



# NEWSLETTER

June 2018

## A MESSAGE FROM OUR HEAD COACH

Welcome to the final quarterly newsletter of the 2017/2018 competitive season.

Well done to the 6 club swimmers who took part in the London Region age group and youth competitions in May 2018. In the age group championships **Marco Roberts** qualified for 10 events, reached 6 finals, was a reserve finalist for 1 event, and achieved a finalist equivalent placing in the boys 13 years competitions. Marco's highest position was 4<sup>th</sup> place in the 50 M Fly. **Lucas Malcev** qualified for 4 events, reached 2 finals for the boys 11/12 years 100M & 200M Backstroke events, despite being 11 years. He finished as the fastest 11 yr old in the 100M Backstroke, in a time of 1.15.64. **Ahmed Dawood** qualified for 3 events and achieved a finalist equivalent placing in the boys 11/12 years 800M Free. **Fraser Carlton** qualified for 6 events and achieved 2 reserve finalist positions for the 50 M Free & Backstroke events. **Lucy Sims** qualified for the girls 14 years 100 M Breaststroke event and produced a long course personal best time. Francesco Gill competed in the boys 15 years 100M Backstroke & 50M Fly events.

In the LBRSC Last Chance Regional Qualifying Meet on 24<sup>th</sup> & 25<sup>th</sup> March 2018 BGSSC had 14 medallists – **Arella Zarina, Leli Scicluna, Adrian Hristov, Lucas Malcev, Fraser Carlton, Daniel Malcev, Isla Roberts, Lucy Sims, Chloe Newman, Ahmed Dawood, Nino Saito Figuera, Marco Roberts, Amelie Noor, and Paris Androulidakis.**

In the Newham & UEL Level 1 National Qualifying Meet on 14<sup>th</sup> & 15<sup>th</sup> April 2018 BGSSC had 2 gold medallists – **Lucas Malcev & Ahmed Dawood.**

In the Kate Lack Trophy Meet at Barnet Copthall on 10<sup>th</sup> June 2018 BGSSC had 10 medallists – **Ahmed Dawood, Elysia Morton, Fedra Androulidakis, Isla Roberts, Chloe Newman, Leli Scicluna, Daniel Malcev, Lucas Malcev, Fraser Carlton and Marco Roberts.** Lucas was also 2<sup>nd</sup> overall for the top swimmer award.

**CONGRATULATIONS ALL!** The new season primary target for Academy & Squad swimmers is the MCASA Age Group & Youth Championships. **Tony**

## MANAGING POSITIVE BEHAVIOURS

In an effort to encourage positive behaviours from swimmers, progressing members to the discipline required to be a competitive swimmer, engage further parent support, improve partnership working, and communication, the committee has implemented a Discipline Procedure "Managing Positive Behaviours" document.

This can be viewed on the BGSSC website, and a copy is also available at the club's administration desk.

## FOLLOW US

Please remember to follow us on Twitter and Facebook and check the website regularly for up to date information.

[www.bgssc.co.uk](http://www.bgssc.co.uk)



## MESSAGE FROM THE BOARD

The board would like to remind everyone that we are here to help and are often visible around the pool or in the gallery. If you are not sure who we are, ask at the desk.

We would like to remind swimmers that we are using shared facilities, and their good behaviour is not only expected at the pool but also in the changing room. Unruly behaviour will not be tolerated. Parents, please ask at the desk to arrange an update on your child's progress with the head coach.

## CLUB SUBSCRIPTIONS

There are now several ways to pay.

**Bank Transfer** to the following account:

**AC: 59343893 SC: 50-10-05**

**PayPal** to [sharksclub@outlook.com](mailto:sharksclub@outlook.com)

(Please use your child's name as the payment reference for either of the above.)

**Cash or card** at the admin desk.

The next quarterly Subs are due in **July**.

## IMPORTANT DATES

### AGE GROUPS

**Sunday 23<sup>rd</sup> September**

EDSC Super Sunday Sprint  
Crook Log Leisure Centre

**Sunday 14<sup>th</sup> October (TBC)**

BWFSC (Waltham Forest) County Qualifier  
London Aquatic Centre

**Sat 3<sup>rd</sup> / Sun 4<sup>th</sup> November**

DSC & EDSC Fireworks Meet  
Crook Log Leisure Centre

**Saturday 10<sup>th</sup> November (TBC)**

Thurrock Distance Invitation Meet

**Sat 1<sup>st</sup> / Sun 2<sup>nd</sup> December**

Harrow Christmas Cracker  
Barnet Copthall

### 2019

**Sunday 6<sup>th</sup> January**

BWFSC (Waltham Forest)  
London Aquatics Centre

### MIDDLESEX AGE GROUP COUNTY CHAMPIONSHIPS

**Sat 19<sup>th</sup> / Sun 20<sup>th</sup> January**

**Sat 2<sup>nd</sup> / Sun 3<sup>rd</sup> February**

**ENTRY DEADLINE: 05.12.2018**

### MIDDLESEX YOUTH COUNTY CHAMPIONSHIPS

**Sat 6<sup>th</sup> / Sun 27<sup>th</sup> January**

### LAST SWIM BEFORE SUMMER

**Mile End:** Tuesday 24<sup>th</sup> July

**York Hall:** Sunday 19<sup>th</sup> August

### BACK TO SWIMMING

**Mile End:** Monday 3<sup>rd</sup> September

**York Hall:** Sunday 2<sup>nd</sup> September



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## Keep reviewing your GOALS....

Here are some suggested goals for the new season (commencing Sept. 2018):

### Academy Swimmers:

Qualify for the MCASA Age Group Competitions in age group competitions between Sept. – Dec.2018.

Parent e-mail address to the Competition Secretary Stephen Roberts to receive age group competition information for entry to achieve ratified times for qualification to the competition.

### County/Regional/National Swimmers:

Qualify for as many events as possible within your age category for the MCASA Age Group Competitions between Sept. – Dec.2018.

Also, keep a record of your P.B.s, progress, and targets towards achieving finals and medals, within your age category.

You can look up standards from the previous year's MCASA competitions on the MCASA website.

## SIT-UP COMPETITION

A Sit-Up competition will be held at York Hall on Wednesday July 18<sup>th</sup>. All Academy & County/Regional/National swimmers are invited to perform as many sit-ups as possible in 1 minute. County/Regional/National swimmers can participate in the foyer at York Hall between 6.00 and 7.10 p.m.

Academy swimmers can participate between 7.30 and 8.30 p.m.

A prize will be awarded to the top boy & girl. Practice now to improve your chances of success.



## OFFICIAL CONGRATULATIONS & THANK YOU

Following our appeal in the last newsletter Joe Hall attended a timekeeping course and provided voluntary official assistance in the recent M11 League. He is now undergoing a judging mentoring process.

### *Congratulations & thank you Joe.*

**A huge thank you to Stephen Roberts** who has been outstanding in the Competition Secretary role for the club this year, and enabled participation of club swimmers in many age groups by providing volunteer official assistance.

The club is always keen to encourage further parents to become qualified officials, there are training courses running in Middlesex this year. This is your opportunity to join the ranks of judges who help make meets possible, and therefore support swimmers' competition participation.

Please speak with Stephen Roberts or Joe Hall if you have any further questions.

## CLUB SHOP

The shop is open at York Hall on Wednesday and Friday and stocks the following club kit:

<b>T Shirts:</b>	Child £12	Adult £14
<b>Hoodie:</b>	Child £17	Adult £23
<b>Zoodie:</b>	Child £23	Adult £26
<b>Jammers:</b>	Child £20	Adult £22
<b>Costumes:</b>	Child £20	Adult £22
<b>Swimming Hats:</b>	£5	
<b>Towels:</b>	£15	
<b>Skipping Ropes:</b>	£3	

## SKIPPING WINNERS...

All Academy, County, Regional, & National swimmers were invited to perform as many "two footed" skips as possible in 1 minute at York Hall on the 25<sup>th</sup> April.

The **Top Boy was Daniel Malcev** with 172 skips & the **Top Girl was Elysia Morton** with 121 skips. Both were awarded a "Swimzi" t-shirt.



## Remember... 5 Reasons swimmers should skip:

- It does not require a gym/studio to gain benefit
- It builds strong ankles
- It develops fast twitch fibres with low impact
- It develops quick feet (needed for starts & turns)
- It keeps your posture in check

## "ART" ATTACK WINNER...

All club's swimmers were invited to submit a creative project to the club's administration desk by Friday 25<sup>th</sup> May 2018.

The winner was **Alice Jarrett** who was presented with a sketchbook and pencil case.

Alice produced a blue image with a hidden shark, and wrote the following:

Can you see him?

He's hiding.

Somewhere in the blue,  
Watch out!

Keep an eye out,  
He likes to bite,  
Do not fight him, just  
SWIM!

