



THE BIG SPLASH

EALING SWIMMING CLUB NEWSLETTER

MARCH 2015

Ealing Swimming Club's Annual General Meeting

The Annual General Meeting (AGM) of Ealing Swimming Club was held on 8th March. The purpose of the meeting was to approve the Minutes from last year's AGM, adopt the Annual Report and Audited Financial Statements, elect the Auditors and elect the Officers and Trustees for the forthcoming year. In addition, reports were presented by the outgoing Chairman, Johnny Wright, Honorary Treasurer, Tom Walsh, and the Head Coach, Dave Heathcock, The newly elected Chairperson, Susan Fletcher also gave a brief 'look forward'. All motions were approved and the Minutes of the AGM will be available from the website shortly. The Board of Trustees now comprises:

Susan Fletcher (Chairperson)
Tom Walsh (Honorary Treasurer)
Sarah Hulm (Honorary Secretary)
David Lillington
Nigel Grey
Julian Gorniok
Ralph Shortland



A Word from the New Chair

I am delighted to have been elected as the new Chairperson of ESC having been a Trustee since February 2012. Some of you will know me as a parent as my three children were all members of Acton Swimming Club and then Ealing Swimming Club. Sadly, my two boys preferred sports involving balls and muddy fields to swimming, but my daughter remains a committed member of the squad. I also like to think of myself as the 'Voice of ESC' having announced at numerous ESC Level 3 meets as well as at the Middlesex ASA County Championships and Development meets and at the London Regional Championships. I am currently brushing up my Portuguese just in case a voice is needed in Rio in 2016.

My interest in swimming began as a very small child when I was taken swimming every Sunday by my father who was himself a keen swimmer until he well into his 70s. Family legend recounts that I learnt swim at the age of three by throwing myself in the deep end of the local swimming pool (no doubt egged on by my older siblings). Thankfully, I surfaced unharmed and no longer in need of my 'rubber ring'. I also swam competitively for the now defunct Wealdstone Swimming Club and although I have no record of my PBs, I was impressed to recently uncover a certificate which said that I came third in a 400m IM!

My new role as the Chairperson of the Trustee Board will present many challenges, not least the need to maintain and grow membership levels, secure adequate pool time and consolidate links with the Houses, Masters, Triathlon and Water Polo sections of ESC. However, I consider that with the support of my fellow Trustees, the staff and members of ESC, those challenges will not be insurmountable and ESC will remain a force to be reckoned with in the world of aquatic sports for many years to come.

I would like to take this opportunity to thank Johnny Wright for his commitment to ESC throughout the years and I wish him a happy and healthy retirement.



Ealing make it 10 years in National League Final!

ESC have qualified to compete in the ARENA swimming league National Final for the 10th time. The team of swimmers aged from 11 years to senior will travel to the International Pool in Cardiff on Saturday 25th April to compete in the B-Final.

Just over 400 clubs across the country compete in three regional rounds before Christmas and the top 20 clubs are then invited to swim in either the A or B national final in the following April. Ealing took second place in the London League in an exciting and close found meet in Basildon in December to book their place. ESC has been in this exclusive group of clubs for many years and makes their 10th appearance this year in Cardiff against Boldmere, City of Liverpool, City of Oxford, City of Sheffield, Northampton, Preston, Swansea & Thanet.

The meet will be broadcast live on the day via the internet at www.nationalswimmingleague.org.uk/



ESC are proud to wear ARENA poolside attire and racing swimwear



NEWS

The Hague Grand Prix Meet

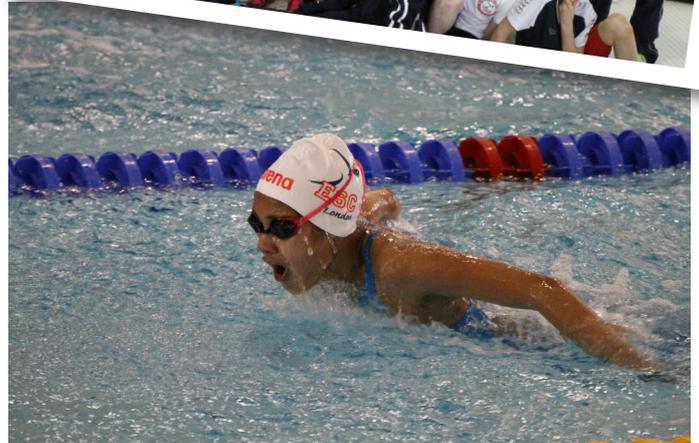
During half-term Ealing's swimmers travelled to the new Hofbad pool in the Hague, Netherlands to compete in the Grand Prix event of the Hague Gold series. Rubbing shoulders with the Dutch Olympic swim team including triple Olympic gold medalist and World champion, Ranomi Kromowidjojo, gave them the opportunity to gain valuable experience of competition at an international level plus the chance to post some early season long course times ahead of the new British nationals qualifying period which begins in March. A total of 580 athletes registered from 7 European countries for the 3 day event.

All events had heats and finals and despite the tough competition and, somewhat exhausting schedule, Ealing's swimmers posted some excellent long course times and qualified for a high percentage of finals amassing an impressive tally of 23 medals.

Ealing achieved a clean sweep of medals in the 1999/2000 boys 200m freestyle. Reef Hook claimed gold, Bryce Puszet, silver and Ben Hooper completed the rout by winning bronze. Ben had a fantastic meet adding gold in the 200m fly, silver (50m fly) and another bronze (100 fly). Not to be outdone, Bryce triumphed in the 200 backstroke final and finished 3rd in the 100 backstroke. Reef added a bronze (50m backstroke). Lucy Thornton again impressed taking silver in each of the fly events (50,100,200m). Paige Powell shared the podium earning a bronze in the 50m fly. Also making finals in this age group were; Rabah Hadjazi, Kaze Morrison and Jack Stevens.

Leading the way in the 2001/02 category Sam Thornton swam to victory in 100m fly and added bronze in both the 200 & 50m fly. Thirteen year old Anton Akopian was on form once more to claim gold in 50m fly and bronze in 50m freestyle. George Barnes raced to 2 bronze medals in the 50 & 200m breaststroke finals and was unlucky to miss out in the 100m breaststroke, finishing 4th. Rohan Vazirani won bronze in the 400 freestyle. Cartier Yearwood had an excellent meet winning bronze in the 50 backstroke, her time in the 50m freestyle final (29.06) was her first qualifying time for the upcoming British Championships this April. Anthony Atanasov, Harrison Filby, Benedict Kirwan, Joe Lee, Frederick Lollesgaard, Pietro Lombardo and Emily Bryce swam well to qualify for finals.

Tudor Puszet capped off a great weekend by winning the senior 200m fly in a new pb time whilst Aaron Pullen swam well to take bronze in both 200m IM and freestyle.



ESC are proud to wear ARENA poolside attire and racing swimwear





Around the Houses

Lead Coaches in the Houses

Some of our houses have seen new lead coaches in recent months, Adrian Grzenda has taken over at Dolphins & Astra, Sammy Behrooz is now the Acton Lead Coach, Filipe Alves has taken over at Chiswick and Danielle Long is now covering the maternity leave of Paula at Northolt. These new lead coaches have all written a short piece to introduce themselves and these are included in the House reports.

ESC Horsenden

Horsenden is busy as always, we have lots of children on our waiting list that we are assessing each week to see where they will fit in.

We are currently on week seven of our spring term and we are looking forward to our assessment period that begins on the 16th March and ends on the 4th April.

Gokhan, one of our level 1 teachers will be moving away at the end of this term, as he gets married at the end of March and will then be moving on. We wish him all the best for the future.

Lizzie May has started volunteering on a Thursday, and is working alongside myself in the water with the stage 1's and 2's. She's looking to do a teachers course later this year and maybe a lifeguard course as well. Gemma

ESC Astra

In January 2015 ESC Astra groups were reviewed in terms of the structure and expected criteria. Currently the teaching pool is formed into two groups: Starfish supervised by Vladimir and Seahorse supervised by Sarraounia; Main pool is formed of four groups: Minnows, Herring, Seals and Piranhas.

On the 29th of March ESC Astra together with ESC Chiswick will be competing at the Summer Championships. The event will take a place at Northolt Leisure Centre. All swimmers from the main pool and Seahorse Group are invited to participate. Kindly ensure that entry forms are handed to your House Head Coach – Adrian Grzenda by the 10th of March. We look forward to some exciting time and great fun!

ESC Astra would like to congratulate Rex Booth who has been selected for Ealing SC Relay Team during Middlesex County Age Groups & Youth Competition. Well done Rex!

ESC Northolt

Danielle Long is now covering as Lead Coach at Northolt whilst Paula is on maternity leave. Danielle has worked for many years as one of the squad coaches for the younger swimmers and also works for Everyone Active at Northolt. We all look forward to working with Danielle at the busy and active Northolt House.

STOP PRESS; Paula has now had a baby boy called Taylor, mother & baby are doing well and everyone at ESC sends their best wishes.

ESC Acton

In November ESC Acton held a successful time trial gala where over 120 children were timed over 25m and 50m distances in each event. A big THANK YOU to all the parents who gave up their time to help and without whom it would have been impossible to run the gala. I am pleased to announce that following our popular House Championship in February, all the results have now been posted on the Acton page of the ESC website.

We have a full programme of activities planned in the coming season, please visit our website or take the time to read the notice board at the pool to ensure that you do not miss out. Should you have any queries, please do not hesitate to contact me at sammy@swimesc.co.uk.

Key upcoming dates:

ESC Acton House Championship Finals

Sunday 8th March, 5pm-8pm at Bute House Girls School

Pyjama Swim

Friday 27th March, normal sessions

ESC Acton Medal Presentation Disco

Friday 8th May, 19:00 – 21:30

ESC Acton Time Trials

Sunday 10th May, 5:30pm – 7:30pm

Distance Swim

Sunday 19th July, normal sessions

Pyjama Swim

Monday 10th July, normal sessions

Fun Splash & last session

Friday 24th July, normal sessions



My Life So far -

by Sammy Behrooz

I learnt to swim with ESC Acton when I was 5 years old and I have been with the Club for more than 20 years. Gradually I progressed from 'Pool Frog 1' to swimming non-stop 20 km, in 6h20mn, in 2010.

When I was 16 years old I became a PADI open water diver and later a SSI Advanced

Open Water Diver. I also qualified as a Lifeguard and I volunteered to lifeguard for the 2012 London Olympic Games where I was fortunate enough to see all the action from the pool side.

In 2010, I graduated with a First Class Honours Degree in Finance and Accounting and I was awarded best final dissertation in Economics and Finance. However, I soon realised that I enjoyed best working with children and helping them develop their own skills. In 2012, I qualified as a Primary school teacher after studying for a Post Graduate Certificate in Primary Education. Now, in parallel with teaching full time, I am also the Lead Coach at ESC Acton.

In my spare time I have walked El Camino de Santiago de Compostela Pilgrimage and completed the GR20, which is the toughest long distance trail in Europe. However, in the winter, you will catch me on a snowboard! Sammy Behrooz

Follow ESC on  @ealingsc

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Around the Houses

ESC Dolphins

ESC Dolphins, now under new lead coach Adrian Grzenda, have made some changes and these will continue over the next few months.

To make sure all members of the House swim technically correct, ESC Dolphins launched the Breaststroke Clinic in January 2015. We may contact you if we feel that your child needs extra work on this specific stroke and ask him/her to join the group on Mondays and Fridays 8 pm till 8:20 pm.

Bronze Group news

We have recently simplified the naming of the Bronze group; Seahorses and Sealions are now simply called Lower Bronze, Stingrays and Swordfish are now called Upper Bronze.

Lower Bronze will train in the deep water pool for the last week of each month so that they can practise dives and we have introduced a breast stroke clinic, Mondays and Fridays at 8pm. Swimmers who need a little extra practise in this stroke will be invited to attend.

Congratulations

We would like to extend our congratulations to Dolphins swimmers, who took part in the Hatfield meet and ESC Relays at the Middlesex County meet in January.2015 – Ella Creber, Josie Booker, Cameron Treasure, Leah Whittaker, Mairi Gillespie, Yuriy Borak, Isobel Willetts, Mile Vadon, Christopher Garcia and Ella Train. Well done!

What's coming up next?

The next major event for Dolphins swimmers will be Friday March 27th – **the Distance Swim!**

We will be using the full 50m pool and distance badges are waiting to be achieved.

All main pool swimmers are invited to take part and this will replace the regular training session.



Adrian Grzenda

**ASA qualified Level 2 Swimming Coach and
RLSS National Pool Lifeguard**

I have developed my passion for swimming in my native Poland and I want to share my enthusiasm for swimming through coaching. I began coaching several years ago with Ealing Swimming Club Dolphins while also working with Chelsea & Westminster SC as an Advanced Development coach.

In September 2014 I became House Lead Coach for Dolphins and Astra and I am involved with coaching the younger swimmers in the squad program.

I am currently working towards qualifications: ASA Level 3 coaching and British Swimming Judge 1.

I am happy to receive emails with comments, suggestions and ideas! Please feel free to email me at

Adrian.G@swimESC.co.uk

ESC Chiswick

Filipe Alves has now taken over as Lead coach of this growing house and he will be making some changes to training and also to the competition programme for this section. With training sessions currently running on Tuesday 7.30 -9pm and Friday 7-9pm this section is planning to make an impact on the ESC swimming scene.



**Filipe Alves –
ESC Chiswick Lead
Coach**

“Swimming has always played a central role in my life. I have been a member

of the Portuguese Swimming Federation since 1993 and have swum competitively for the Portuguese national team on many occasions.

My passion for swimming led me to pursue a career in coaching. In 2009 I graduated from Rio Maior Sports College (Portugal) with a degree in high performance sports training in swimming. In addition I have extensive experience coaching all group ages and ability levels.

I have been working with ESC squad since November of 2013 and took over the new and challenging role in ESC Chiswick in November 2014”



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Around the Houses

Mounting success for Disability Section

The disability section might be the fledgling section of ESC but it is now going from strength to strength with a frenetic 6 months of activity culminating in 2 out of the 4 swimmers who have qualifying times competing in the British Para Swimming International at the Tollcross pool, Glasgow, at the end of the month.

The section has seen a steady rise in numbers as word spreads and this was given a boost when ESC in partnership with Special Olympics GB, Active Ealing and Everyone Active held the inaugural West London Disability development gala at Northolt in September. This was a great success and gained us 3 new swimmers. On a sadder note, September also saw the departure of our Head Coach, Gavin Travers, who is now based in Qatar completing his Phd in Sports Science. Matt Soanes from Northolt having achieved his L2, has however taken up the baton and challenge of driving the section forward. In October it was time for the London Region Para SC Championships at the Aquatic Centre with 5 swimmers representing the club, Aaron Maddox (S8), James Brand (S7), Sophie Grey (S7), Dominic Ranaraja (S10) and Jamie Woodbridge (S14). The event was a great success for the club with many PB's being broken and medals all round.

November saw the National Para SC Championships in Manchester where our 5 classified swimmers, represented London. This was a real milestone for the club as it meant for the first time that Ealing had more swimmers representing the region than any other London Club. In a field packed with Para GB swimmers we performed well and came away with 4 Golds, 2 Silvers and 3 Bronzes between them.

The week before Christmas saw Aaron, who has his sights set on Rio 2016, entered into the Welsh LC Open in Swansea alongside some of Ealing's able bodied swimmers. Arron managed 3 PBs and 3 silvers.

January was a quiet month but the squad made up for it at the start of February with their first attendance of the Hanworth Disability Gala. This was an event for all our swimmers and not just those classified by the IPC. The team of James Brand, Peter Ngufor, Joe Travers, Ava Jones, Ryan O'Malley, Johanna Barnes, Taran Mandair, Silvano Mema and Sebastian Fischer-Burrows. Excelled and managed 2nd place in the juniors and 2nd place in the Masters. Also in February Sophie, Aaron and James attended the London Disability Swimming Training camp in Spain.

This month will see Sophie and James competing in the CPSports National Championships in Nottingham and Aaron and Sophie taking on an international field in Glasgow.

We continue to talk with disabled groups and charities and are currently building links with British Deaf Sport, CP Sport and the Aspire Centre at Stanmore as well as some specialist disabled clubs.

After the last 6 months the pace is not slowing as we are now planning our second development disability gala at Northolt on May 9th and hope to run a licenced Para event, a first as far as we can tell in London, later in the year to try to attract some top level competitors to West London.

Despite all this activity we are still looking for new swimmers so if you have a disability or know someone with a disability and would like to develop you or their swimming further please contact us at disability@swimesc.co.uk

Disability forthcoming events

7th March 2015, Saturday afternoon disability lessons at Gurnell 1pm to 2pm. Funded by Sportivate.

17th April 2015, 7pm to 9pm Sponsored Swim at Northolt. The sponsorship form will go on the website very shortly. To register please contact Fred Burley on 020 8582 3790 or email Fred@swimesc.co.uk

9th May 2015, Disability Development Gala at Northolt 4.30pm warm up 5.00pm start. This is being funded by Tesco's Helping Hands. The entry form will go the website in the near future.

Starting Shortly, Disability one to one lessons 30 minutes each on a Monday evenings between 5.00pm and 7.00pm at Gurnell. Further information to follow shortly.

ESC swimmers represent London in France

Early February saw six ESC senior swimmers selected to represent the London Region at the Golden Lanes meet in Amiens, France. This top level meet attached swimmers from across Europe and with many Olympians & World Championship swimmers present the standard was extremely high. However, all the ESC swimmers made finals and Katy won bronze in the 100m back. ESC selected swimmers: Katy Avramova, Maisie Jameson, Erin Nabney, Lucy Thornton, Ben Levart & John Britton, Allan Thornton was the head coach for the team.



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Water Polo

Our Junior Water Polo section continues to grow in both numbers and skills. Daniyal, Yalin, Samuel and Stefanos made the Great Britain team in the January trials and 2 more players went to the February trials.

Our players regularly represent both Middlesex and London squads

Junior Water Polo train on Saturdays between 6pm and 8pm at Gurnell. If you would like to come and see what we do contact business@swimesc.co.uk to arrange a trial.



Triathlon

Following on from the success of the Sportivate Introduction to Triathlon Courses, a new Junior Triathlon section is planned to launch in April 2015. This group will train on Saturday mornings alongside the Sportivate course and the senior session. Full details will be available shortly on the website.

Members of the Senior section are active in all distances and disciplines this season and these include Sprint, Olympic, middle and long distance triathlon; aquathlons and duathlons.

The club is also taking part in the London League series of events organised by British Triathlon, London Region. First event is Monday 6th April at Hampton Pool/Bushey Park.

If you would like to take part in a local triathlon/Aquathlon, do not forget our own races

Ealing Junior Triathlon and Senior Aquathlon to be held at Gurnell on Saturday May 23rd

Entries are still open at www.swimesc.co.uk under the Triathlon tab/Our Races.

If you would like to find out more about either the Junior or Senior section, please contact Christine on triathlon@swimesc.co.uk



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Courses

Have you considered a career in teaching swimming?

ESC have various courses scheduled for the next 12 months. Full details are available on our homepage.

Course	Start date	End date	Maximum numbers
Level 1 Teaching Aquatics	3 Oct 2015	17 Oct 2015	16
Level 2 Teaching Aquatics	8 Nov 2015	30 Nov 2015	12
Level 2 Teaching Aquatics	23 Jan 2016	14 Feb 2016	12
Level 1 Coaching Swimming	20 Feb 2016	27 Feb 2016	16
Level 1 Teaching Aquatics	6 Mar 2016	20 Mar 2016	16
Level 2 Coaching Swimming	16 Apr 2015	23 Apr 2016	12
Level 1 Teaching Aquatics	14 May 2016	28 May 2016	16
Level 2 Teaching Aquatics	11 Jun 2016	3 Jul 2016	16

For further information please contact fatma@swimesc.co.uk or simply book online via our website.

How you can help your Club

Making purchases via our website makes money for the Club. Please use the links on our homepage and help us raise funds.

Amazon

Wiggle -

providers of triathlon products

Proswimwear -

providers of swimming products

NPLQ Lifeguard course 25th June – 1 July

To book this course click on the link within ESC coaching courses on our homepage.

Follow ESC on @ealingsc

Sportivate Introduction to triathlon

Course starts April 11th and takes place on the following Saturdays

April 11th, 18th, 25, May 2nd, 9th and 16th cost £30

Course delivered by Paul Fiander (BTF level 1) and Sarah Larkam (BTF level 2), supported by Christine Meek (BTF level 2).

Saturday's - 9.00 for 9.15 warm up - 10:30am
Venue Gurnell Leisure Centre, Ruislip Road East, W13 0AL

The aim of the course is to provide an introduction to triathlon and will be skills based. It will also develop skills, strategies and stamina for those who have some knowledge of triathlon. The Saturday session will involve a 15 minute warm up at 9.15am, 30minutes in the pool from 9:30 until 10:00am, followed by transition and bike and/or run skills on the field behind Gurnell.

Course fee: £30

Pull on your trainers and get fit!

SAVE THE DATE

ESC are hosting a sponsored 5km run, and a 2km fun run for juniors. Both runs will start and finish at Perivale Track in Ealing.

More details will be available in a couple of weeks along with a registration and sponsorship form, but for now put the date in your diary

Sunday June 7th

Adult Beginners

Swimming session for adult beginners taking place at Gurnell Leisure Centre on Monday evenings for 12 weeks, starting Monday April 13th at 8.05pm.

This is a 12 week course, each session being 30 minute long, suitable for complete beginners and those that have never had any formal lessons. The course is delivered by an experienced ASA qualified teacher

Only £95 for 12 week term

Date of course April 13th 2015

Book online at

www.swimesc.co.uk

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Kit

See
ESC website
club shop for
order form

Check out the full range of ESC clothing at www.swimesc.co.uk
Orders can be placed through the club's website or email clubshop@swimesc.co.uk
The club swop shop will also operate on most Saturday mornings at Gurnell 6-8 am.



Club ARENA Back Pack

Description: Arena Club Backpack with ESC logo

Price: £34.00
Personalised: £5.00

ESC ARENA Polo shirt



GUIDELINE PRICES
Description: Club ARENA T-Shirt
180gr cotton piquet
Sizes: Small up to XL

Price: £28.00

ESC ARENA T-shirt



GUIDELINE PRICES
Description: Club ARENA T-Shirt 100% cotton
Sizes: X-Small up to 2XL

Price: £24.50

ESC Street Sign T-shirt



GUIDELINE PRICES
Description: Club Street Sign T-shirt 100% cotton
Sizes: Small, Medium, Large

t-shirt Price: £12.00

New
Stock arriving
soon

ESC ARENA Classic T-shirt



GUIDELINE PRICES
Description: Classic cut unisex T-Shirt by Arena is made of 170gr cotton jersey

Sizes: Youth:
6-7; 8-9; 10-11; 12-13; 14-15

Adult: X-Small up to 2XL

Price: Youth: £15.00 ; Adult: £19.00

ESC Youth Tracksuit



GUIDELINE PRICES
Description: Club ARENA Youth Team Tracksuit
The navy blue unisex Tribal tracksuit by Arena is made of microfiber ripstop 100% polyester and has a mesh lining. It features an Arena name and logo on the right chest and white stripe detailing down each arm and leg.
100% polyester + mesh lining

Sizes: Youth 8-9, 10-11, 12-13, 14-15

Youth: £59.00

Can be ordered separately see website for details



ESC Club ARENA shorts

GUIDELINE PRICES
Description: Club ARENA Team shorts Elastic waistband. Reflective stripes down sides of legs. Quick-dry. Shorts hit above knee. Arena logo on right leg.
100% Polyester Microfiber Ripstop.

Sizes: Youth 6-7, 8-9, 10-11, 12-13, 14-15

Adults: Small, Medium, Large, X-Large

Youth: £22.50 Adults £28.50



ESC ARENA Club Hat

GUIDELINE PRICES
Description: Competition silicon hat with ESC logo
Sizes: One size fits all
Price: £8.00

Please note all prices are subject to change and subject to stock. Club stock can be purchased via clubshop@swimesc.co.uk

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Important Dates

March

Middlesex Development Meets

1, 14, 15 March – Enfield

ESC Astra and Chiswick Spring Championships

29 March – at Northolt

April

Beckenham Open Meet

3, 4, 5 April – Crystal Palace

Junior Squads Training Camp

7 - 10 April – St. Margarets School, Bushey

British Swimming Championships & Trials

14 - 18 April – London Aquatic Centre, Stratford

ESC L3 Open Meet

18 & 19 April – Northolt

ARENA Swimming League, National Final

25 April – Cardiff

May

London Region Championships

2 - 4 May – Crystal Palace

London Region Championships

9 & 10 May – London Aquatic Centre

ESC Disability development Meet

9 May – at Northolt

Middx County Open Long Course Meet

16 & 17 May – Luton

ESC Triathlon and Aquathlon

23 May – at Gurnell

London Region Last Chance Meet

31 London Aquatic Centre

June

Milton Keynes Junior League

6 June – TBA

ESC Fun Run

7 June – Perivale Track

London Youth Games Water Polo Event

20 June

July

Milton Keynes Junior League

4 July

London Youth Games Aquathlon Event

5 July

British Swimming Summer Championships

28 July – 2 August, Sheffield

August

ASA Summer Championships

4 – 9 August, Sheffield

Sept

Milton Keynes Junior League

12 September

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ESC Sessions and Contacts

Further information and full details are on our web site at www.swimesc.co.uk or email the contact shown

SECTION	VENUE	DAYS	LEAD COACH
ESC Astra	Janet Adegoke, Shepherds Bush	Tues/Thurs	Adrian Grzenda adrian.g@swimesc.co.uk
ESC Acton	Acton Pools	Mon/Wed/Fri/Sun	Sammy Behrooz sammy@swimesc.co.uk
ESC Chiswick	Chiswick New Pool	Tues/Fri	Filipe Alves flipe.a@swimesc.co.uk
ESC Disability	Dormers Wells	Thursday	Matthew Soanes matty.s@swimesc.co.uk
ESC Dolphins	Gurnell Leisure Centre, Ealing	Mon/Fri/Sat	Adrian Grzenda adrian.g@swimesc.co.uk
ESC Horsenden	Horsenden School	Mon/Tues/Wed/Thurs/Sat	Gemma Burley gemma.b@swimesc.co.uk
ESC Northolt Phoenix	Northolt Swimarama	Mon/Wed/Fri	Paula Wood, Danielle Long (maternity cover) coachlong@tiscali.co.uk
ESC Masters	Gurnell/Northolt	Mon/Tues/Thurs/Fri/Sun	Mike Gallagher mike@swimesc.co.uk Craig Keller craig.k@swimesc.co.uk
ESC Squad	Gurnell/Northolt/Dormers Wells	All days	Dave Heathcock/Allan Thornton/ Helen Thornton dave@swimesc.co.uk helen@swimesc.co.uk allan@swimesc.co.uk
ESC St Helens	St Helens School, Northwood	Mon/Wed/Fri	Mark Jones swimjones@yahoo.co.uk
ESC Triathlon	Gurnell/Perivale Track	Seniors Tues/Wed/Thurs/Sat Juniors Saturday	Christine Meek triathlon@swimesc.co.uk
ESC Water Polo	Gurnell Leisure Centre	Seniors Tues/Wed/Thurs Juniors Saturday	Simon Pates Petar Momcilovic Rumen Kurtev waterpolo@swimesc.co.uk

ESC Central Admin & Finance Office, Gurnell Leisure Centre, Elaine Howe elaine@swimesc.co.uk
Christine Meek christine@swimesc.co.uk Accounts enquiries finance@swimesc.co.uk



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