER.

THANKS AGAIN MARTIN.

THANKS

David Hemmings
HBEST Head Coach

!GOOD LUCK TO HILLINGDON SWIMMING CLUB'S DIDDY TEAM THIS WEEKEND!



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