

OUR CLUB! ISSUE 5 MARCH 2009



Welcome to the latest issue of "OUR CLUB" - the newsletter by and for Beckenham SC. A good amount to read and thanks once again to the contributors. Don't forget, you can be involved - send me bits and pieces about swimming, other sports or ideas. Contact me via john@hamo6055.plus.com or 020 8857 4977. I am looking forward to hearing from you.

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Kent's; Ice-Breaker meet; White Horse League; ISA gala; Orpington Novices Challenge; update on T-Bag/Polo Shirt challenge and Ten things you did not know about....Richard Collins and Susie Goad!

GOOD LUCK to all swimming in the Kent County Championships - especially if it is your first time!

INDEPENDENT SCHOOLS GALA - November, 2008

Three Beckenham swimmers represented London South in the finals of the Independent Schools Association gala in Coventry in November. Competition was stiff, but they did well. ***Rosamond Sutton*** (Bronze squad) took Bronze in the Year 4 Girls 4 x 50M Freestyle Relay. ***Freddie Pearson*** (Silver squad) won Gold in the Year 5 Boys 50M Backstroke, and Silver in the Year 5 Boys 4 x 50M Freestyle Relay. ***Archie Patterson*** (Gold squad) took Silver in the Year 6 Breaststroke, came fourth in the Open 50M Butterfly and won a Bronze in the Year 6 4 x 50M Medley Relay.

Fiona Pearson



THE ICE-BREAKER MEET - January 9th-11th, 2009



This well attended gala has been the "kick start" to the swimming year and good preparation for the Kent County Championships for a few years. So, it was good to see so many BSC swimmers taking part and getting 2009 off to a good start!

Kunmi Ogunfeibo writes -

When my Mum said I was doing the Icebreaker this year I immediately said I wasn't going if I was going to be the only Beckenham swimmer there. I had gone to the Icebreaker when I was 9, and I didn't really like it because I didn't know anyone there apart from Adam Strawford, who was with his friends. My Mum said the whole club was going, and I felt better. We all went training first at Bromley High, and then off we set. The one thing that I could remember from the last time we'd stayed at Canterbury was the Fajitas served in our hotel's restaurant. We were staying at the same place again. Yummy!

It was very foggy and my Mum's TomTom kept saying we were somewhere which was not on the road. That was freaky. Anyway, we got to the hotel, I had my Fajitas, and then it was straight to bed. On the morning of the gala, I woke up feeling nervous - as I always do before a gala. Would I do well? I really wanted my 100 Back national time. Would I get it? My Mum didn't help either, with her constant 'have you got your warm-up trunks on?' 'have you got your drinks?' 'have you got your sweets?' "have you got your warm-up trunks on?" - again! YESSSSS! Anyway, we soon got to the pool and I joined the rest of the team and started to relax. My first race was 100 Back. I knocked 3 seconds off my previous PB, and thought, 'yes!' that's what we're talking about!. I really thought I'd knock another 3 or 4 s off in the finals, which I qualified for in joint fastest time. In the finals though, I added another second onto my heat's time, and I was very sad. I was so upset, I mucked up my next final race too, and added on about a quarter of a second onto my pb which I got in the heats of the 100 free. By this time, I was crying. My Mum kept telling me how well I'd done, and so did Cilla, but I didn't feel I had.

We went back to our hotel at the end of the day and my Mum showed me where my swims put me on the rankings, and I began to realise that although I hadn't got my national time, I had done some good swims.

I was more relaxed on the Sunday, and although I was disappointed with my 200 Back - I had wanted to go faster, I think I enjoyed the Sunday more. I had a very good gala, even though it didn't feel like that all the time I was there.

Although I only went faster than my heat time in one of my finals, I liked being in the finals, and hope that we go back to Canterbury next year. If we do, I will have to fight hard to make the finals because I will be competing against boys who are a year older than me, but I think finals are really good. They make you swim really hard in the heats.

All the Beckenham swimmers swam really well, and the cheering from the parents when we were swimming was awesome.

Kunmi Ogunfeibo

WHITE HORSE LEAGUE 2009

It hardly seems a few weeks ago that Beckenham B squad achieved a creditable 2nd place in the League last year - but here we go again! January 17th saw the start of this year's competition, and also the addition of Saxon Crown SC to the League. A very packed and vociferous Crook Log crowd witnessed some good swims and team spirit from the BSC squad, some of whom were experiencing their first gala. Coming in second, when a number of teams had clearly fielded their best squads was very heartening, as *Mark Handley* (platinum squad) relates -

Why is Crook Log never ready when you get there? Why is it hot before you start? And why do we end up in that corner? No, I don't always moan! It was good to see the team arriving, and to see that we had some new kids swimming, too. After the pool-side warm-up and the pool warm-up, I felt a bit less tired (my Mum changed the word) as I had been rowing in the morning, and was now ready to go. These galas are always pretty tiring (there I go again) as there is always rushing about and you don't always hear what is going on - although the announcements were a lot better - thanks Erith! But, rushing was not in it when Gabes (Gabriel Dada) realised that he was at the wrong end of the pool for a relay - but made it to the right end in time to swim really well, despite the sprint! There were a lot of people I knew in other teams, and it was good to meet up afterwards with them and others who have also moved to other teams, too. I thought that we did really well, and the new swimmers really tried hard to do their best - quite a few I know from helping on Friday nights with Susie (Goold) and also from the Development Meet. Let's hope BSC does even better next time round!

Mark Handley (Platinum Squad)

ORPINGTON NOVICES CHALLENGE GALA

This gala provides an excellent opportunity for swimmers often competing in one of their first galas. A number of BSC swimmers took part, and here are the reports from *Henry and Robert Simpson* -

At my time at The Novices Challenge I had ups and downs! I had to wait a long time before my races and got excited with anticipation but equally impatient. Last year I got particularly lucky and won my butterfly race, my best event.

This year I could not compete in it as you are not allowed to compete in any event you have come 1st, 2nd or 3rd in. My first event was the freestyle relay, which was won by a good half a length but sadly the team got disqualified because of an incorrect takeover. I was disappointed but still enthusiastic about the next race. Then came my main event, the one length freestyle. I won my heat and got to the final with the fastest qualifying time. When the time came for the finals, I was nervous because I really wanted to win and felt I needed to go to the toilet at the last minute but didn't have time. It was a very close final but no one knew who had won, but I thought I had just pipped it. When the time came for the presentation I was waiting and hoping and was really happy when I heard who came second because I knew that meant I had come first. A *hat trick* for Beckenham because we came first, second and third.



Robert Simpson

When I went to Orpington Ojays I had two good races and one bad race! My bad race was a relay, unfortunately we got disqualified for incorrect takeover, which was a shame because we were 10M ahead of the field.

My two good races were my fly and front crawl. I won my heat on both events and got the fastest qualifying times as well. I had no nerves and felt really confident that I could win the finals. When I was swimming through the water I was thinking "eat my bubbles" and of course they did! When I stepped on the top podium I felt proud of both myself and Beckenham!

Henry Simpson

KENT COUNTY CHAMPIONSHIPS 2009



The first weekend of the Kent County Championships, 2009, saw some excellent swims and many new BSC swimmers in their first Kent Champs.

There was a great atmosphere, packed gallery, and despite the very cramped pool-side conditions, due to work being carried out at the Gillingham pool,

the officials kept the show running very smoothly. And it was a show!! The photo above is just a representation of the number of BSC swimmers who achieved Kent times and shows the strength and depth of the club's swimming ability. Records tumbled, medals won, PBs achieved and a real team spirit ensured that Beckenham kicked off their 2009 Kent's campaign in fine style.

The second weekend, saw the long distance events - the 800M free on the 21st and the 1500M free on the 22nd February. A good contingent of BSC swimmers took part, and once again swam well to yet more medals, and more records!

The full results are available on the Kent ASA web-site www.kcasa.org.uk. The next newsletter will provide an overview of the whole Kent 2009 campaign....good luck to all swimming in the next few weeks. Full analysis in May issue.

THE BECKENHAM T-BAG/POLO SHIRT CHALLENGE!

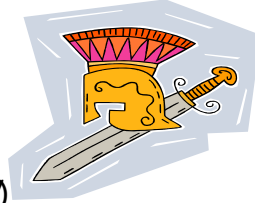
As announced in the January issue, Mr. Bram-Shoemaker had the great idea of having a section in the newsletter which had photos of our T-bags or Polo shirts being worn around the globe, or in unusual places.....which need to be publishable, NB. So, the **CHALLENGE** has kicked off! Simply wear your T-bag or shirt in an unusual place, next to a major landmark, or in a foreign country, get a digital photo taken and send it to me john@hamo6055.plus.com. Each issue of "OUR CLUB" will feature photos sent in and at the end of the year the challenge creator and committee will vote on the top three, and there will be a little prize incentive, too! Now, what's stopping you? Well, the first winners are **Lauren and Rebecca Walton** - with some assistance from big sis!



What the well-dressed snowman should be wearing...!
Congratulations - a little prize will be dispatched.

TEN THINGS YOU DID NOT KNOW ABOUT.....RICHARD COLLINS

Favourite Film(s)- Am huge Star Wars and X-Men fan, and Kill Bill and *Gladiator*



make my top 5 (*agree on Gladiator - Ed*)

Favourite Food- Mexican - I cook a pretty mean chilli (*hope that comes along to the Club's presentation night on 27th March! Ed*) Am huge fan of food (and drink!) and eat anything other than pineapple - there's something wrong with a fruit which



scratches you!

Favourite Music- Anything that gets me dancing like my Dad (*you have been warned!*). Anything from Cold Play to Girls Aloud - going to a concert with them both performing together for a milestone birthday this year!

Football club- Poor Tony I am another Crystal Palace fan, along with most of the management committee! I'll watch pretty much any sport: went to the Ashes in Melbourne a couple of years back (enough said, we were destroyed) and recently went to Quins v Leicester at Twickenham.

Interest(s)- Chilling out in Costa - my family think it is my second home!



I think that I will be in Australia again when you read this - and that is a big interest of mine - I'll live there when the paper-work (Zzzzzzz!) is done!



Things I hate - I don't have any hates as you can waste a lot of time and energy being negative. But, I don't have much time for people who can't take responsibility for themselves and their behaviour.

Motto/Chant - "It is easier to find a problem, than be part of a solution"; "if you win at the rat race, you're still only a rat!"

Cat or Dog - Oh dear....I'm not a fan of either - allergic to cats and was scared of dogs as a kid! I like kangaroos - do they count?



Anyone remember "Skippy"? (Ed)

First swimming medal - Ribbon in an elementary gala when I was about 7 or 8 in Pool 1 at Beckenham. There were three pools then!

Likes/dislikes about swim meets - The atmosphere can be fantastic, especially at gals like the national league, and at Meets when you or your mates do well. I'd recommend anyone to go to the British Championships or the trials for the big games, either competing or as a spectator.

My dislikes of meets can be the length of them when it is hot inside.

AND from **SUSIE GOOLD** -

Favourite film - Life of Brian, Dirty Dancing or Grease - although Mama Mia is right



up there too

Favourite food - Everything that is bad for you - Sunday Roasts, fish & chips,



Chinese, Indian and pizza

Favourite music - Queen - and all musical Theatre - especially Joseph and the Amazing Technicolor Dreamcoat.

Football club - It gets on my nerves, but Arsenal if I have to (*oh, do you have to? Ed!*)

Interests - Shopping, going to the Theatre and cinema; eating out, E-Baying and a



fairly new hobby of Face booking!

Things I hate - Being cold; being skint; smoking; and disrespectful children - mine or anyone else's.

Motto - "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own, and you know what you know. And you are the one who'll decide where you'll go". Dr Seuss.

Dog/cat - Like both - but, have two cats called Bert & Ernie who are amusing.

First swimming medal - Not sure, but I have two memorable medals. One was when I won the gold in the 25M backstroke in an Open meet when we went to Norfolk; I was 10 and had just come back to swimming after a while out after I had had a burst appendix and nearly died. The second was when our school team won the English Schools medley team relay beating Millfield. Our team consisted of two sets of twins - a really close race.

Likes/dislikes - Staying away overnight, team sprit, cheering/chants, friendships, PBs and when elderly officials come up to me and say, "Haven't you grown!" or something similar after they recognize me from when I swam about 25 years ago!



Dislikes - the mess and ...lost property!
(*Hope it's not this bad - ED!*)

Thanks to *Richard and Susie* for their thoughts and being so helpful. Another willing person/victim will be in the hot seat next issue.....or maybe two or three!

Thanks to the following contributors -

Richard Collins, Susie Goold, Mark Handley, Di Manley, Kunmi Ogunfeibo, Fiona Pearson, Henry and Robert Simpson and Lauren & Rebecca Walton (and big sis).

DON'T FORGET YOUR T-BAG/POLO SHIRT PHOTOS!!

Please send any ideas/suggestions/articles about swimming/other sports or other interesting information to Hilary by 28/4/09 for the May, 2009 issue.

March 2009 Issue