

THE BIG SPLASH



EALING SWIMMING CLUB NEWSLETTER

JULY 2018



ESC SWIMMERS TRAVELLING ACROSS EUROPE TO COMPETE

The past few months have seen ESC swimmers compete in swim meets across Europe. January saw swimmers race in Antwerp as part of the London Region Team, whilst March saw a large number of the Middx County team made up of ESC swimmers as well as Coaches Helen & Allan which raced in Sarcelles, just outside Paris. March also had swimmers racing at the British Champs in Edinburgh – although the snowy weather disrupted a few travel plans. April had swimmers racing in Dublin at the Irish Open and the arena league National final in Cardiff. At the end of April, head coach Dave and a group of senior swimmers travelled to Bulgaria for a short training camp and then a competition at the Black Sea resort of Varna. June saw competition at the Mediterranean Games in Barcelona, Spain and July has already had swimmers racing in Chartres in Paris and in Malta. The season will finish for most in the usual venue of Sheffield for Summer Nationals. However, three ESC swimmers will be racing at the European Swimming Championships in Glasgow with Katy racing for Turkey, Anna racing for GB and Matt racing for Malta. Dave is also part of the coaching staff for the Turkish national team



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Ealing Council Sports Awards

BREAKING NEWS BREAKING NEWS BREAKING NEWS

The annual Ealing Council Sports Awards, sponsored by Everyone Active, were held on Thursday 12th July and, as last year, Ealing SC were very well represented with 7 short listed nominations across all categories. This was one of the most nominations from any one sports clubs from Ealing. We were delighted to pick up four awards;

Leah Whittaker collected the Junior Sports Person of the Year after tremendous results including winning medals at the Summer nationals August 2017 despite being out of age. Fred Burley won the Inclusive & Active award for the work he has done in promoting swimming and ESC to a range of disability groups and individuals.

Maureen Cronin won the Outstanding Contribution to Sport after over 40 years of service to Ealing SC during which time she has taught 1000's of children to swim and organised competition for them both in this country & abroad.

Dave Heathcock won the Coach of the Year award after a season which saw him named as the head coach of the GB team at the World Junior Swimming Championships, coach Ealing swimmers to lift national titles in a number of events, guide the Ealing team to another arena National League Final appearance and to top the medal table at the London Youth Championships. Under Dave's leadership and direction over the past 25 year, ESC has become one of the countries largest, leading & consistent swimming club.



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ESC Open Water Championships

The recent heat wave that we have all been enjoying has certainly made open water swimming an attractive alternative to the pool. The last day of June saw a group of ESC swimmers take part in the London Region & Middlesex County Open Water Championships at the Surrey Quays Water Park in the heart of London Docklands. The sweltering conditions saw a record turn-out across all the distances and age groups and ESC swimmers were heavily involved in the action. Rohan was the overall winner of the 5KM race and also qualified for the Swim England Nationals. Ella won the 14y 2K with Emily taking 2nd place, Jacob collected the Middx bronze for the 12y 2KM and Alistair was 5th, Brandon was 4th Middx in the 13y 2KM and Sarah had a great race taking 4th in the Middx 15y 3KM.



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ESC Junior Squad Breakfast Picnic

At the start of the June, just at the beginning of the hot sunny weather, the junior squads held an end of season breakfast picnic in the field outside Gurnell . Lots of food & drink were consumed and some fun and games were organised. It was a great opportunity for parents, coaches, ESC staff and swimmers to mix away from the poolside.





ESC Junior League

The junior league team has now swum 2 rounds in the Milton Keynes & District Junior League taking 1st place in round one and 2nd place in the 2nd round which we hosted at Northolt. The final round is on Saturday 15th September which will be another close & exciting competition.



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London Region CHAMPIONSHIPS

ESC topped the medal table at the London Region Youth Championships at the London Olympic Pool with some strong team performances, especially in the relay events. The age groups also swam well with more medals and personnel best times.



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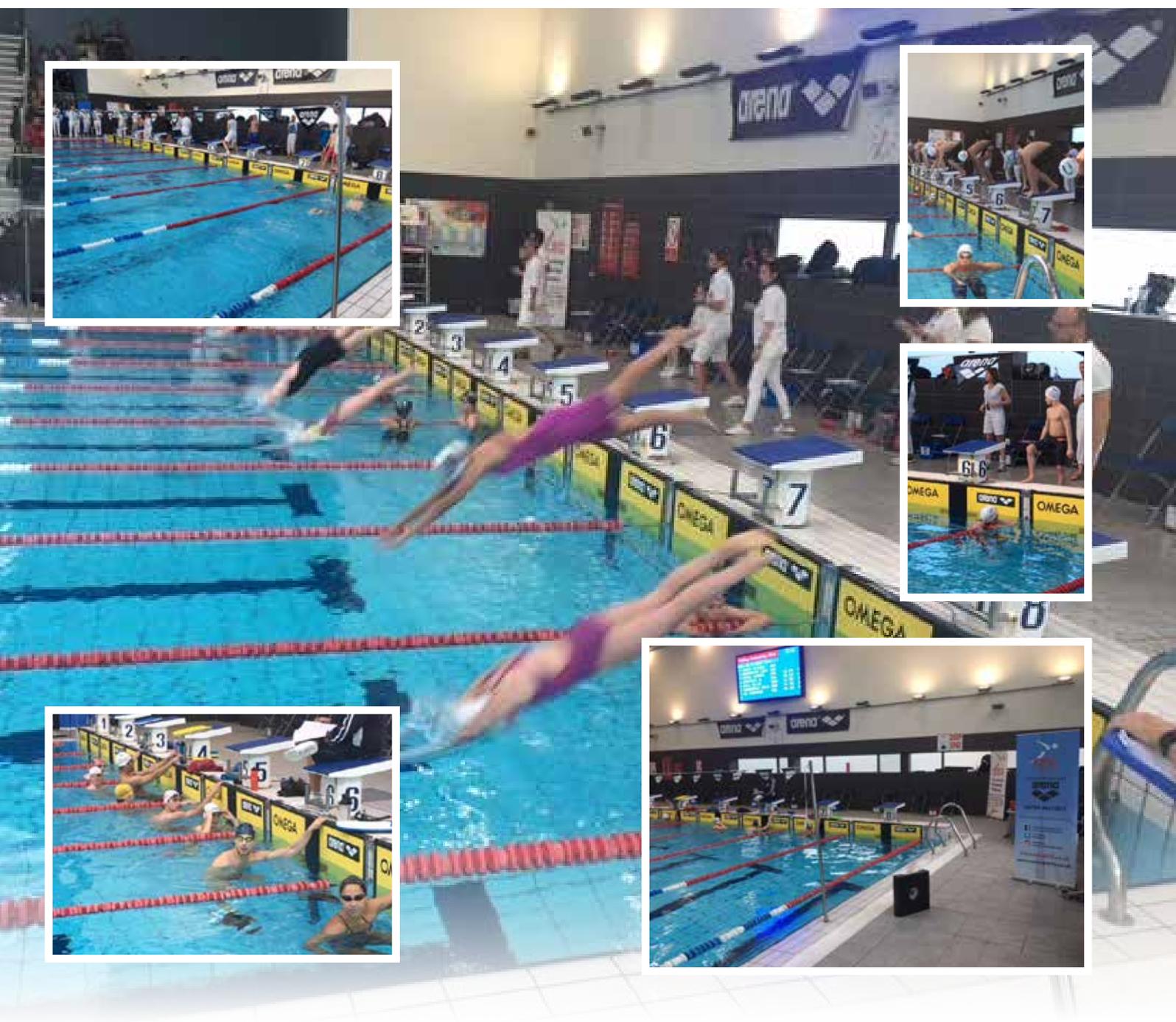


ESC Open Meets

This year we hosted three of our ever popular Level 3 Open Meets at Northolt. These meets provide the ideal opportunity for our members to enter events that they haven't raced in before or to try new events.

These open meets rely on the help and support of parents, without whom we would not be able to run them. Thank you very much if you have helped this season and if you haven't helped yet, please volunteer at our next meet. The more helpers we get then the less everyone has to do.

Our next meet will be held on the 1st & 2nd December – check our website for details and the sign-up section if you can spare some time to help over the weekend. This will be the last chance to gain qualifying times for the 2019 County Championships and so we expect a large entry.



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#EverySwimmerCounts



ESC, once again qualified for the arena National Final weekend in Cardiff. This weekend sees the top 20 swimming clubs in the country invited to compete as a result of their performances in the regional qualifying. Swimmers aged from 11 years upwards raced in the tough competition and in a very close competition ESC finished in 7th spot with kathy with the award for the top female performance for 100m backstroke. The new regional qualifying competition starts in October.



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Triathlon

The weather was glorious for our Triathlon and Aquathlon races on June 2nd. We had 66 complete the junior triathlon and 25 adults in the Aquathlon. Competition was fierce and it was fantastic to see so many of our Juniors take the age group prizes. All that training is paying off, and thanks must go to Sarah, Paul, Andy and James for their coaching. Thanks also to all the wonderful parents and volunteers that made the event so successful. Next year may be the last race at the old Gurnell, keep an eye open for the date. The junior section has now finished for the summer and rounded the term off with a race, well done to all who competed. There has been plenty of racing on the domestic scene this season, juniors have raced at the Kingfisher Aquathlon, Human Race, Trinity Triathlon and the LYG Aquathlon at Crystal Palace on July 8th.

The adults have also been active, with some of our newest members completing their first triathlon!

In July we have a group of 4 racing Ironman UK in Bolton; for 3 of them it will be a first outing at this distance and they have been training hard for 9 months. Good luck to Steve, Alex, Armando and Clive! We also have club members representing Team GB at the Aquathlon World Champs in Denmark in July, ITU Sprint distance Tri on the Gold Coast, Australia in September and the Multi Sport Festival in Ibiza in October.

Great news from Denmark where the World Aquathlon Championships are taking place. Sarah took 10th place in her age group and Christine picked up bronze in her age group.



LATEST NEWS



ESC Water Polo

Ealing Junior water polo team continue perform well in the London League and the U15 Boys team are currently leading Division 1. Rumen also organised the London Youth Game team for Ealing. The team was made up of players in school years 7 and above from around the Ealing Borough and included many of our players. Ealing finished 5th out of 14. Well done to players, coach and parents!



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ESC Disability Squad

This year the Disability squad has grown in numbers from 17 to 19 swimmers. We have competed in two galas, The Lions gala & the Kingfisher gala. We did very well in both galas, coming away with gold and silver places and personal bests. Last month two of our swimmers competed in the Len Badcock Memorial Para swimming gala and achieved several PBs. Our next gala invite is at Ruislip Turtles on 15th September. On a sad note from September we will be losing one of our coaches Jessica Grey. Jessica is leaving to go study at University, we wish Jessica all the best at University. With Jessica's departure we would like to welcome Angelia Wilcock to the team. The last training session for the disability squad before the summer break will be 26th July and we will return on 6th September.

ESC inter house meet

On the 24th July swimmers from across many sections of ESC came to Northolt to compete in another inter-house meet. This mainly consisted of relay events with a few individual races as well. The evening saw many close, exciting and noisy races with great encouragement from a packed gallery.



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ESC Astra

The last couple of months have been very positive and successful for ESC Astra. More and more swimmers are coming to our pool then ever before, most of our groups are at their full capacity at the moment. Well done to all teachers and coaches for keeping swimmers motivated and enjoying their swimming.

We would like to say massive thank you for Michal Suszko for his years of enthusiasm and great coaching. Michal have moved back to Poland at the end of May. We are still looking for the right candidate to take over Michal's groups, until that, Jennie Connelly is helping us on both days.

Nearly 10 of our swimmers have been involved within squad trial followed with some of them being selected to join Tadpoles squad group. Well done swimmers. Lets keep working hard to get more selected next time.

During July we will be assessing our swimmer to decide to which group they will be going in September. Do your best to make most of the available sessions. And an email with the new group allocation will be sent during the summer holiday.

We are planing to organise a fun session on 19th and 24th July. More details to follow.

Please be reminded that last session in 2017/2018 season is on Thursday the 26th July 2018. First session back is the 4th September.

Have a great Summer!"

Regards Adrian

ESC Northolt

Northolt Phoenix swimmers have swam brilliantly in the 3 rounds of the North London Graded League with many swimmers taking seconds off their PBs. We won our first round in January by just four points from the hosts, ESC Acton which goes to show how close the competitions are and that every swimmer & every race counts. In March we travelled to Feltham where we finished second by 12 points even with a depleted team due to no-shows, our swimmers had to work hard and race more so they ended up very tired. We hosted our round in April and again with many top performances, huge new PBs and even with upgrades we won by 9 points in Maureen's last gala. We are currently top of the league having won 2 galas and came 2nd in the other gala we have taken part in. So well done to all the swimmers who have taken part and a big thanks to all swimmers, parents, coaches, staff and volunteers who help support the team and help us operate smoothly.

Paula



I took over as lead coach at St Helens nearly 18 months ago. As I have been coaching in the competitive part of the club for over 20 years it is great to coach swimmers in their earlier stages of their swimming pathway.

St Helens has increased in numbers of swimmers and now has 2 coaches coaching each session. Myself, Lucy, Aaron and Josh coach the 3 one hour sessions available each week. Over the last 18 months the swimmers have become much more skilful and have gradually built their aerobic base to be able to get real benefit from some really challenging sets.

The aim over the next year is to make sure St Helens swimmers have the necessary skills and understanding of competition and to provide more opportunities for the swimmers to compete if they wish to.

Well done to all the swimmers (and parents!) for their commitment and hard work over this year and we will look forward to a few new swimmers joining in September. Thanks also to Aaron, Josh and Lucy.

Have a great Summer break! Helen.



ESC Acton

As the summer months kick in, everyone at Acton house is buzzing from the excitement of what is to come as well as celebrating the fantastic first part of the season we have had. We have continued to build on the ESC ethos of striving for continuous development and this has allowed everyone involved to reap the rewards.

As always, our swimmers took part in the ESC House Champs, showcasing their talents over numerous events. With exams taking place during the same period, it was amazing to see so many swimmers not only attending but getting in the competitive spirit, taking part in some memorable races. During this sprint bonanza, PBs were smashed in almost every age group and event demonstrating the swimmers' ability to produce excellent swims and their continual development.



At Acton, we embrace competition and so our continual involvement in the North London Graded League allows us to expose the swimmers to a competitive atmosphere. The fight for places is clear to see in every session as swimmers push themselves to improve in order to be selected for these fun, relay orientated galas. In the most recent gala hosted by Brent, we fielded a youthful team and it was clear that everyone enjoyed it as much as the coaches did! We still have a few more galas to come and so I would like to encourage all the parents to respond ASAP to team selections to allow all swimmers to have a chance to take part. Along with the Graded League, Acton house took part in the annual Inter House Relay Gala which pits the swimmers of each house in ESC against one another. The depth of Acton house allowed us to field an A and B team,

both performing splendidly, with our A team only just missing out in second place. A friendly reminder to all the other houses: both our A and B teams will be raring to go again next year!

Everyone's favourite event: The Club Disco/Medal presentation also took place after the House Champs. This event doesn't just celebrate the swimmers' achievements in the pool, but it also allows the children to socialize with their friends outside of the pool. Apart from some questionable dancing from the coaches, the atmosphere is always amazing and everyone (including the parents) evidently have a great time! The next one is in January, and it would make the vibe even better if more people could come and be a part of it. It is exciting for us as a house to be able to wish another two of our members of staff: Esme and Juliet, the best as they continue to achieve their educational goals, both leaving for University. Also, Mohamed is embarking on a new journey, as he will start a different role as a Squad coach. On behalf of everyone at Acton, we wish them all good luck.

Key upcoming dates:

Fri 20th July – ESC Acton Distance swim
 Sun 22nd July – ESC Acton Fun Splash
 Mon 23rd July – ESC Acton Pyjama Swim (Fundraising) & last session
 Mon 3rd September – First session back
 Sat 8th September – North London League (team selection)
 Sat 6th October – North London League (team selection)
 Sat 17th November – North London League (team selection)

ESC Chiswick

After a difficult season, due to the refurbishment of New Chiswick Pool, Filipe and his team are looking forward to returning to our regular Tuesday and Friday sessions at Chiswick Pool in September.

We are sure the members of ESC Chiswick will enjoy the improved facilities and the disruption will all be worthwhile.

ESC Dolphins First Cyber Gala

With the summer term coming to an end and the recent victory over the other Ealing houses in the inter house relay gala, Ealing dolphins are looking forward into the Autumn term.

Heats

Every year Dolphins runs its house championships and this year the dates have been confirmed as 5 nights between the 29th October to 24th November. This gala is a bit of fun for the house to all get together and track their development and get an idea of how competitions are run. The heats will take place over four separate nights and will help to give a record of how swimmers have progressed over the last year. The competition will be open to all swimmers from Lower bronze up to Platinum and will also go towards the promotions.

Finals

The finals will take place on Saturday the 24th of November and will take place between the fastest boys and girls from each

age group. The gala will take place over three hours with all participants from 1-6 gaining medals and rosettes. In 2018 as well, there will be a reintroduction of best boy and best girls for each age group. This will rank the swimmers over all four strokes and give the best overall swimmer awards.

Interactive gala

For the first time ever, the gala will be run completely online and will be run through our website. This means that all times the swimmers times will be automatically put onto the website and attributed to the swimmers. The times will automatically go onto each swimmers account and you will be able to track the times that have been swum over the whole time they are in Ealing going forward whether a house gala or other galas outside the club. The online platform will help to show each swimmers PBs and help to track swimmers progress and the ranking within the club. The final will also be run online and will enable you to track the times and results live from the spectator's gallery.

Thanks Maureen

A stalwart of ESC, Maureen Cronin has decided to retire after over 40 years of involvement with swimming in Ealing.



Maureen started volunteering for Ealing swimming club shortly after her daughters joined Northolt Swimming Club in the late 1970's.

She decided to become a volunteer swimming teacher for Northolt Swimming Club and passed the necessary exams at the first attempt. She went onto teach for Northolt SC between 1982 -1993. She also worked at Acton swimming pool as teacher for Ealing council for over 20 years.

From 1983-1993, Maureen became very active in the swimming club organising teams for local friendship galas with her longstanding friend Linda Monk. She also attended the Speedo League Gala's , Inter Borough's, London Youth Games, Annual Gala with Bradford Dolphins, and the Milton Keynes Diddy League Gala's. She also held the post of Team Manager for a number of years in the early 1990's.

In 1983 she became involved with the annual town twinning event with German club, SV Olympia Borghorst, and ran this with a small committee until 2017. In the 34 years she was involved over 1,000 swimmers have gone on these trips. Whilst a lot of the swimmers came away with medals, more importantly a lot of them acquired life skills like leadership. The German club also came over to Ealing on an annual basis with many long lasting friendships made that continue to this day.

In October 1994 together, with her late husband Peter they helped form ESC Northolt Phoenix as the old Northolt Swimming Club decided not to return to Northolt following the closure of Swimarama in 1992.

In 1995 she was elected Team Manager of Northolt Phoenix and the following year she re-established the annual gala with Bradford Dolphins. In 1998 she arranged for Northolt Phoenix to join the North London Graded League, which we have won twice in 2005 and 2008 and come second on a number of occasions.

And so after 40 years of service to ESC in various roles Maureen has decided to retire in July of this year. Everyone from across ESC wish Maureen a happy retirement and best wishes for the future.

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Dave Barnes Lottery Fund

**Sign up now and you
could be next month's
lucky winner!**

Ealing Swimming Club, the current members of the lottery fund, and hopefully yourself will benefit from your participation.

50% of your monthly contribution of £5 is given back to 3 winners each month, the other 50% is donated to the **David Barnes Memorial Fund** which supports families who are in need of financial assistance with their swimming fees.

Results are published on the Club web-site after each monthly draw.

The current prize money is:

First prize £35

Second prize £15

Third prize £10

**The more members we have in the lottery,
the bigger the prizes each month.**

Please sign up now by completing the standing order form or online to our bank account details:

Lloyds TSB A/C No. 57656368,
sort code 30-84-58 – quoting the swimmers name as a reference.

Your support would be very much appreciated.

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ESC 2018 Season

| | | |
|----------------|--------|--|
| Sept 18 | 15 | Junior League R3 |
| Oct 18 | 13 | arena League R1 |
| | 20/2 | Middx Development Meet |
| | 27 | Middx Development Meet |
| | 29 | Dolphins House Champs begin |
| Nov 18 | 3/4 | London Region Winter Championships |
| | 10 | arena League R2 |
| Dec18 | 1/2 | ESC County Qualifier Open Meet at Northolt |
| | 8 | arena league R3 |
| | 13 -16 | Swim England Winter Nationals |

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

Spread the word

Share your cause page

You have your very own cause page where you can sign up new supporters. Share the link below and get more people on board!

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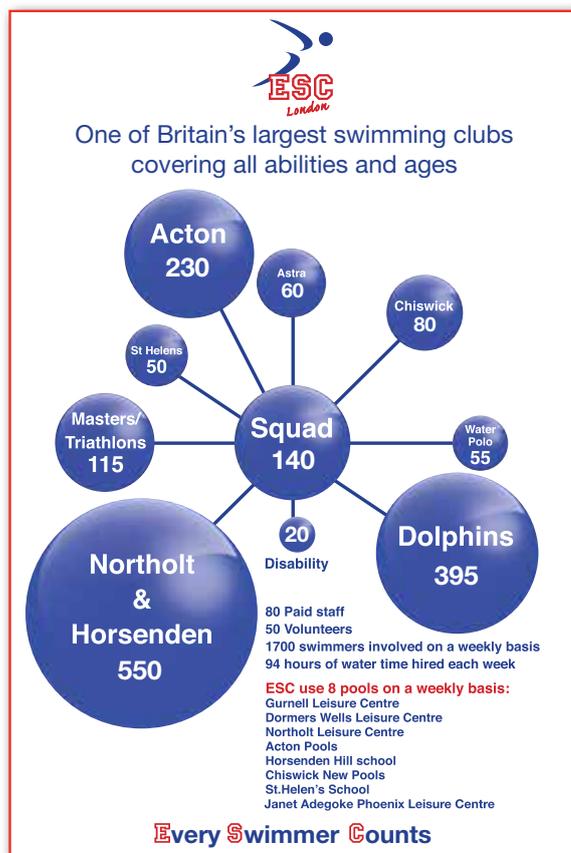
Regularly promote your cause on Facebook and Twitter with these pre-written posts.

Do you shop online? Do it through [easyfundraising.org.uk](https://www.easyfundraising.org.uk/) and raise a free donation for Ealing Swimming Club every time you shop! <https://www.easyfundraising.org.uk/causes/ealngsc/>

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CLUB KIT

NEW



Ladies shorts ref: 1D338

sizes XXS - L

Price £19.50



Bermuda shorts

Adult sizes ref: 1D349

sizes XS - XXL Price £25.00

Child sizes ref: 10-11y, 12-13y, 14-15y

Price £19.50



Adult Teamline club t-shirt

Adult sizes ref: 1D341

sizes XS - XXXL Price £16.00

Child Teamline Club shirt ref: 1D360 Price £13.00



Hoodie

Adults 1D346

Adult sizes XS - XXXL £37.00

Child 1D359 Child sizes 10/11y, 12/13y, 14/15y £32.00



ESC white hat Price £8.00

April 2018

Available to purchase via the website or on Saturday mornings at Gurnell during squad training



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.o.uk |
| ESC Dolphins | Gurnell Leisure Centre, Ealing | Mon/Fri/Sat | Tom Surey tom@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 Paula@swimesc.co.uk |
| ESC Masters | Gurnell/Northolt | Mon/Tues/Thurs/Fri/Sun | Christine Meek christine@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 | Helen Thornton helen@swimesc.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 | Various TBC | 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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