

BECKENHAM SWIMMING CLUB - NEWS!



Been missing "**SPLASH**"? This newsletter is designed for swimmers and parents of BSC and hopefully will fill the gap left by Splash, and gave us useful information and items to read. You can be a contributor - send in your news about swimming, other sports or just a topic which you feel would be of interest to BSC. Contact Hilary on john@hamo6055.plus.com or 020 8857 4977. I am looking forward to hearing from you!

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LONDON REGION YOUTH RESULTS - May, 2008

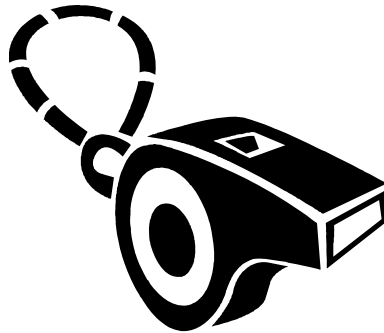
Crystal Palace still being closed to swimming, our intrepid swimmers and coaches made their way north of the river to Gurnell Pool, home of Ealing SC, which hosted the Youth Championships and will also host the BAGCATS this year.

Having shown their passports on crossing the Thames, our squad competed extremely well and gained a good number of podium placings. Full results can be obtained from www.surreyswimming.org/asalondon/Youth2008 or via the London web-site, londonswimming.org.

Congratulations to all who took part in the Youth Regional Championships, and GOOD LUCK to all those going to the London Region BAGCATS.

WHAT'S IN A NAME?

Can you come up with a suitable and printable name for this newsletter? Send in your idea(s) to Hilary (see above for contact details) and the winning name will be chosen by the Committee; the winner will receive a prize...sorry, not a LZR suit! Ideas in by *June 30th, 2008*.



ELEMENTARY GALA at TRINITY POOL - 18/5/08

A nervous and excited group of BSC swimmers arrived on a sunny Sunday afternoon, for the latest Elementary gala featuring swimmers from a number of squads. For many swimmers it was either their first gala or certainly one of their first. The anticipation was almost palpable and it was a relief when the first race started! Good support from the audience of parents/carers and many grandparents accompanied some very good swims and many first PBs. It was good to see the younger swimmers getting medals and rosettes - an occasion to remember. A number of people, many of whom are parents of the swimmers taking part, were taking their practical Club Time-Keeper examination, or their Judge 1 practical, under the watchful eye of Jackie Bedford the principal referee. So, the gala enabled not only the swimmers an opportunity to compete, but trainee officials to take the next step in their qualification. Interested in being an official? Look out for future training dates, and get involved!

Congratulations to all swimmers who took part, and to our trainee officials!

ANNUAL GENERAL MEETING - 11th June, 2008

This is an important date in the Club's diary, and it is hoped that a very good number of BSC members will attend. Details have been circulated by the Richard Collins, Club President, and are also available from Mark Brown - markbrown@slp.co.uk. Venue - Ground Floor Room, Beckenham Public Hall the business part starts at 8.15pm; at 7.30pm, there will be the presentation of the Jack Petchey Foundation Medal. The AGM is your chance to find out more about how a swim club works, and also how you can get involved!

Sometimes our swimmers enter unusual competitions, swim the Channel, enter other open water events, swim for charity, or as in this case, swim with other clubs whilst on holiday. *Olivia Handley* was lucky enough to swim with the leading swim club in Florida during her recent holiday, and made sure that she wore her Beckenham hat too! Contact Hilary if you have any similar information or articles to share.

TRAINING WITH "SHARKS"! By Olivia Handley

During my holiday in Sarasota, Florida, I was kindly allowed to train with a squad from the local and very well regarded swimming club - The Sarasota Sharks - web-site address www.sysharks.org. They have been state champs for a number of years and have some 9 swimmers going to the US Olympic trials. I did three sessions, and was able to swim both short and long course in their well-equipped outdoor pool. The club also has synchro teams, and whilst I was training in one pool, music and instructions to synchro swimmers in the next pool added a lot to the swimming. In fact, I could hear the music through the water! The coach and swimmers were very welcoming, and the sessions very useful and interesting. The USA works on imperial measures so 50 yards rather than metres, and it took a little while for me to get the length and stroke count right, but I ended up leading a lane and working hard. You can see my Beckenham hat in the photo below. Many thanks to the "Sharks" for the opportunity.

(Wouldn't it be interesting if some of our BSC swimmers found themselves competing against "Sharks" swimmers in 2012? - Ed).



Spot the hat?

Future issues will include - hints and tips for opens and team galas, Coach's Column, Committee Update, articles from the Masters, Water Polo, and much more..... from you! So, do get in touch with your ideas and articles, and don't forget to enter the "*What's in a Name?*" competition.

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