



NEWSLETTER

OCTOBER 2019

MESSAGE FROM THE HEAD COACH:



Welcome to the first newsletter of the 2019/2020 competitive season.

Four BGSSC swimmers won medals in the LYG Mini Games swimming event. Arella Zarina won the girls 50 M Butterfly event in 34.67. Emily Bonfante, Arella Zarina, and Yoana Todorova won a silver medal for the girls 200 M Medley Relay which was swum in 2.31.93. Yoana and Arella won a second relay silver for the 200 M Freestyle relay, along with team mate Alice Hall.

Three BGSSC swimmers were crowned "Top Swimmers of the Meet" in their age group category at the BWFSC Summer Long Course Meet, held at the LAC on Sunday 7th July 2019. Lucas Malcev was the overall winner for the boys 11 years competition winning seven gold medals. Leli Scicluna was the boys 12 years overall winner, having won two gold and three silver medals. Chloe Newman was the girls 16 years overall winner having won one silver and two bronze medal for Breaststroke and Fly events. Other medal winners at the meet were: Emily Bonfante, Ivy Hernandez Taylor, Rassim Lazizzi, Nino Saito-Figuera.



At the NUEL Long Course Meet, held at the LAC on Saturday & Sunday 27th & 28th July, 9 year old Guido Zarina won 4 gold medals in the boys 50 m & 200 m backstroke, and 50 m & 100 m butterfly events.

Following the meet Guido's Swim England long course rankings for those events were as follows: 50 m backstroke - 1st, 200 m backstroke - 1st, 50 m butterfly - 2nd, 100 m butterfly - 2nd.

Ruby Ruzzaman competing in the girls 9 years competition won two gold for the 100 m butterfly & 200 m IM events, a silver medals for the 200 m breaststroke and a bronze medal for the 50 m breaststroke. Arella Zarina won three silver medals in the girls 11 years in the 100 m butterfly & freestyle events and 200 m backstroke.

A record number of Bethnal Green "Sharks" swimmers (27 in all) competed in the Erith & Dartford Super Sunday Sprint Meet on the 22nd September.

Medal winners were: Ruby Ruzzaman (4), Emily Bonfante (2), Chloe Newman (2), Rassim Lazizzi (1), Thomas Roberts (1), Storm Heggenhougen (1), Lucas Malcev (3 including gold), Nino Saito-Figuera (2), Leli Scicluna (4), Daniel Malcev (3), Howard Wang (2), and Nathan Lay (1).

Well done all competing swimmers!

Tony - Head Coach

AGE GROUP COMPETITIONS:

Sat. 5th & Sun. 6th October
Alan Mitchell Memorial Gala

Sat. 12th & Sun. 13th October
NUEL Early County Qualifier

Sat. 2nd & Sun. 3rd November
DDSC & EDSC Fireworks Meet

Sat. 9th & Sun. 10th November
Thurrock Long Distance Meet

Sat. 31st November & Sun. 1st December
Harrow Christmas Cracker Meet

LONDON SWIMMING WINTER CHAMPIONSHIPS:

Sat. 2nd & Sun. 3rd November

MIDDLESEX AGE GROUP COUNTY CHAMPIONSHIPS:

Sat 8th / Sun 9th Feb. 2020

Sat 15th / Sun 16th Feb. 2020

Fri. 20th / Sat. 21st / Sun. 22nd March 2020
Beckenham SC International Meet



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TOP TIPS FOR BUTTERFLY

- Body led by the crown of your head with your shoulders and hips horizontal.
- Keep your body as close as possible to the surface of the water.
- Arms should stretch out in front of the body above the water surface and be led into the water by the thumb.
- Hands should enter about shoulder width apart with elbows bent and slightly higher than the hands.
- Your hands then sweep down and out to form a Y shape in front of the body. Turn and sweep your hands back in towards each other, keeping your elbows high.
- Finally, turn your hands up and back and sweep parallel to the side of your body.
- Recovery of the arms is aggressive as you stretch them back out in front of you to re-enter. Keep your arms out of the water but try to avoid lowering your hips – the aim is to keep as streamlined as close to the water as possible.
- The leg action comes from the hips. The heels and soles of your feet should break the surface from underneath with your knees slightly bent on the upbeat.
- Powerful downbeats of the feet then propel the body forward. Try to keep your legs close together with your ankles relaxed.
- Your downbeat kick should occur as the arms enter and sweep out.
- Try to kick twice per arm cycle – once to propel your arms out of the water for recovery and once as the arms enter the water.
- Like in breaststroke, your shoulders should lead your head out of the water. Your front should rise naturally with the undulation of your body.
- After inhalation, quickly lower your head before exhaling quickly under the water through your mouth and nose. Your head should re-enter the water before your arms.
- The most common breathing cycle is once every two arm cycles but some competitive swimmers choose to swim every cycle for longer races or every three cycles for shorter races.

URNS & DIVING SESSION – PROMOTIONAL VIDEO

Thank you to all the swimmers who attended the turns & diving session on Wednesday 29th May to produce a promotional video.

The video can now be viewed on the club's twitter:

<https://twitter.com/BGSharksSC>



“BRITISH SWIMMERS WHO’S WHO”



Chloe Newman - July competition winner.

THANKS FOR YOUR SUPPORT

From the 1st October 2019 all membership fees are paid on our secure platform at <http://uk.teamunify.com/bgsc>. This now helps free up volunteer time to assist members more productively, and aid financial stability and club development. Thanks for your support.

OFFICIAL UPDATE

If you are a parent of a swimmer in the Academy or County/Regional squad group, or a swimmer 16 years plus, and you would be willing to train as a Middlesex Official, please notify Maggie at the club admin. desk.

Course information will be provided soon.

RUSSIAN TWIST COMPETITION



On Wed. 13th November there will be a Russian twist competition at York Hall. Academy & County, Regional, National swimmers are invited to perform as many as possible in 2 minutes.

County/Regional/National swimmers can “drop in” to 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.