

THE BIG SPLASH



EALING SWIMMING CLUB NEWSLETTER

JULY 2019

ESC Triathletes

This is a busy time of year for Ealing Triathletes! The main triathlon race season is May to September, and many of our members have been racing local, national and international events already.

May bank holiday also saw the 7th edition of our Triathlon Races held at Gurnell with over 110 participants in the Junior triathlon and senior aquathlon races. This was a fun event, put on by club volunteers. The weather was kind to us, not too hot and no rain! There was some fierce competition in the Junior Triathlon, and it was fantastic to see so many of our own athletes on the podium.

The Junior Club (ETJC) moved back to Gurnell after Easter and have been training hard in all three disciplines plus the all-important 4th discipline of transition.

Junior Club coaches Sarah Larkam, Paul Fiander and Andy Buckroyd deliver fun sessions, concentrating on the skills and techniques required for this challenging endurance sport.



ESC are proud to wear ARENA poolside attire and racing swimwear



This year we have had even more juniors racing in the London Junior League than in previous years, developing their race skills and collecting league points for the club. We had a good show of juniors at Crystal Palace Tri, Trinity and The Bridge Tri. Juniors race different distances dependent on their age groups, which start at 8 years through to 17.

The seniors have also been training hard over the winter months and have been reaping the rewards with some excellent racing so far this season. We cater for all abilities and have members racing their very first triathlon all the way through to seasoned internationals, Ironmen and GB Age Groupers.

Apart from triathlon races, we have also raced marathons, half marathons, 10kms, Endure24, sportives like The Dragonride, and SwumRun events.

After a slight pause over the summer to refocus, end of season races in September include the ITU Grand Final in Lausanne, The London Duathlon, Ealing Half Marathon and a group trip to race at the beautiful Hever Castle.





The London Youth Games have been inspiring young Londoners since 1977, when they were launched to mark the Silver Jubilee of Queen Elizabeth II. Since then, borough teams have competed on an annual basis for the prestigious Jubilee Trophy.

There are 30 sports represented in the competition from Archery to Weightlifting and 33 London Boroughs take part to win the Jubilee Trophy.

In 2019 the London Borough of Ealing came 9th overall.

Ealing Swimming Club have been supporting the London Borough of Ealing for many years, selecting and training teams in Swimming, Water polo and Aquathlon.

Ealing teams in Aquathlon, Swimming (Girls) and Water polo came 10th in their categories, Swimming (Boys) came 20th.

Nationals 2019

As always the summer championship season is a busy one for Ealing swimmers - two swimmers are racing at the World Championships in South Korea - Katy Avramova will race for Turkey while ESC Alumni Anna Hopkin (now at university in the US) will race for Great Britain. ESC will be sending a team of 18 swimmers to the Irish Nationals in Dublin as well as 2 swimmers to the British Open Water Champs in early August.

In September the World Para-Swimming Championships will be held at the Olympic Pool in Stratford and Ealing's Alice Tai will be racing a number of events for Great Britain.





Latest News

LATEST NEWS ON GURNELL LEISURE CENTRE REDEVELOPMENT

Subject to planning approvals, the centre is now expected to close for redevelopment at Easter 2020, and re-open in the summer of 2022.

We can confirm that there will be no change to our current programme at Gurnell until Easter 2020 at the earliest.

ESC is in discussion with the council and other pool operators in the borough to prepare for this closure. We are doing all we can to minimise the disruption to our existing members during the closure and we will communicate our plans in due course.

To keep up to date with the planned redevelopment, visit the website https://www.ealing.gov.uk/info/201137/sports_and_leisure/2122/gurnell_leisure_centre_redevelopment/1

SAFEGUARDING CHILDREN AND VULNERABLE ADULTS POLICY

ESC Safeguarding Children and Vulnerable Adults policy has been updated. Please visit our homepage under the information tab for the latest policy.



STAFF ANNOUNCEMENTS

Congratulations to Ahmed Magid who joined us at Easter and has taken over from Adrian Grzenda as Lead House Coach at ESC Astra in Shepherds Bush. We wish him well in his new role.



Welcome to new staff members, Kimberley Rugg and Nicola Beben who have joined us since Easter and are both working at ESC Acton.

Also we are delighted to welcome back Gemma Burley, who returns to ESC Horsenden after maternity leave and Sebastian Miller returning to Acton after a few months of travels.

Considering a career as a swimming teacher?

ESC have a Level 2 Teaching course planned for the 6th October 2019 and a Level 1 course planned for the 18th January 2020. Further details are available on our homepage.

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Congratulations



Huge congratulations to Matt Soanes who was a winner at the recent Ealing Sports Awards, taking the award for his contribution to Inclusive Sport category. It was a great pleasure to see Matt win this award and be recognised for the commitment he has shown over the past 7 years to our Disability Swim Squad. He has gradually developed the programme so that the swimmers are now attending more galas whilst maintaining the links with London Disability Swimming Club."



Ealing's Para-Olympic Champion Alice Tai was the guest of honour and was interviewed by Marcus Buckland from Sky Sports. Alice helped to present the awards across all categories and will be competing this September at the Para-World Swimming Championships at the Olympic Pool in Stratford.

Good luck to our international athletes over the Summer, representing Club and Country!

Ekaterina Avramova who is representing Turkey and Anna Hopkin who is representing GB at the World swimming Championships in Gwangju in South Korea in July.

Alice Tai will be representing GB at the World Para-Championships in London in September.

Chris May competing at the 18th FINA World Masters Championships Gwangju 2019 on August 5th.

Christine Meek and Keith Freegard competing at the 2019 ITU World Triathlon Grand Final Lausanne in August.

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've 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. Despite 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.

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 coming first.

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 socialise with their friends outside of the pool. 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 seven of our members of staff: Chloe, Eirini, Habiba, Maya, Rinda, Sebastian & Seif the best as they continue to achieve their educational goals, all leaving for University. Dorota is also embarking on a new journey, as she moves away from London. On behalf of everyone at Acton, we wish them all good luck! With this said, it is an exciting period for some of our older swimmers who have completed their teaching qualification and will be joining our team in addition to Kimberley Rugg.

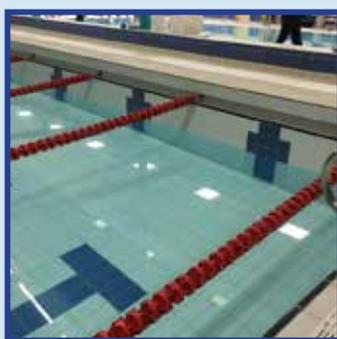


Key upcoming dates:

- Fri 19th July – ESC Acton Distance swim
- Sun 21st July – ESC Acton Fun Splash
- Mon 22nd July – ESC Acton Pyjama Swim (Fundraising)
- Wed 24th July – Last session for Piranhas and Marlins
- Wed 4th September – First session back for Piranhas and Marlins
- Fri 6th September – First session back for all other groups

Junior Squads

Middx Age groups were held in Enfield in January/February with many Ealing swimmers qualifying. There were plenty of best times and medals from our top young swimmers. Despite rescheduling programme due to a lack of water in the pool.



The ESC meets at Northolt are an opportunity for all our swimmers from house and squad to take part in some great competition. As always, we saw many best times, with swimmers securing their qualifying times for Regionals. Also, one of our aims is to provide an opportunity for our youngest or least experienced swimmers to compete and learn about competition along with their team mates.



Junior Squads

The Junior swimmers competed well at the first 2 rounds of the junior league, taking 2nd place in the first round and 3rd place in the 2nd round to reach the final gala which will be held at Guildford in September.



The Junior Squads Easter Training Camp took place in April at St Margaret's in Bushey. The camp has been running for over 20 years and is a great opportunity for swimmers in the youngest squads to go and train in a different environment and learn about different aspects of training, ie swim skills, land exercise, nutrition, time management, commitment involved and rewards of being a high level athlete. The camp consists of 2 swim sessions each day and a land work session, which includes mobility, learning about strength and conditioning, we had a yoga teacher who specialises in yoga for children taking a session, as well as some team games. We also have guest speakers and the traditional quiz and Easter Egg Hunt! And lots of fun!



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Open Meets

The last few months have seen ESC swimmers in action across a range of open meets from the London Region Championships, to the Black Sea Meet in Bulgaria to the Spring Open meet in Crawley. ESC swimmers have always raced well and come away with medals, best times and also have had fun and enjoyment at these meets with their team mates.





St Helens

St Helens house section has seen a successful year. There has been great commitment by the group and the skills and fitness levels have really improved. Several swimmers have enjoyed competing in competitions this season. The aim for next season will be to include more swimmers in the ESC meets and make sure all swimmers have a good understanding of the skills and rules required for competition. We will of course still be working hard on stroke technique!

Thank you to Lucy, Brandon, Josh, Monica and Yunis for your help this season, and best wishes for a great Summer break.



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Swimmers from Acton, Astra, Chiswick, Dolphins and Northolt Houses came together to compete in the annual Inter-house relay gala at Northolt Swimming pool. Astra made a notable return this year with their new Lead Coach Ahmed, they had an exceptional gala and made a great addition to the event.

The competition was friendly but fierce and there were some excellent swims from every House.

The swimmers taking part ranged from 18-6 years old. It was a great experience for the younger swimmers and a brilliant social opportunity for all swimmers to interact with swimmers from their own and other sections in a relaxed and competitive setting. Every swimmer

left the competition with their head held high and with a special medal.

ESC Acton took the 2019 crown by the slimmest of margins, 3 points after 42 events!

The feedback so far has been fantastic, and everyone involved enjoyed the competitive environment.

I would like to take this opportunity to thank all the coaches, teachers and swimmers that took part in the event and made it such a success.

Hopefully we can continue this terrific tradition into 2020 and keep up the high level of swimming into the new season.





North London Graded League

ESC Northolt Phoenix won the latest round of the North London Graded League hosted by Brent at Willesden Sports Centre on Saturday 22nd June. Our swimmers performed brilliantly well in a very close contest and swam 26 new PB times in individual races to win by just 3 points! Final Points were Northolt 102, Leyton 105, Anaconda 128 & Brent 175. We are now joint top of the league with two competitions to go in the autumn. Well done to all swimmers, some of which was their first time competing and a big thank you to all parents and volunteers for your help and attendance.



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**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 Summer Closure and September open dates

	CLOSED	OPEN
Acton	Wed 24th July	Wed 4th Sept
Astra	Tues 30th July	Tues 3rd Sept
Chiswick	Tues 30th July	Tues 3rd Sept
Disability	Thurs 25th July	Thurs 5th Sept
Dolphins	Sat 27th July	Fri 6th Sept
Horsenden	Thurs 1st Aug	Mon 2nd Sept
Northolt	Fri 26th July	Mon 2nd Sept
St Helens	Fri 19th July	Wed 4th Sept
Squad	Wed 24th July	Mon 2nd Sept
Masters/Tri	Sun 28th July	Tues 3rd Sept
Water Polo	Sat 27th July	Sat 7th Sept

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!

<https://www.easyfundraising.org.uk/causes/ealingsc/> [Copy link](#)

Share link: [f Invite](#) [f Share](#) [Twitter](#)

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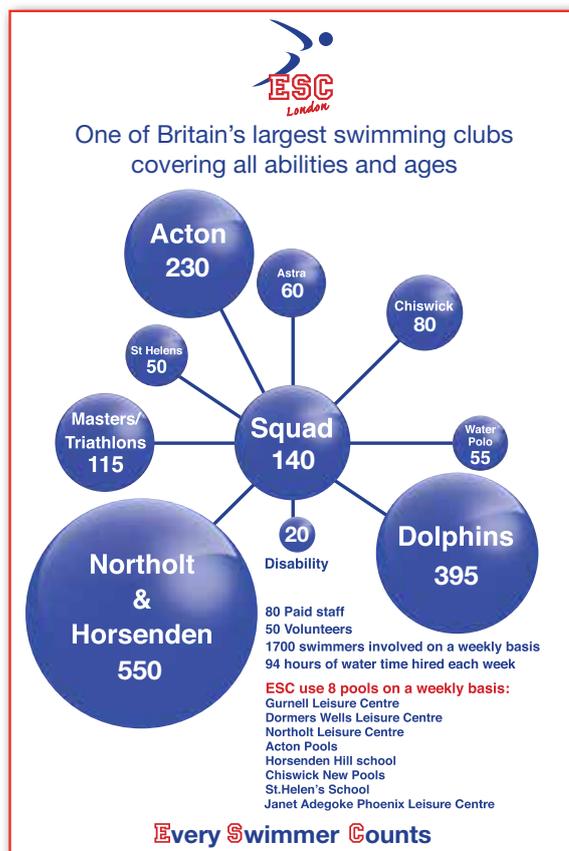
Regularly promote your cause on Facebook and Twitter with these pre-written posts.

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/ealingsc/>

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No cost, no catch - raise free donations for us every time you shop online with @easyuk! <https://www.easyfundraising.org.uk/causes/ealingsc/>

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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	Ahmed Magid ahmed@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	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

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Christine Meek christine@swimesc.co.uk Accounts enquiries finance@swimesc.co.uk

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