



# Hillingdon Swimming Club



Spring Newsletter 2009

## News and events

**Welcome** to the Spring Newsletter. It's been an action packed term with so many news articles submitted that we don't even have space for puzzles this time. Sorry! (but thanks to everyone who took the trouble to make a contribution).

The following pages are packed with new of our swimmers achievement and activities — from club champs and team galas to Middlesex counties and, for Francesca and Karley, the British Championships. Congratulations!

**Clinics:** Dave Hemmings, who became full time HBEST coach at the start of the year, organised a well received training session for coaches and teach-

ers with RNSS Head Coach Lesley Westendorp. Their next initiative, a backstroke clinic involving both HBEST and RNSS swimmers was equally successful and we look forward to more exciting ideas as the months progress.

**Chairman's note:** On Tuesday 24th March myself and our two Head Coaches, David Hemmings, Lesley Westendorp along with selected swimmers were invited to attend the Mayor's Sporting Achievement Evening at the Civic Centre. This is the first year this presentation has taken place and Sporting Clubs & Individuals throughout Hillingdon were recognised for their achieve-

ments. As a club we received awards for both the Interborough & Youth Games Teams & dedicated community focused club for all. Francesca Marr also received an individual award for her selection to the GB European Junior team 2008. Well done to everyone.

**AGM:** This year's AGM will be held at Highgrove Pool on Tuesday 21st April at 7.30pm

Please take the time to come along and support your club. We are always looking for new people to become involved in helping the club in many ways, if you would like to get involved please email me [debbiewilson14@aol.com](mailto:debbiewilson14@aol.com)

## Charity Events

In our last newsletter we featured Cameron Kelly (SC) hoping to compete in the annual Peter Pan Cup Race on Christmas Day in the Serpentine to raise money for a village in Costa Rica. We are pleased to report that

he did in fact complete the 100 yard swim and can be seen on YouTube emerging rather chilly from the water!

Both Cameron & Ashley Wood (also SC) have now returned from their geography field trip in Central America

and are probably writing their journals as you read this! Ashley completed a sponsored swim as well but his was in the slightly warmer Merchant Taylors pool.

**Moon Walk:** This year's Playtex Moon-

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# Officials: Their Duties & Responsibilities

Recent articles in the newsletter have touched on what officials are needed to run a swimming gala and what they do. This article will explain the function the officials perform in a little more detail.

The type of officials needed to run a gala may be divided into 4 categories, Timekeepers, Judges, Starter and Referees.

## Timekeeper



The timekeeper covers 3 different roles, these being timekeeper, chief timekeeper and turn judge.

The fundamental role of the **timekeeper** is to accurately determine the time it took the swimmer in their lane to cover the distance of the event. They will operate a stop watch and may have to operate a backup button for electronic timing if it is in use. You may notice when electronic timing is in operation that not every swimmer hits the finish board hard enough to register a time. When this happens the scoreboard will not show a time until the race has completed then when the timing official accepts the backup time, this time will then be displayed and the displayed finishing places may be adjusted accordingly.

**The Chief Timekeepers** role is to ensure that the timekeepers perform their duties correctly. They are responsible for:

- ensuring all timekeepers fulfil their duties throughout the gala.
- keep a watch running as backup for the timekeepers
- collect time cards from each lane when used.
- Work with the referee to resolve timing/placing issues.

Timekeepers are now being encouraged to become Inspector of Turns (or level 1 judges). As an Inspector of Turns they are expected to ensure the turn and finish rules for each stroke are observed. You may notice at some galas that the timekeepers also watch the turns, this is because they are also acting as an Inspector of Turns.

## Judges

Judges may viewed as having 3 different roles. Those of Inspector of Turns, (usually at the opposite end to the timekeepers), stroke judge and finish judge, but it is usual for a finish judge also to act as a Turn judge and for a stroke judge to assist with judging starts and turns.

**Stroke judges** are responsible for ensuring that the rules related to the style of swimming designated for the event are being observed. They operate from the sides of the pool and usually walk slightly behind the swimmers as this is the best place to review strokes. For freestyle events the stroke judge is still expected to monitor the events

but is not expected to follow the swimmers.

**Finish judges** are responsible for determining the order the swimmers finish the race, and this is not always simple, especially when 8 or even 10 lanes are in operation.

## Starter

The **Starter** has full control over the swimmers from the time the Referee turns the swimmers over to him (which is indicated by the referee holding their arm out), until the race has commenced. The starter has the power to decide whether the start is fair. It is important to the running of a successful meeting that the starter and referee function as an effective team



## Referee

The **Referee** is basically responsible for everything, not just the swimming side but all Health and Safety matters as well. They have ultimate control over the entire meeting.



## Like to get involved?

We're very grateful to Wayne Hirst (father of Jenny) for the sterling work he does in training and organising the HSC officials. If any one is interested in learning more about becoming involved in this way please contact Wayne on [whirst@btopenworld.com](mailto:whirst@btopenworld.com)

## Charity events continued from pg 1

walk is on Saturday 16th May, raising money for breast cancer and we are proud to have some of our members walking the course of either 13 or 26 miles through the night. Training for the committed walkers is well under way & with the new shoes

well and truly broken in, it's now time to look for sponsors.

The walkers are :- Jo Lawrence (club secretary) with daughters Olivia and Tria, Anne Heath (coach of JC) with son Russell, Mini-me (Ellie) and Ellie's mum, Carole. If you are approached,

please be generous as this is an incredibly worthy charity.

If you have a charity event planned in the second half of the year, please let us know. We'll be happy to feature your efforts.

# Welcome and Farewell

**Welcome to :-** Elana Keiles, Katie Chapman, Georgia Willis, Jemima Hall, Lucy Kilmartin, Max and Ruby Fraser, Troy and Morgan Fielder, Khusal Thobani, Tommy Keeling, Joe Harmon, Anice Lam, Sam Fidge and Gilah Allardice who have all joined the RNSS competitive squads this term. Welcome back to Ellie Grimshaw who decided that 12 was too young to retire from swimming and has rejoined JP!

**Farewell to :-** Sarah Nisbet, Isabel Scott, Laura Plumley, Imogen Bridge, Susi Kongaunruan & Lucy Bowes, mostly concentrating on studies but some taking a break or too much commitment. Older swimmers who are staying in the area - please remember there is the opportunity to train with Junior Masters on Thursday evenings from 8pm - 9pm at Merchant Taylors. These sessions are run alongside SC and are a great

opportunity to maintain fitness and keep in touch with your old swimming friends.

**Congratulations to :-** Chloe Lachasseigne, Casey Fisher, Elise Kelly, Lauren O'Connor, Matthew Quinn, Noah Foley, Bradley O'Connor, George Taplin and Mitchell Adams all currently on trial with the HBEST Development Squad.

## Happy Birthday!



**Happy Birthday This Term to :-**

**6 years:** Ella Cordingley and Ruby Fraser.

**7 years:** Lucy Kilmartin and Harrison Filby.

**8 years:** Lily Benson, Georgia Willis, Katie Chapman, Morgan Fielder and Jonah Foley.

**9 years:** Jordan Cordingley and Rhianne Berchie.

**10 years:** Melanie Hall, Alison Driver, Lauren O'Connor, Keyala Wharton-Adey, Zayna Hussein, Tess Fawkes, Elise Kelly, Zoe Lomax, Charlotte Lomax, Joash Buijs, Troy Fielder, Alfie Johnson, Harry McCorkell, Brandon Filby,

Daniel Brennand and Oliver Santos-Smith.

**11 years:** Rose Benson, Davin McAndrew, Matthew Quinn, Leighton Jones and Ankush Thobani.

**12 years:** Lalitha Try, Reena Shah, Daisy Fraser, Sarah Harrington, Charlie McCorrison, Massimo Michini, Harry Jackson, James Murphy, Aaron Nolan and Leon Berchie.

**13 years:** Jenny Hirst, Sarah Procter, Fiona McAndrew, Holly Esson, Hannah Page, Michael Manfredi and Nicholas Gore.

**14 years:** Evie Cameron, Siobhan Styles, Aoife Luscombe, Adam Wood and James McGowan.

**15 years:** Sarah Quinn, Tara Diggins, Kat Neal, Alastair Cottrell and Anthony Manfredi. **16 years:** Ciara Luscombe, Jamie Riley, Peter Smart, James Holdford, Ashley Wood and Russell Heath.

**17 years:** Elizabeth McGowan, Holly Elderfield, Katie Smith, Olivia Lawrence, Matt Gandy, Nicholas Smith and Jack Diggins.

**18 years:** Rachel Westendorp, Oliver Green and Ricky James all getting the key of the door.

And last but not least is Amy Keen – **19 years old**, congratulations to you all.

I think that's everyone. Let us know if we missed you out!

## HBEST galas

# HB

HBEST swimmers have this year competed at the Cambridge open & the Middx County Champs, for reports & results, see the HBEST website.

The long course season will soon be upon us. Many meet organizers will only accept long course (50metre) times or short course times (25 metre) converted to long course.

This is quite a simple process but if you are unsure, do ask for help. Here's how to do it:-

Go to the HB website, click on fun stuff & go to the swimming times converter (the ASA one).

If you are not sure of your latest times, they are easy to find on the Middx ASA website – links on both the HBEST & RNSS websites. Look on the left hand menu, click on rankings, n go to

the bottom box & put in your ASA number, find your long/short course times (PBs) and press ALL. Once you know your best times then you can convert them using the conversion software as described above. Please make sure you use your latest times as found on the ASA database as organizers can and will check up on them.

# RNSS Galas

Since publication of the December newsletter RNSS swimmers have been busy competing in the Hillingdon December meet, I.M. club champs as well as our annual Novice 'Splash Night'.

**Black Swan:** On January 10th, not long after their Christmas break our swimmers showed they had not lost too much fitness by competing at the inaugural Black Swan meet at Walton-on-Thames hosted by Staines Swimming Club.

Trophies and plenty of speeding tickets were the order of the day and success also came in the form of top boy / girl awards for the following :- Lucy Crump – edging out partner in crime Holly Johnson to win the 13 year old girls, Shannon Green 14 year old girls and Marco Navarro 15 year old boys - congratulations. The icing on the cake however was winning the top visiting club award and receiving another trophy for the cabinet.

**Counties:** Such was our success in that gala that it allowed a lot of our swimmers to gain qualifying times for the Middx county champs held over 3 weekends at the end of February and early March – congratulations to the following RNSS swimmers who all competed at the Counties :- Grace Flatman, Amy Grimshaw, Ciara McCarthy, Nicholas Hawkins, Oliver Kenway all Rising Stars, Lucy Emberson and Shariq Jamani JP squad, Tess Fawkes, Lauren O'Connor, Daniel Brennand, Joash Buijs, Noah Foley, Daniel Green, Davin McAndrew and Bradley O'Connor JC squad,

Rosie Bradshaw YP squad, Evie Cameron, Lucy Crump, Emma Hick, Louie Harmon and Pacho Nieto YC squad, Shannon Green, Olivia Lawrence, Tria Lawrence, Calum Diggins, Jack Diggins, Steven Fish, James Keeling & Michael Procter SC squad.

We now look forward to entering our swimmers in the Middx development meet at the end of April.

Lesley Westendorp, Head Coach RNSS

**Club Champs:** The 2008 200m Free and Fly championships saw Dan Davis and Luke Spain break records which had been held since the early 1990s. This year, Luke went one further and knocked another 5s off his last year's record for Fly and just under 6s off Dan Davis's record for 200m Free going under 2 minutes. Congratulations to Luke on these tremendous swims –and to all the other age group champions. Some great swims and lots of PBs.

## Re Club Champs Entry Forms for 2009.

As most of you should have noticed, I have changed the entry format for this year's Club Champs. Instead of reams of paper being printed off, handed in, lost and eventually binned/recycled, I am entering the 21st century and doing it 100% electronically. I believe there is only one non-conformer not on e mail, so the first event on the 18th March went reasonably smoothly. However, there were still 6 swimmers who turned up on the night, who had not informed us of their participation, which causes us delays and hassle. So to reiterate the process, please note.

Novice Championships		
	Freestyle	Butterfly
25m 10&U	Tegan Drew Alfie Johnson	Tegan Drew Brandon Filby
50m 11&U	Lucy Emberson Bradley O'Connor	Charlotte Lomax Noah Foley
100m 13&U	Naomi Ayrton Louie Harmon	Rosie Bradshaw Andrew McCorkell
	Backstroke	Breaststroke
25m 9&U	Tegan Drew Connor Fallon	Tegan Drew Connor Fallon
50m 11&U	Lucy Emberson Noah Foley	Jayani Try Bradley O'Connor
100m 13&U	Helen Stokes Louie Harmon	Rosie Bradshaw Andrew McCorkell
Individual Medley Championships		
	RNSS	HBEST
100m 9&U	Tegan Drew Alfie Collins	-
100m 10/11	Emily Kilmartin Oliver Kenway	-
200m 10/11	Lauren O'Connor Bradley O'Connor	Megan Maloney -
200m 12/13	Julie Knight Thomas Wood	Daisy Fraser Fravash Bilimoria
200m 14/15	Shannon Green James Keeling	- Luke Conder
200m 16&over	Pippa Haggitt Marco Navarro	- Daniel Davis
200m Butterfly		
	RNSS	HBEST
9&U	-	-
10/11 years	Lauren O'Connor Noah Foley	- -
12/13 years	Julie Knight Pacho Nieto-O'Brian	Daisy Fraser Louis South
14/15 years	Eva Cameron James Keeling	- Lucas Navarro
16& over	Pippa Haggitt Michael Procter	- Luke Spain
200m Freestyle		
	RNSS	HBEST
9&U	Tegan Drew Alfie Collins	- -
10/11 years	Lucy Emberson Noah Foley	- -
12/13 years	Naomi Ayrton Michael Manfredi	Daisy Fraser Leon Berchie
14/15 years	Holly Johnson Antony Manfredi	- Lucas Navarro
16& over	Olivia Lawrence Michael Procter	- Luke Spain

Continued on Pg 5

# Team Manager Report

## Relay Heaven

During the Relay Gala in memory of Eric Penwill, hosted by Edmonton Phoenix SC at Southbury Road I had to keep pinching myself to see if I was dreaming. It certainly was a dream team that won the Trophy.

To see what I mean, just have a look at the placings and times posted in the results section of our website. All those takeovers and just one D/Q. Some close finishes with a strong Anaconda team added to the excitement of the Evening. Just a little moan amongst all this praise – could the Parents please remember to return the number of spectator seats required on the coach as I had to disappoint a few at the last moment this time.

## Diddy League 2009 Update

Last year's performances in both the M11 and Milton Keynes Leagues is going to be a hard act to follow. This year we have resigned from the M11 to concentrate on our more local league. With two teams in Division 1 we have a strong chance of retaining our title. The League Champions from all the different leagues in the Country qualify for an Inter League Southern/Northern Final. The top four clubs from those Finals



are then invited to a National Final. The Leagues take it in turns to host these finals. This year the Southern Final is to be hosted by the M11 league and the National by our League at Southbury Road, Enfield.

Some rule changes for this year are to ban coaches from the end of the lanes. To stay, for possibly the last year, is the rule for "Age on the Day" of the last round of each League. This gives not only various cut off dates for each League but a different date of the last Sunday in November for the Inter League Semis & Final.

At the time of writing I am concerned that we only have two boys from RNSS House registered in the youngest age group! So I would like everyone to be a talent scout to recruit boys born between 13 September 1999 and 12 September 2000.

You should all be checking our calendar on the website for dates to keep free. League dates are: 6 June / 4 July/ 12 September.

If you think you may gain selection for the team & you are planning a holiday please avoid these dates if at all possible.

John Greenwood Team Manager

## RNSS Galas Continued

Squad Reps will send out an email to all their swimmers with an attachment which will detail the event as per usual but there will be no slip to fill in at the bottom, so don't bother printing one off from before and paste a box in like a few of you did this time. All that is required by you is SIMPLY to reply to your Squad Rep stating you if you are able to attend or not, your time(s) and

whether your parents are able to help poolside on the evening. That's it!! No forms to fill in or print off, just type a few words and numbers. The Squad Rep will fill in a table with your times if you are swimming or an X if you're unable to attend, which will be forwarded to me and loaded onto the programme for the event. It would be great if everyone turning up next time

had their name on the Signing In sheet.

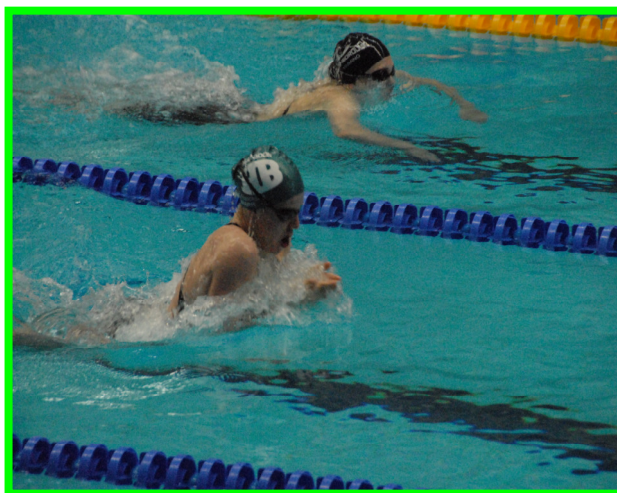
**Looking ahead:** The next Club Champs for your diaries will be the 200m Back & Breast on May 20th and 400m Free June 17th. Please note (mainly) Boys and Dads, there will be no Championships League Final clash this year in May, so no excuses for not turning up or helping!

Trevor Hammond, Club Champs Organiser

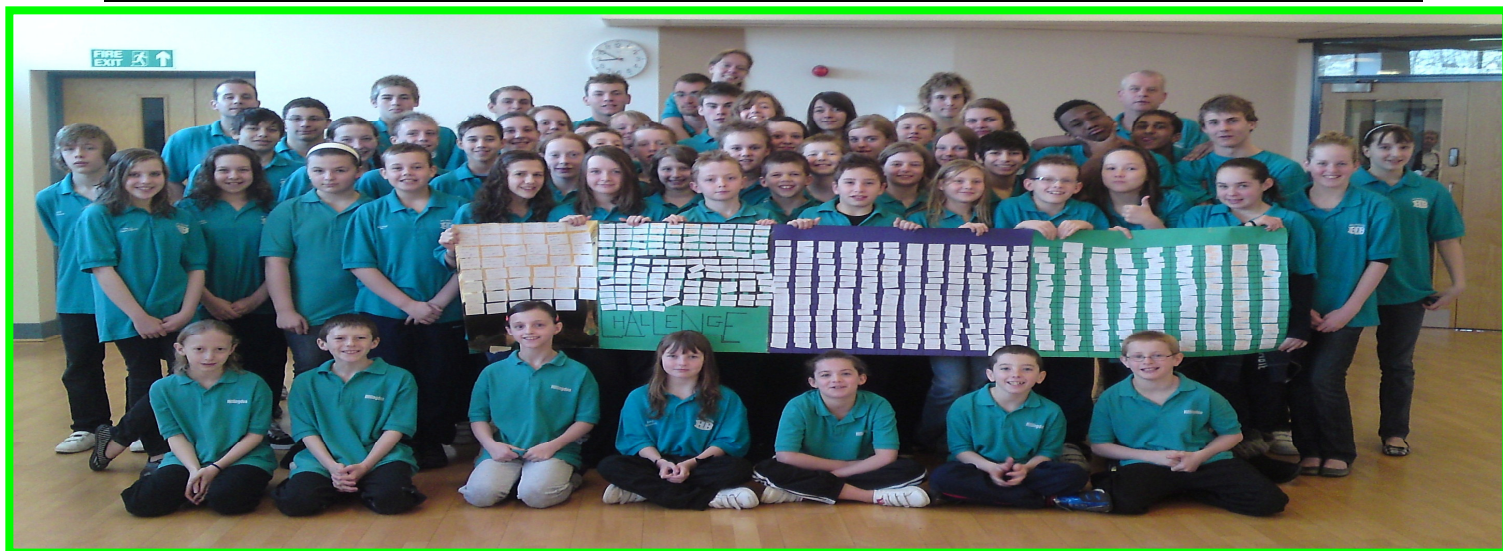
# HILLINGDON BEST NEWS

## FRANCESCA CZECHS IN!

Francesca Marr performed the swim off her life at the British Swimming Championships in Sheffield this month to book her place on the British team that will compete at the European Junior Championships in Prague on the first week of July 2009. Francesca swam a 2 second best time on the 200m Breaststroke (2.35.9) which was the 2<sup>nd</sup> fastest time 14 / 15 years in the country – this was good enough for selection! Just as impressive as the time she performed was 11<sup>th</sup> fastest in the entire country, in an event that was won by Olympian Hannah Miley. Francesca has trained up to 10 times per week (almost 20 hours per week!) in preparation for this meet. Hard work pays off!



## 523 PERSONAL BEST TIMES AT THE MIDDLESEX COUNTY CHAMPIONSHIPS!

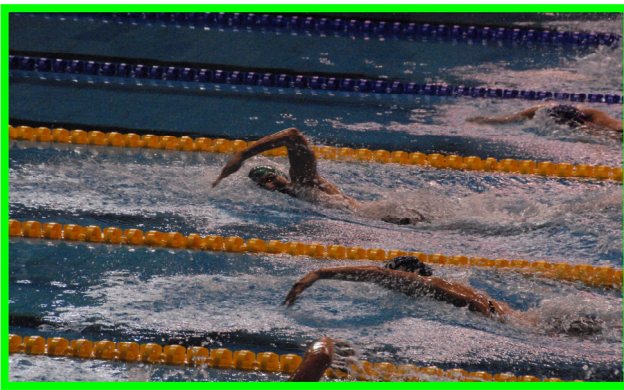


Hillingdon swimmers amassed 523 personal best times over the course of 3 week-ends of Middlesex County Championships – for every best time the swimmers received a sticker which they placed on the challenge banner. The original target was 400 best times set by Head Coach David Hemmings and Elite Junior Squad Coach Gary Mohamed. The swimmers made this target look easy!!

In addition to this great success as a team, Sarah Proctor (12 years) and Sophie Wilson (15 years) finished the championships as the two most successful county swimmers amassing the most points from their events results. Both swimmers collected 14 medals each with Proctor winning 9 of the 14 events she competed in. This enabled her to just edge out Wilson as the highest performing swimmer in the whole county and to take the coveted Wilkinson Sword prize.

Other superb outcomes were George Taplin (9) group who collected the most points in his age group's individual events making him the strongest 9 year old overall in the county. Louis South swam in a rich vein of form over the championships and his 200 fly victory was voted by Hillingdon coaches as the swim of the competition. Both Louis and Danny Nelson finished the championships 1<sup>st</sup> and 2<sup>nd</sup> respectively in the 11 years old boys points competition. George Prunty made it a Hillingdon 1,2,3 in the final junior boys points table after he too was outstanding throughout the 3 weekends of competition and achieved a National Qualifying Time in the 200m backstroke. Louis South claimed 2<sup>nd</sup> in the Junior Wilkinson Sword that put his overall competition performance on similar levels to that of Proctor and Wilson.

Head Coach David Hemmings said 'the team have performed unbelievably well over the previous 3 weekends. To exceed 500 personal best performances is amazing and both swimmers and coaches within our club should give themselves a pat on the back.' Hillingdon BEST swimmers will now dive back into an intense training period prior to their next targeted meet in Sheffield's Ponds Forge 50m Olympic Pool in May.



Graham Marr catches the great Rebecca Adlington In full flow at the British Championships in Sheffield 16-20<sup>th</sup> March 2009!!!



### ELITE SWIMMERS HEAD FOR THE NATIONAL CHAMPIONSHIPS

Francesca Marr, Callum Mitchell, Karley Mann, Luke Spain, George Prunty and Sophie Wilson (left to right) all posted times that were fast enough to allow them to compete at the National Championships in July / August at this month's Middlesex County Championships.



Louis South had his 200m fly swim at the Middlesex County Championships voted as the most outstanding swim of the meet by David Hemmings and Gary Mohamed. Louis also had many other swims on the outstanding contenders list. 2<sup>nd</sup> best was Adam Wood's awesome 400 IM victory. 3<sup>rd</sup> was Sarah Harrington's classy 1500m swim.



# WANTED



Francesca Marr and Karley Mann in their last session before the British Champs!



***When you get 523 personal best times at a County Championships it is time to rejoice and admit WE ARE GOOD!!!!***

# Learning to Swim—then & now!

## Then: *Learning to Swim, the Old Ways are Best...*

Chatting to a swimmer at the Middlesex's the other weekend we got onto the subject of swimming costumes. I pointed out, that years ago, whilst one could buy a swimming costume, they were often very expensive or in short supply and it wasn't unheard for ones mother or other member of the family to actually knit a woollen costume.

Now they were a perfect fit when dry but once wet it often became a bit more embarrassing. The drag factor went up alarmingly when loaded with water, especially when climbing out up the steps. Bob the Builder's backside was everywhere.

Before climbing out one grabbed a handful of wool in one hand, used the other to grab the hand rail, often missing the grab & falling backwards.

It was even more hazardous diving in. You arrive across the width with the cozy around your ankles at best or having deposited them at the point of entry the other side, where upon your mates would be busy throwing the cozy around whilst you hung onto the poolside hoping it would come your way.

**N**ow before you arrived at enjoying the above moments you had to learn to swim.

This involved going once a week from school. Come rain or shine you were formed up in twos & walked to the pool 2 miles away. The pool was years old.

It had two pools. A general public one with a smaller pool for ladies. The main pool was always freezing cold. It was in this pool that the teaching took place.

The teacher had a unique way of teaching. It was always on a one to one basis and if it wasn't your turn to have her undivided attention then you stood waiting in freezing water, going a rich shade of blue with your teeth clanging up and down. As there was about twelve to fifteen in the beginners it was usually a long cold wait.

The woollen cozy didn't really add to warmth retention either.

Sometimes the group was smaller, it depended if you could get your mum to write a sick note excusing you swimming or write the note yourself and hope the teacher didn't spot your writing!

As to the 'one to one' teaching. It was a toss up which was worse the wait or the instruction. It was always the same. Breaststroke. Having gone through the leg action you were introduced to the Teacher's Aid. This was a long tubular pole that had a rope threaded through, formed into a loop and then threaded back down the tube, onto which she held. She looped the rope under the arms then you were off down the pool heading into deep water. You, thrashing your legs around, her bellowing instructions. This being an old pool it had several cast iron columns very close to the poolside to support the gallery. Every time she came to a column she had to inch her way around the column. At this point all support was lost as she passed the pole from hand to hand and letting go of the rope. If you were lucky your head stayed up above water but generally you went under; what was worse the pole often held you under or clouted your head until she managed to navigate the column. The pool had four

columns down to the deep end and she insisted you 'swam' back as well! She never seemed to learn, even when once, she managed to get herself around one column whilst uncoupling the loop only to get it back around one swimmers neck whilst holding them under then finally lifting them to the surface, via the neck. She then gave them an earful for getting out of the loop without her permission!

As far as I remember nobody ended up being able to swim and we went on to eventually teach ourselves mucking about when swimming out of school.

**O**n the way back, if you had the money, the teacher would let you buy a bag of chips or scraps if you didn't have enough money for chips. No McDonalds those days.

He only let you buy the chips to eat as you walked back to school, so as he could nick some chips as he walked up and down. He was a bit on the greedy side but he caught it more than once when he was offered some wrapped chips. Chips used to be wrapped in newspapers. A Chippy would give you a bag of chips for taking a bundle of old papers in for wrapping. It happened that sometimes the papers had been weed on by the cat which showed up as a yellow stain! If your chips ended up with a yellow stained wrapper they got offered to this teacher. He never did cotton on!

No wonder I've ended up with a Mutley complex!

Anybody for McDonald's?

Dave Austin,  
Assistant Head Coach RNSS.



# Learning to Swim—then & now!

## Now:

RNSS

Junior Section



Everything has been going well within the Junior Section this term. All the swimmers have been working really hard and have improved excellently.

**Congratulations** to the following swimmers, they have been accepted into RNSS and have joined Mini-Stars:- Elana Keiles, Katie Chapman, Georgia Willis, Lucy Kilmartin, Gilah Al-lardice, Khushal Thobani, Troy and Morgan Fielder.

**Well Done!** I'd like to say well done to Russell Heath and Matt

Gandy who have taken and completed their Level 1 swimming teacher qualifications! We wish them luck in their careers as swimming teachers.

**Thank you** to everyone involved in the Junior Section, keep up the good work for all our swimmers in the terms ahead.

Amy Claridge, Head of Junior section

## Senior County Report

Senior County started 2009 with a positive bang, firstly having to train every session in the month of January in T-shirts after the laziness of the Christmas Holidays and to give swimmers a real boost to the New Year.

Everyone now had to adjust to the new younger leaders of SC as Luke Spain, Dan Davis and Warren Berchie were promoted to train with Dave Hemmings @ Hillingdon with the amazing prospect of qualifying in individual events for the Nationals in August and once again making a fantastic relay team for both Medley and Freestyle, best of luck to them all.

**Black Swan:** On 10th January, RNSS house entered its first gala of the year with a massive boost at Staines, Black Swan Open Meet, what a fantastic gala to enter, great trophies, ideal times, approx an hour away, plenty of swimmers, coaches and family supporters.

In the overall results: 13yr Olds Top girl Lucy Crump, closely chased by team mate Holly Johnson. Top 13yr old Edward Walker. 14yr old Shannon Green won top girl . 15yr olds Pippa Haggitt was 2nd with Tria Lawrence close behind in 3rd place.

Marco Navarro couldn't stop smiling for days after winning a

trophy for top 15yr old boy by 1 point and finally the weekend finished with the club winning Top Club beating Amersham SC coached by ex-Hillingdon coach Malcolm Staight!

In 2010 we will be entering this gala again this time with the target of doubling the entries and winning more trophies so make sure you look out for the forms in Sept/Oct of this year.

**Middx Counties:** We have just completed the Counties in Feb & March at Enfield. The SC entries for this gala were very disappointing as it is one of our main aims for this year (despite a group of injuries from our squad), however on a great note 14yr old James Keeling achieved endless PB's on all strokes & best of all became the squad's 1st Middx County Champion on 100 Backstroke in 1.06. A fantastic achievement when you're focused & given James had a serious knee operation 1.5 yrs ago!

Now we can look forward to the Middx Development Meet also held at Enfield in 18,19th & 25th April we are anticipating many entries and great results.

**Behaviour:** Our very young senior county squad this year have found training pretty difficult and hard to focus due to some behavioural problems

within the squad. Growing up isn't easy, but very impressive on others, and can upset many parents watching their children and others misbehave. I (Lin) and other coaches are dealing with problems as they arise nipping distractions in the bud.

Bad behaviour will not be tolerated in any squad but at the same time children act in many different ways caused by many factors which we as coaches really do need to know: Exams, pressure or personal family problems; if any swimmers/parents are having personal problems within your family please speak to your coach they may be able to help – example: I am fully recovered from Stomach Cancer and removal in 2005, my children continued their school and sport life as normal as possible, their teachers at school and swimming both had a better understanding and took the time to take an interest of what was going on in their lives. We can all understand better if we know all the facts to unusual behaviour.

**Welcome back** from retirement—Rachel Westendorp, Alex Marr, Jamie Riley & Lewis Nuttall.

I must take this opportunity to wish all swimmers and their families a happy Easter.

Lin Styles, SC Coach

## EDUCATION SECTION

### Question – why does training more make me better at swimming?

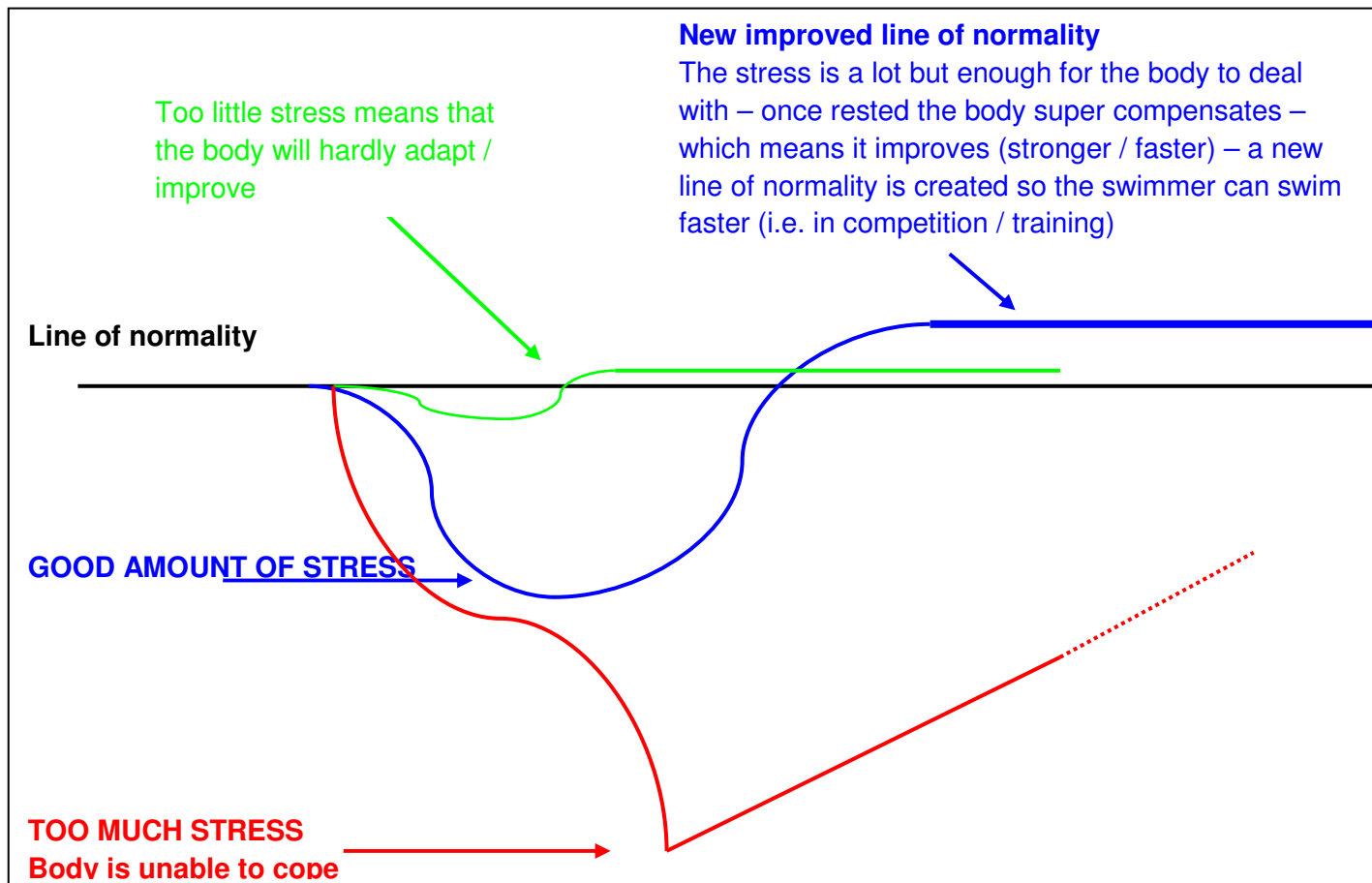
The idea that the more training makes you better at swimming is not true – if you train poorly. It is true if you train well!

So the answer to this question is based on the swimmer that trains good or better than good on the majority of training sessions.

The body adapts to the environment it finds itself in. Try to think of an animal evolving over years and years with the aim of surviving in this world. Well your body is constantly evolving over years and years of swimming training with the aim of getting faster. When your body stops evolving then you will stop improving. That's why more / better training / techniques are needed to keep your body getting stronger and more efficient.

Your body will change in accordance to the stress applied to it. Too little stress and the body will adapt a little if at all. A good amount of training and the body will adapt well and the improvements will be noticeable. Too much stress and the body will not be able to cope and improvements may not be possible.

I like to explain this process using what I call 'the line of NORMALITY' (I'm not sure if that is a real word – but whatever....)



This diagram explains how the body responds / adapts to stress or hard training.

### **GREEN LINE**

This is the swimmer who misses training or comes to training and does not try hard enough. Their body only experiences a little stress therefore little or no improvement will be made. Any slight improvement will be seen in training but not competition.

### **BLUE LINE**

This is the swimmer who attends the sessions they have been asked to (down to coaches knowledge of swimmer) and trains good or better than good on the majority of training sessions. The swimmer will experience tiredness, aches and will have to push themselves against efforts that are 7,8,9,10 / 10 regularly. When the time is right (after 1-2 months) the coach will ease the training stress and the body will begin to adapt. The body will start to regenerate and super compensate (Clarke Kent to Superman). Finally, the body will find its new Line of Normality which is stronger, faster and more tolerant to stress than the previous line.

### **RED LINE**

Sometimes (not that often) a swimmer can experience over stress. If this is continued over a long time the swimmers body can collapse becoming over fatigued and susceptible to injuries and illnesses. The body may not recover for a long time if this situation is not monitored carefully and swimming performance in training and competition will be hindered.

### **GUIDELINES**

British Swimming recommend a long term athlete progression that centers around gradually increasing volume (meters per week) and intensity (how many of those meters slow, medium, hard, max?). These recommendations can be viewed on [www.britishswimming.org](http://www.britishswimming.org) or on my power point presentation for the start of season meeting. I can email you a copy of my adapted version on request.

## What's in a name?

March 28 2009 is the RNSS Annual Presentation evening. Many RNSS swimmers will be the proud recipients of trophies earned at club championships throughout the year. Each trophy has a name but have you ever thought about where these trophies come from? Some of the trophies are over 30 years old and each carries a little piece of club history. With grateful thanks to our President, Maurice Short, his wife, Daphne, plus Dennis Dix & Tony Dougall-Biggs we are able to share some of that history with you.

If you can help with information about any more trophy histories please contact Jo Lawrence on [joanelawrence@talktalk.net](mailto:joanelawrence@talktalk.net)

- Clubb Trophy: G U10 1L Fly. Two Clubb boys swam in the Club.
- Kuehn Trophies: B U12 2L, G U13 100m Fly. Kuehn, originally from Poland represented his country in the Olympics. A dedicated coach to the Juniors. 3 sons in the Club.
- Elizabeth Anderson Trophy: G Mini Stars 1L Backstroke. In memory of Livy & Tria Lawrence's (SC) grandmother Elizabeth, an excellent backstroke swimmer, swam for the

WRAF & Police Force & later taught many children & adults to swim.

- The Dyer Trophy: B Mini Stars 1L Backstroke. Sue and Richard Dyer. Sue has been membership secretary for many years. Son Chris swam for RNSS and Hillingdon & recently returned to swim with Junior Masters.
- Whittaker Trophy: G U10 1L Backstroke. Jill Trophy G U16 3L breaststroke. Jill Whittaker was on the Club Committee and had one daughter in the Club.
- Greenberg Trophy: B U14 3L Backstroke. John Greenberg was a Committee member, coach & teacher whose children swam with the Club.
- The Masters Trophy: B Mini Stars 1L Breaststroke. Sophie swam with HBEST now Junior Masters.
- The Club Shop Trophy: G Mini Stars 1L Breaststroke. Julie Stokes and Martin South took over management of the club shop in 2005. Both have children in the club.
- Dix Trophy: G U10 1L Breaststroke. Dennis was Club' Chief coach for years whilst working full time in senior job with Civil Aviation Authority. He had a son & daughter in the Club.
- Dougall-Biggs Trophy: B U/10 1L Breaststroke. Tony was Chairman for

several years, a National Referee, International official & Team Manager. His 3 daughters, Kirsten, Ingrid & Tonia all belonged to the Club and swam for their Universities.

- Frazer Trophy: G U12 2L Breaststroke. Harding family. Adam & Robert both swam for Club. Pam took many roles within the club including squad rep, club champs organiser & swimming teacher.
- Whitby Trophy: G U14 3L Breaststroke. The Whitby family had a daughter & son in the club.
- Pethick Trophy: B U14 3L Breaststroke. Barry Pethick was the Treasurer and his wife Mary was the Club Shop Manager. Two children in the Club, Debbie & David.
- The Heath Trophy: G Mini Stars 1L Freestyle. Anne coaches JC. Dan swam for club & taught in Junior Section. Russell still does.
- The Greenwood Trophy: B Mini Stars 1L Freestyle. John has been coach, teacher, team manager and committee member. His children swam for the club and his grandchildren are now in the Junior Section.
- Kerr Trophy: B U12 2L Freestyle. An early Secretary & dominant figure in the early development of the Club. Children were members.

Continued pg 12

## About Junior County

Since the last newsletter in December the swimmers in JC have been training very hard and there have been many improvements and achievements.

At the beginning of February some of our swimmers were invited to swim on a trial period with the Hillingdon Elite Development Squad which has been set up as a transition squad to H.B and is made up of swimmers invited from both J.C and Seabyrds. Good Luck with their on going trial to Lauren O'Connor, Noah Foley & Bradley O'Connor .

Many swimmers in JC recently took part in the Middlesex

County gala and some swimmers were selected to represent Hillingdon in the relay events. The 9 year old boys managed to win a gold medal in their freestyle relay along with the 9 year old girls who won the freestyle relay and then got a further silver medal in their medley relay. Lauren O'Connor managed to win medals in a number of her individual and relay events and got into the final for her age group of the 100m IM. Lauren also managed to come 4th in the 9 year old BAGCAT's. We were very proud of all our swimmers with their many outstanding

swims and lots of huge PB's. Keep up the hard work!

The other members of JC have also been training hard and will now be preparing for the Middlesex Development Meet towards the end of April, where we hope to see lots more P.B's achieved. This will be Rhiane Berchie's first opportunity to compete as she has her ninth birthday just before the competition. Good luck swimmers!

We look forward to the squad continuing to focus and giving their training 100% as we start to work towards this year's Diddy League. Anne and Ellie.

## Club Shop News



The RNSS club shop is delighted to introduce Michele Foley who has recently joined Julie on the balcony at Highgrove pool on Friday evenings. Michele is the mother of Noah (JC&D squad) & Jonah (pre mini stars).

Michele and Julie offer all swimmers & family a wide selection of swim apparel. We supply the RNSS full swim 'kit' which consists of club jammers/costume, RNSS logo hat, RNSS T-Bag, fleece & polo shirt.

In addition we sell backpacks & holdalls detailing the club logo. We supply a selection of training fins, pull buoys, mesh bags, water bottles & fun training hats. We will individually fit goggles & swim wear to provide a high quality, personal service tailored to your needs.

We are also proud to offer RNSS water proof 'tattoos' which are suitable for all club champs and RNSS galas. We would like to thank Kerry O'Connor for her

fantastic work at helping to sell and, in most cases, apply the tattoos. Thanks Kerry!

All proceeds made at the club shop go towards funds for RNSS/HSC so please come and support us. We look forward to seeing you there!



Unfortunately there isn't a current HBEST house shop.

However swim items can be purchased via the RNSS club shop. Martin South (committee member & father of Louis) is willing to act as an 'agent' between the two. He will carry a selection of catalogues for you to choose specific items from and he will then order them via the RNSS club shop. All orders must be paid for in advance, and full refunds will be given if items are deemed unsuitable. It would be lovely if we could encourage swimmers from the HBEST house to utilise the club shop facilities. And don't forget, all proceeds go towards your club! Many thanks,  
Michele and Julie

## Love Swimming?

### Then how about trying a triathlon?

Come & join in this family event in May in Hatch End. The race is a pool swim, followed by a cycle, then a run, both on grass. It is safe, fun and swimmers usually do really well. For details check out [www.Jetstreamtri.com](http://www.Jetstreamtri.com) or contact the race organiser Neil Procter; [neil@jetstreamtri.com](mailto:neil@jetstreamtri.com) or call 02084290783. Parents don't let the children have all the fun – you can do it too! **Venue:** Hatch End Pool, behind the Harrow Arts Centre (beside Morrisons)

**Useful numbers/other activities:** Get wet at:- HOAC 01895 824171 or [www.hoac.net](http://www.hoac.net) canoeing, sailing tuition & land activities.

### Fitness Zone :-

Hayes Pool	0208 573 2785,
Highgrove	01895 622664
Queensmead	0208 845 6010,
Hayes stadium	0208 573 0093,
Yiewsley Pool	01895 427354
William Byrd	0208 897 9390,
Hillingdon School of Gymnastics	0208 841 6666

## Club trophies continued from pg 11

- Calloway Trophy: G U14 3L Freestyle. Ken Calloway was an official and Editor of the Club newsletter for many years. Had a son, Billie & daughter Ann in the Club.
- Perry Cup: B U14 3L Freestyle. Ernie was Team Manager & an avid supporter of all aspects of the Club. Sons both outstanding breaststroke swimmers.
- The Henry Trophy: B U11 1L Fly. Two Henry boys in the Club.
- The Searle Trophy: G U11 1L Backstroke. Two boys brilliant breaststroke swimmers.
- The Brum Trophy: B U11 1L Backstroke. Brum family were very active in the Club. Elaine was a Committee Member, Colin an Official & their 2 girls both swam in the Club.
- The Bone Trophy: G U13 100m Breaststroke. The Bone family's 2 daughters both swam in the Club.
- The De Wit Trophy: B U13 100m Breaststroke. John was an excellent coach. Sally ran Learn to Swim & also became Club Chairman. Son & daughter both swam in the Club.
- The Wood Trophy: B U13 100m Fly. The Wood family. Adam Wood swims for HBEST.
- Austin Trophies: G&B 4x1L IM: Dave Austin, Assistant RNSS head coach & YC coach whose children swam in the club.
- The Hoey Shield: G U11 1L Freestyle. The Hoey family had one son

in the Club, Simon who was a very good competitive Fly swimmer.

- The Emily Sadler Trophy: Young Volunteer of the Year. First awarded in 2008 in memory of Emily a long term member of the HBEST & RNSS.
- The Ernie Perry Trophy: Awarded person making greatest contribution to the club. In memory of Ernie Perry a great supporter of RNSS.

And last but certainly not least

- The President's Trophy for Special Achievement: Presented to the club by Maurice and Daphne Short this will be awarded for the first time on 28 March 2009.