

HBEST Notices 15th July 2010

Karley at European Juniors

Congratulations to Karley on her outstanding achievement at the European Junior Competition. Congratulations and well done to David on achieving this success with a home grown Hillingdon Swimmer, this is a such a great testament to the success of the Elite Programme.

We will be acknowledging Karley's success along with our 2010 National Qualifiers at 6pm on Monday evening. Please could swimmers in all squads arrive for training in full Hillingdon kit on Monday evening.

Debbie

HBEST Head of House

Training This Week

I have sent out the training plans for the lead up to Nationals for the National swimmers. All Plymouth swimmers need to swim 1 session per day next week but not on Friday. Any questions please come to see me.

Summer Training

A separate email will be sent out tomorrow with the dates of training sessions over the summer. We will be running a skeleton programme throughout August so swimmers can keep ticking over.

Message from Martin South

As you may know, we are currently working on a suitable design for a HSC swimming hat which will be worn by both houses of the club. This process is taking longer than expected, we have restocked with both HB and RNSS hats for use in the interim period. These are available at the club shop priced £6 each or by ordering through Michelle Foley.

Anne Heath

For those unaware Anne Heath will be leaving RNSS this Friday for any of you that would like to send her your best wishes.

Competitions

Plymouth : Please refer to the Draft Programme now on the Competitions page.

Swimmers Competing at Nationals – Please do this....

THE NEED FOR MEDICAL DECLARATION FORMS

Medical declaration forms must be completed in order to compete in a range of situations. Read on to find out more.

Anyone representing Great Britain or their home country internationally, or competing in a British Swimming ASA, SASA or WASA national event - in all disciplines but excluding Masters – MUST complete a medication declaration form. The form is available from the “Useful Info” page on this website. It must be completed annually or whenever you, or your doctor, change your medication.

Medication in competing - whether prescribed by a doctor or purchased from a pharmacy or other retail outlet - includes supplements such as vitamins, Creatine and Echinacea, along with anything that you may apply to your skin or agents such as eye drops, ear drops, nasal sprays and inhalers. It is vitally important you declare everything.

For general guidance on completing the form and other medical advice concerning competitions and swimming in general

<http://www.swimming.org/britishswimming/swimming/medical-declaration-forms/>

Thanks

David Hemmings