

NOTICES – FRIAY 21ST MAY 2010

Training from tomorrow is as follows:

Saturday AM – 7.15-9.15 then 9.30-10.30 LAND (Any swimmer at BRACKNELL Sunday misses LAND)

Sunday PM – 1-4pm THIS IS FOR ALL SWIMMERS (Any of EJPS not swimming at BRACKNELL 1-3pm)

Mon AM – 5.20-6.50am

Mon PM – AS NORMAL (EJPS Flex 6-6.50pm / ETS Flex 7.10-8pm) (ESS&EPS 6-8pm swim)

Tues PM – AS NORMAL

Wed AM – AS NORMAL

Thurs PM – AS NORMAL

Fri AM – AS NORMAL (Sheffield Swimmers do not swim)

FRI PM – AS NORMAL

Sat AM – AS NORMAL

Sun PM - 1-3pm THIS IS FOR ALL SWIMMERS NOT SWIMMING AT SHEFFIELD

Monday – BANK HOLIDAY – 8-10am – ALL SWIMMERS – no PM

Well Done Swimmers!!!

We currently now have 12 National INDIVIDUAL qualifiers!!!!!!!

Individuals

1. Sophie Wilson multiple events
2. Francesca Marr multiple events
3. Karley Mann multiple events
4. Tom Randall 100 / 200 Fly
5. Luke Spain 100 / 200 Brst / 200 Fly
6. Adam Wood 400 IM / 200 Back
7. Noah Foley 200 Back / 100 Back
8. Sarah Procter 100 Fly / 200 Free
9. Fiona McAndrew 200 Brst
10. Adam Prunty 200 Fly
11. George Prunty 200 Back
12. Sarah Harrington 1500m Free

Teams

Youth Girls 400 Medley / 400 Free / 800 Free

Message from Wayne Hirst (New HSC Chairman)

Middlesex Winners

Presentation is Monday 24th May.

BOYS 9 YEARS	1 st	Daniel Lachasseign	Hillingdon SC
BOYS 10 YEARS	1 st	George Taplin	Hillingdon SC
BOYS 11 YEARS	3 rd	Bradley OConnor	Hillingdon SC
BOYS 12 YEARS	1 st	Danny Nelson	Hillingdon SC
BOYS 14 YEARS	2 nd	Adam Prunty	Hillingdon SC
GIRLS 9 YEARS	1 st	Tegan Drew	Hillingdon SC
GIRLS 10 YEARS	3 rd	Lauren OConnor	Hillingdon SC
GIRLS 13 YEARS	1 st	Sarah Procter	Hillingdon SC
GIRLS 13 YEARS	3 rd	Kate Wilson	Hillingdon SC
WILKINSON SWORD Junior Girls (3 way tie)		Tegan Drew	Hillingdon SC
BULLER CUP		Youth Girls	Hillingdon SC

LOST & FOUND

1. Black jacket
2. Grey stretch mat (no.1)
3. Grey stretch mat (no.2)..... I still have them all.....

HBEST Training Camp 2011

The survey will be closing on Monday 23rd May, thank you to those who have responded so far.

Just to confirm the survey has only gone to my squads and those of Gary's who attended.

PERSONAL BELONGINGS

Please make sure that at all sessions you do not leave items unattended in the changing areas, HBEST swimmers can take their bags poolside at HS&L Complex.

Thanks

David Hemmings

HBEST Head Coach