



SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Autumn 2017

WELCOME BACK

Amazingly Christmas is only just around the corner and 2017 is nearly over. We're also 2/3rds of the way through this year's Club Champs and the National Arena League with some brilliant swims in these events plus the London Region Winter Championships for some of our established as well as up and coming swimmers.

A little shorter than previous newsletters this edition aims to summarise activities since the start of the season in September, and help set the scene for the Christmas break, January and February's County Championships as well as our primary event of the year, the annual Awards Night.

As always we hope the information provided is useful to you wherever your children swim within the club, whether at our entry level Lessons or in our top Performance squads. If you have any comments on the content, and things you feel should potentially be covered in future then please contact us at southcroydonscnews@gmail.com.

CLUB NEWS

Surrey County Swim Team

As trailed in the last newsletter, Amy Davies and Christopher Finch were selected to swim the Surrey Swimming Team competing in the National



County Team Championships held in Sheffield on 08 October.

With more than 900 swimmers competing from 36 counties, and with races going on in two pools simultaneously, the event was a mixture of

amazing sound and colour and both of our swimmers competed brilliantly in the County debuts.

Amy competed in the 100m freestyle (age 14/15), as well as the Girls 14/15 200m Medley Team (swimming the 50m freestyle leg) and the Mixed 6x50m Freestyle Team.

In the 100m Freestyle, she took an amazing 1.36 seconds off her personal best to finish 2nd in a time of 57.17 seconds. This time established a new Junior County record meaning that Amy becomes the clubs first ever county record holder!

In both relay events, Amy finished over half second in front of her personal best time, helping the team finish 8th and 9th in each race.

Christopher swam the 100m breaststroke (age 12/13) as well as the breaststroke leg in the Boys 12/13 200m Medley Team.

In his individual event, Christopher finished 10th smashing his personal best by 3.22 seconds and his relay leg was over three seconds faster than his personal best as well!

The incredible performances of our two swimmers enabled Surrey to finish 9th overall, in a competition won by Yorkshire with Devon and Lancashire finishing second and third respectively.

Club Captains

At the first Arena League meet of the season, see below, the club captains for the current season were announced.



Congratulations go to Ella Corby and Aaron Vencatachellum who have been appointed as Senior Captains,



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and to Sophia Lorke and Christopher Finch who are Junior Captains.

Awards Night

The Annual Awards Night will be held at Warlingham Rugby Club, Limsfield Road on Friday 5th January 2018.

Timings are to be confirmed and tickets will be available to purchase shortly.

As in previous years, the evening will see the following presentations made;

- Club Championship Trophies
- Jack Petchey Winners Medallions
- December Merit Awards
- Swimmers who are 8 years old who have competed at the Club Champs (age at 31/12/17) will receive a Medal

All members and families welcome so keep a watch on your emails for more details!

Jack Petchey Award Winners

Since the last newsletter Brandon Vencatachellum (Performance), Christopher Newsome (Senior Club), Amelia Gant (Junior Squad) and Connie Harmer (County Squad) have received Jack Petchey Awards.



The Jack Petchey Foundation was established in 1999, and gives grants to programmes / projects that benefit young people aged 11-25. The Foundation exists to raise the aspirations of young people, to help them take advantage of opportunities and play a full part in society.

Achievement Awards are designed to recognise a wide range of achievement, it is not just about being clever, or gifted, but about putting the effort in and doing your best. The scheme works well because young people themselves are involved in selecting the winners.

Well done to all winners.

Merit Awards

The next batch of Merit Awards will be announced in December, so it's important that all swimmers continue to focus the MERIT principles to stand the best chance of selection by their respective coaches.

- Most improved swimmer of the quarter
- Effort & self-discipline in training
- Respect (listening to coaches) and showing respect to fellow swimmers
- Individual achievement/progress
- Timekeeping at club sessions and galas.

5k Fin Swim River Adur

Before the days became shorter and temperatures dropped, Ella Corby took part in the above race, held in the River Adur near Shoreham.

Building on her performance in the Swim England Open Water Championships, this was Ella's first ever river race, where she would be swimming with the tide.

Billed as the opportunity to swim your fastest ever 5k, as the tide helps push you along, Ella not only won her age group, but was also 1st female and amazingly 1st overall finisher, some 90 seconds in front of her nearest challenger. In fact, she beat the second placed female swimmer by over 7 minutes!

Although a Fin race, meaning swimmers could benefit from swimming with fins to improve their speed and maintain their stamina, Ella elected to swim without them something which makes her result even more outstanding.

Swim Serpentine

On 16 September, Ella Corby took part in the Elite Women's Swim Serpentine race at Hyde Park.

Competing against such swimmers as Olympic medallist Jazz Carlin, Ella finished the 1 mile





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course in 20:20 to finish 11th overall, and 6th in her age group of 16-24! The race was won by Jazz Carlin in a time of 18:45, so only a minute and half in front of her new best friend Ella.



Swimming Championships to be held in Edinburgh in March, a fantastic achievement and a first for the club.

In addition to these two gold medals, Amy also picked up Bronze medals in the 400m freestyle and finished 7th in the 50m freestyle final. She was also the fastest qualifier for the 200m Individual Medley final but elected not to swim in the final so as to concentrate on the freestyle events.

COMPETITION UPDATE

London Region Winter Championships

The London Swimming region held their Winter Championships at the London Aquatic Centre over the weekend of 04 and 05 November and we had a team of 5 qualifiers for this tough competition.

The London Winter Regionals are not separated into age groups but into Open (Senior) and U17 (Junior) categories. The club's sole Senior representative was Ella Corby (17), while Junior swimmers were Amy Davies and Laura Chisholm (both 15), Brandon Vencatachellum (14) and Christopher Finch (13).

Over the two days of competition the five swimmers set 13 long course (50m) personal best times, qualified for 10 finals, and won 4 medals including 2 gold medals. The standout highlights from the event were as follows;

Ella Corby made the final in every event she competed in, winning a Bronze medal in the 200m backstroke, in a personal best time. Ella then finished 4th in the 200m freestyle, 5th in the 50m freestyle, 6th in the 100m and 400m freestyle events and 7th in the 50m backstroke. This combination of results was Ella's best ever at these championships.

Laura Chisholm produced an incredibly consistent set of performances as she set six personal best times across the seven events she swam in with a best result of 27th in the 200m Freestyle.

Both Brandon Vencatachellum and Christopher Finch, were making their debuts at the Winter Championship and both had qualified for one event each. Brandon swam first and set a personal best time to finish 44th in the 50m backstroke, while Christopher did similar to finish 21st in the 50m breaststroke in a personal best time.



Amy Davies returned as Champion in the 100m and 200m freestyle, setting personal bests in both events

to win her first ever Winter Regional Championships. Amy's times in both events were good enough to qualify her for the British

With the Winter Regional Championships having tough qualification entry times, and being contested by over 630 swimmers from 38 clubs, all representatives of the club can be very proud to have placed themselves in the group of elite swimmers from across London.

The club would like to extend their thanks to Headcoach John Mills who attended the gala to provide support to the team of swimmers.





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Millfield & Street Open Meet (Long Course)

During the October half term holidays, Ella Corby and Amy Davies both travelled to Millfield in Somerset for their Level 1 Gala where both were swimming in the 800m Freestyle.

In the age 17+ category, Ella swam a 4.64 second personal best to win her age group in a time of 9:29.75.

In the age 15 category, Amy also finished first in a time of 9:26.93.

Well done to both girls.

Dorking Gala

On Sunday 5th November a team of 14 of our younger swimmers headed off to Dorking for their annual open meet.



Swimming a total of 52 events between them, across all strokes at 50m as well as the 100 IM, everyone gained more competition experience and turned in very impressive performances.

Our medal winners on the day were;

Saphia Opie – winning silver medals in the Age 11 50m Breaststroke and 100 IM, and bronzes in the 50m Backstroke and 50m Freestyle; and

Jess Hardy – winning bronze medals in the age 9 50m Backstroke and 50m Freestyle.

Well done everyone who took part.

Club Championships

So far we have had the first four rounds of the Club Championships and we have seen some great races across all age groups.

For many of the younger members of the club the Club Champs are their first experience of

competition swimming and it has been delightful to the spirit of these swimmers and the joy on their faces at the end of each race.

As with most years, we've seen too many Personal Bests to count them all, very close racing and even some new Club Records. Well done to everyone; keep it going for the final two sets of events.

All trophies will be presented at the Awards Night in January, and all results are available on line, but at the moment the medal winners are as follows.

Amy Davies – 7 Golds and 2 Silvers
Ella Corby – 3 Gold and 3 Silvers
Scarlett Stewart – 2 Golds and 1 Silver
Laura Chisholm – 1 Gold, 5 Silvers and 5 Bronzes
Mille Brown – 1 Gold and 2 Silvers
Sophia Lorke – 1 Gold, 1 Silver and 2 Bronzes
Nicola Finnegan – 1 Gold and 1 Bronze
Safia Opie – 1 Gold
Bethany Gough – 1 Silver and 1 Bronze
Connie Harmer – 1 Silver
Emily Purser – 1 Silver
Jessica Hardy – 2 Bronzes
Ella Hardy – 2 Bronzes
Freya Marstin – 1 Bronze
Holly Rotchell – 1 Bronze

Brandon Vencatachellum – 3 Golds, 5 Silvers and 3 Bronzes

Christopher Finch – 3 Golds, 2 Silvers and 1 Bronze

Aaron Vencatachellum – 3 Golds

Harry Good – 2 Golds and 2 Silvers

Caleb Thompson – 2 Golds and 1 Silver

Callum Black – 1 Gold, 3 Silvers and 1 Bronze

Jared Thompson – 1 Gold, 1 Silver and 1 Bronze

Shivendra Pradesh – 1 Gold, 1 Silver and 1 Bronze

Kanmani Jayanthinathan – 1 Gold

Michael Brankov – 1 Silver and 2 Bronzes

Steve Totev – 1 Silver

Tavis Taylor-Ross – 1 Silver

Joshua Hardy – 2 Bronzes

Maximilian Lorke – 1 Bronze





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Arena League Rd 1

At very late notice we were asked to host the first round of this year's Arena League competition, at Beckenham Spa on 14 October. A massive thanks to everyone who stepped forwards to help with the logistics of running the gala and making the evening a success for all swimmers and supporters connected to our club and also those of our five competitors on the night.

A special mention to our returning swimmers Dylan and Kane Nurse, and Sean Gray who all travelled back for the gala, and to coaches Thomas Gough and Tsvetan Perostiyski who both donned their goggles and jammers to help the team out.

As far as the competition on the night was concerned, it would be hard to find anything to improve upon. All of the team swam amazingly, so well in fact that for a large part of the gala we were in an incredible 2nd place!

At the end of the evening we finished in 4th place, our best ever start to a Division 1 Arena League season, having won 5 and finished in the top three in 32 of the 50 races. Congratulations to everyone who took part, as every point really counted on the night.

Crawley 230 Chelmsford 207 Black Lion 184 SCSC 165 CASC 159 Dover 99.



Arena League Rd 2

For the second round of the Arena League we headed to Crawley's home pool at the K2, to compete against them, Ashford Town, Bromley B team, Hastings Seagulls and Orpington Ojays,

Due to the date clash with the British Universities Championships, even more coaches donned their costumes to help the team, this time with Thomas and Tsvetan joined by Mark Harvie.

After the first gala everyone was keen to consolidate our league standing, with the hope that a finish of 4th on the night would secure our Division 1 (East) place with a gala to spare.

In fact, after a great night's swimming from everyone, we got our best ever regular season Arena result, finishing 3rd behind Crawley and Hastings in a very competitive gala. Although we were never lower than 3rd in the standings, as the gala reached just past the halfway point 3rd to 5th were extremely close and the result was really in the balance.

However, this is where our swimmers really stepped up their individual and relay performances and by the end of the event we finished 15 points ahead of Orpington and 18 ahead of Bromley.

Crawley 245, Hastings Seagulls 213, South Croydon 163, Orpington Ojays 148, Bromley B 145, Ashford Town 133

The result means we currently sit 10th in the League, and that for the first time in Division 1 we go in the 7th – 12th place play off gala, guaranteed our highest ever Arena finish. Gala 3 will be held on 09 December at a venue to be decided, although we do know that our opposition on the night will be Thanet B, Black Lion. Erith & District, Brighton, and Bromley B

Please make sure you have the date for this gala in your diaries so we can field our strongest possible team.

Octopus League

In the final gala of the Octopus League season, held at Beckenham Spa and hosted by South Croydon, the club finished in a brilliant 2nd place.

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There were some great swims from all team members with, as always, many swimmers stepping up to compete in age groups above their own.

The fighting spirit shown by everyone who competed for the club during the season was fantastic and resulted in us finishing 3rd overall out of the 8 clubs in the league. Many thanks to everyone who swam in any of the 6 galas.

In addition, thanks also go to everyone connected to the club who helped with the running of the last gala, as well as all the Team Managers, Coaches, timekeepers and officials who represented the club during the season.



FORTHCOMING GALAS

Team Galas

The remaining Arena League gala for this season is being held on the following date.

Gala 3 - 9 December, venue tbc

Please can you make sure that you have the dates of all Team Galas in your calendars as these are very important events for the club and fielding the strongest team within the competition rules is extremely important to our ongoing participation.

Club Champs

25 November - Trinity, 18:15 start

200m Freestyle
50m Butterfly
100m Backstroke

02 December - Whitgift, 18:15 start

200m IM
50m breaststroke
100m freestyle
200m butterfly.

Individual Galas

Nov 19 - Beckenham Rising Stars, Beckenham Spa (entry closed)

Dec 13/17 - Swim England Winter Championships, Sheffield (entry by invitation only)

Jan 13/Feb 25 - Surrey Championships, Various locations (entries close 31 Dec 2017)

Mar 1/4 - British Championships 2018, Edinburgh (entries close 21 Jan 2018)

Mar 24 - Rushmoor Royal Distance Meet, Aldershot (entry close tbc)

Mar 24/25 - Guildford Regional Qualifier, Guildford Spectrum (entry close tbc)

Mar 30/Apr 1 - Beckenham Easter Open Meet, London Aquatic Centre (entry close tbc)

Apr 6/8 - Guildford City Open Meet, Surrey Sports Park (entry close tbc)

MISCELLANEOUS

Christmas Swimming

As usual, there will be a limited training schedule between Christmas and New Year, with no lessons in this period.

Sessions will be as normal up to and including 23rd December, with the club then shut completely on the 24th, 25th, and 26th. For the remainder of the week sessions will be as follows.

27th Dec

Performance and County - 09:00 - 11:00 at Old Palace

Junior & Club Squad - 11:00 - 12:30 at Old Palace

28th Dec

County and Junior - 09:30 - 11:00 at Old Palace
Performance - 15:00 - 17:00 at Crystal Palace





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29th Dec

Junior and Senior Club – 09:00 – 10:30 at Old Palace

Performance and County – 10:30 – 12:30 at Old Palace

30th Dec

Pre Squad – 09:30 – 11:00 at Old Palace

The club then closes again on 31st December, and 1st January before returning to the normal swimming timetable for lessons and training from 2nd January.

Please ensure you put all of this in your diaries to avoid turning up at the wrong place at the wrong times.

Over the Christmas and New Year period the club email account will not be monitored.

Twitter

Please do follow your club on Twitter where we can be found with the identity [@southcroydonsc](https://twitter.com/southcroydonsc).

You will receive the very latest news from the club – it's a very good way of keeping abreast of what goes on at SCSC with news of our swimmers and events up and down the country! We also post useful tips and up to date gala and pool information, etc.

***SCSC Committee
November 2017***

