

Hillingdon Swimming Club

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

BEST WEEK NEWS

No.6 Fri 23rd – Sat 31st October

swim21
Accredited

QUOTE OF THE WEEK

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

Maria Robertson

INTERCOUNTY SUCCESS

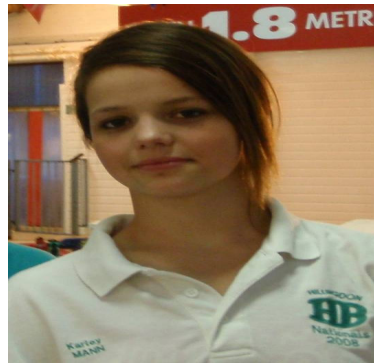
MIDDLESEX 3RD & HILLINGDON HAVE 3 AWESOME SWIMS!

Middlesex repeated last year’s heroics by claiming 3rd once again at the Inter-County Championships. Hillingdon had three outstanding individual swims by Francesca Marr, Karley Mann & Callum Mitchell – see below for details.



Francesca Marr

100m Brst – 1.10.05 – PB
Finished 2nd
GB rank 11th/ENG rank 7th
50m relay split 32.5s



Karley Mann

100m Back – 1.01.81 – PB
Finished 1st
GB rank 12thENG rank 11th
50m relay split 29.9s



Callum Mitchell

100m Back – 1.07.35 – PB
Finished 12th
50m relay split 31.5s

SATURDAY AM TRAINING – PLEASE READ CAREFULLY

I am going to put on training at HIGHGROVE this Saturday AM – 5.30-8am (NO LAND). This is on for the swimmers that have already qualified for the British Champs in March. HOWEVER – swimmers not attending RUSHMOOR can attend if you email me TODAY. Please do not just turn up because I need to plan. THIS IS NOT OPEN TO ELITE DEVELOPMENT SQUAD. Email me if you have a question about this. Thanks.

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Rushmoor Royals – Gala Focus

We will be focusing on push offs and stroke counts at Rushmore Royals.

I will be asking parents to monitor swimmers performance. I will ask 2 parents to look after 1 lane each. I am going to ask 1 parent to monitor if swimmers push off to their target distance. I am going to ask the other parent to count the number of stroke performed each length – this is only to be done for 200s & 400 IM. I will be printing off monitoring sheets today. Hope we have 16 willing parents????..... The information will be really useful for both swimmer and coach.

The Session Times are:

Saturday 24th	Session 1	Warm Up: 2.00 p.m.	Start 2.40 p.m.
	Session 2	Warm Up: 5.45 p.m.	Start: 6.25 p.m.
Sunday 25th	Session 3	Warm Up: 1.30 p.m.	Start: 2.10 p.m.
	Session 4	Warm Up: 5.30 p.m.	Start: 6.10 p.m.

All swimmers and parents should park at the Tennis Centre or Hockey Centre car parks which are on the approach road to the Garrison.

Aldershot Garrison Sports Centre

Rawlinson Road
Aldershot
Hampshire
GU11 2LQ
United Kingdom

REMEMBER: The clocks go back on Sunday morning!!!!!!!!!!!!!!!!!!!!!!

REMINDER:

HILLINGDON SWIMMING CLUB JUNIOR DEVELOPMENT SESSION

Monday 2nd November 6-8pm at Northwood College.

Invitations will be made to selected swimmers soon.

The session will focus on **STREAMLINE, STARTS & FRONTCRAWL**

Elite Junior Performance & Transition – 6-7pm HIGHGROVE – TUESDAY 3rd

Elite Performance & Senior – 7-8pm HIGHGROVE – TUESDAY 3rd

Elite Development Squad will be invited to the Junior Development Session on Monday

This will fall on a BASIC TRAINING week – training on Monday PM for HBEST will be CANCELLED



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COMPETITION INFO

All London Swimming (Winter Champs) entries have been accepted

All Romford entries are accepted

Cambridge entries to be back to JULIE by Monday 9th November please.

Take entry forms to either the Romford meet and hand to Julie there or give to Ginette Jackson at the Winter Champs.

Thank you – Julie

DIDDY LEAGUE FINAL

The Team:

Leon Berchie, Louis South, Massimo Michini, Danny Nelson (12 years)

Daisy Fraser, Sarah Harrington, Adelle Hall, Emma Hick (12 years)

Noah Foley, Leighton Jones, Matthew Quinn, Bradley O'Connor (11 years)

Megan Moloney, Casey Fisher, Chloe Lachasseigne (11 years)

George Taplin, Daniel Brennand, Mitchell Adams, Jamie Pearson (10 years)

Tess Fawkes, Lauren O'Connor, Elise Kelly, Demi Winton, Amy Grimshaw (10 years)

Daniel Lachasseigne, Jamie Fryer, Jay Raghavan, Thomas Wigmore, Joe Loran, Conor Fallon (9 years)

Rhiane Berchie, Grace Flatman, Olivia Brennand, Tegan Drew, Rebecca Bouch (9 years)

National Final to be held at Southbury Leisure Centre, Enfield on 29th November.

A massive congratulations for getting to the final for the 2nd year running as Hillingdon Swimming Club.

We are in joint fourth place on points achieved from the Semi-Final.

Competing teams are:

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Northern Area

Southport SC (234)
Stockport Metro SC (207)
Borough of Kirklees (188)
City of Newcastle (153)

Southern Area

Leicester Penguins SC (206)
Hillingdon SC (188)
Thurrock SC (180)
UEA Norwich SC (180)

There will be a coach leaving Highgrove at 10.30am on Sunday 29th for swimmers (please meet by 10.15am), and any spare seats will be allocated to the youngest age swimmers' parents first and then on a first come, first served basis, once I know how many seats we have left. The cost for each seat will be £5 unless you are helping and don't have a child swimming and then it's FOC! Please can **ALL** swimmers travel on the coach as part of the team. As there is only **one** spectator ticket available per family, maybe parents could car share to the pool to save on petrol? There is plenty of free parking at the leisure centre.

Doors open at 12pm, warm-up is 12.30 and there will be a parade for the teams at 1.15pm. The gala will start at 1.45pm. We hope to be back at Highgrove at approximately 5-5.30pm.

Michelle Foley and Debbie Nelson are coordinating the spectator fashion wear! Please liaise with them if you're interested in buying a hat, etc (as per their email).

It just remains to wish all swimmers the best of luck.

Any queries, please shout.

Julie
Team Manager

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STRENGTH & CONDITIONING

I met Jo Calvino and her Strength & Conditioning specialist Keith at Crystal Palace last week and it was an excellent experience. I am re-visiting with some swimmers on Monday and will deliver the knowledge to the coaches in a workshop at sometime. I hope to incorporate some of the techniques into our own land training programme and develop a programme that swimmers can do at home.

SCHOOLS DATABASE

Thanks for all your emails with the school information.

THIS IS THE MENU OF VIDEO FEEDBACK I HAVE ON MY COMPUTER AT THE MOMENT READY FOR TRANSFER ONTO YOUR USB STICKS:

Francesca Grab Start
Wed AM 15th Oct Track Start Videos
Danny Nelson low hips breaststroke
Charlotte Jackson short + cross centre line free
Massimo free wriggle
Georgia Collins new free technique & donkey brst???? Did you get this?????
Adam Prunty swinging free
Daniel Pearson better free
Luke Condor unstreamlined brst

THE COMPUTER WILL BE AVAILABLE AT ALL UPCOMING TRAINING SESSIONS – PLEASE BRING YOUR STICKS

THIS WEEKS TRAINING CHANGES

Training = HARD week.

- 1. Saturday as previously stated above**
- 2. NO TRAINING SUNDAY FOR ANY HBEST SQUAD**
- 3. MONDAY AM CANCELLED – despite it being a hard week I think the late finish on Sunday will not compliment an early start Monday – I don't want a squad full of zombies for the first half of the week.**

THANKS

David Hemmings
HBEST Head Coach

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