



SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Spring 2018

WELCOME

This newsletter covers the events within the club during the first 4 months of the year, a year that has started fantastically for the club with our best ever set of Surrey Championships results, and the entry of one of our swimmers in the British Championships.

It has also seen the launch of our new club website, which is designed to provide all members with all the information they should need about the club, and which will allow members to do everything from signing up for galas and volunteering for roles online, through to viewing all swimmers results.

While the site is still being developed to include all functionality, it is live and can be accessed [here](http://www.southcroydonsc.co.uk). Please take the opportunity to visit and then bookmark the site within your web browsers so you have easy access in the future.



We hope you like it the new site, we do, but if you have any questions please speak to Fiona, Hannah or Lisa at the swim sessions.

CLUB NEWS

Awards Night

2018 started with the Annual Awards and Presentation night, held this year at Warlingham Rugby Club.

An excellent night saw all presentations carried out by Club Head Coach, John Mills, and Deputy Mayor of Croydon, Councillor Mike Selva.

The evening saw presentations of all trophies won in the 2017 Club Championships, with

commemorative medals for all swimmers aged 8 who swam in these races, along with additional recognition for Jack Petchey Award Winners, Merit Award Winners and swimmers who took part in the clubs Arena and Octopus gala teams during the year.



The evening finished with some light hearted recognition to say thank you to all the volunteers who keep the club going, and to John and



Marianna in respect of their results in the Senior 50m Butterfly event in the Club Championships.

A full gallery of photos from the event can be [online](#) should you want to look back on a successful evening.

AGM – 15 June 2018

The club's AGM will take place at Waddon Leisure Centre on 15 June 2018, with a start time of 20:00.

ANNUAL GENERAL MEETING

The agenda has been circulated to all club members by email, and Reports from Office Holders plus the Club Accounts will be distributed to members 10-14 days before the AGM.

We would really like to encourage as many people as possible to attend the meeting and consider becoming part of the SCSC Team! The club can only exist if volunteers help with its running, and with a number of our volunteers having swimmers who are now moving off to university or who are no longer swimming with the club for





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other reasons, it is massively important that some parents with younger swimmers fill these gaps.

We are always looking to create a bigger, stronger and better team both in and out of the pool and we are particularly seeking help/advice from anyone with strong IT skills on a regular basis.

The email providing the agenda for the AGM also detailed some of the role vacancies that will exist at the AGM. If you are interested in carrying out any of the vacant roles or would like to be nominated for any other role then please email Fiona or speak to one of the committee at the club.

We hope to see you at the AGM and look forward to any offers to help with the running of the club as it continues to move forward. With the growing successes in the pool we have to ensure the club is equally strong and supported on a day to day basis.

London Youth Games

The London Youth Games take place throughout the academic year and cover many sporting events, of which swimming is one both as an individual sport but also part of the Aquathlon (swimming and running). Both the Aquathlon and Swimming events are held over the weekend of 07/08 July at Crystal Palace.



Applications are currently open for club members to be considered for inclusion in Team Croydon for these events. To be considered for the team you need to live or go to school in the London Borough of Croydon, and applications close on 09 May 2018.

If you are interested in the Swimming, and are in school years 7 – 9 or 10 – 12, then please email Hannah Davies, who acts as Team Manager for this event, via southcroydonsc@live.co.uk.

If you are interested in the Aquathlon and are in school years 7 – 11, then please check your emails for details, or speak to Fiona Corby who acts as Team Manager for this event, and send applications to Fiona at southcroydonsc@live.co.uk.

Coaching Update

Congratulations to Tsvetan who has obtained his Level 2 Coaching qualification and welcome onboard to Rianna Ali who has joined the coaching team, working with Club Squad on a Sunday and assisting alongside Greg and Thomas at Waddon on a Wednesday.

Qualifications

Congratulations to Hannah Davies who has become the club's first ever Qualified Referee, having passed her written test paper in November and the practical in April. Well done Hannah on what is a great reward for all the hard work you have put in over the years!

Also, congratulations to Andy Finch and Jenny Bates who have completed and passed their training to become Level 1 Judge qualified.

The club is always looking for additional volunteers and officials, and so if you want to know more details please speak to any of these people.

Jack Petchey Award Winners

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





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effort in and doing your best. The scheme works well because young people themselves are involved in selecting the winners.

Congratulations to our 2018 winners;

Samih Urquhart – Junior Squad
Ben Watts – Senior Club Squad

Merit Awards

The next batch of Merit Awards will be announced in June and 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.

English Schools Swimming Association – Inter Divisional Competition

In March, Ella Corby was selected to swim for London Schools at the K2 in Crawley in the ESSA Inter Divisional competition.



Ella had a busy weekend, competing in the 400m freestyle and 400m Individual Medley, with only 30 minutes between the events, plus medley and freestyle relays.

London finished 7th overall in the final results.

London Region Open Water Development Camp

For the second year, Ella Corby has been selected to take part in the London Region Open Water Talent Camp.

The development camp is to be held over the weekend of 15/16 June 2018, at Charlton Lido and West Reservoir, Finsbury Park.

Fingers crossed that the weather is good that weekend!

English Schools Swimming Association – Primary School Relays

Keston Primary School Girls Relay Team have made it through to the ESSA Primary School Team Relay Finals which will be held at Ponds Forge in Sheffield. With Jessica Hardy, Imogen Bates & Scarlett Stewart from the club in the team we wish the whole team all the best in the prestigious schools event.

COMPETITION UPDATE

British Swimming Championships

While a lot of the country was battling with extreme weather and snow in early March, Amy Davies was taking part in the British Swimming Championships, held at the Commonwealth Pool, Edinburgh, having qualified for an incredible five events.



The championships doubled as the Edinburgh International Meet, meaning that not only were many athletes using the gala as preparation for the Commonwealth Games, but there were many other competitors from all around the globe.

Having arrived in Edinburgh minutes before the Red Weather warning for extreme snow was put in place, and just in advance of Edinburgh Airport closing to all incoming flights, Amy's events started on 01 March with the 200m Freestyle where she finished in a very creditable 24th place in the Junior age category (for swimmers aged 17 and under) and was the 6th best paced swimmer aged 16. To give an idea of the quality of swimmers that Amy would be competing against





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all week, the event was won by Welsh Commonwealth Games swimmer Kathryn Greenslade.

Returning to the pool on the next day for two events, Amy finished the 200m Individual Medley as 34th Junior (15th age 16) in an event won by Rio 2016 Silver medallist Siobhan-Marie O'Connor, while in the 50m Freestyle she was 28th Junior (9th age 16) in an event won by Spanish international Lidon Munoz.

Her next event was the 400m Freestyle and Amy achieved her best result of the week, finishing 14th in the Junior category and 5th swimmer age 16. To be placed so highly, in an event by Rio 2016 Gold Medallist Mireia Belmonte from Spain, was a truly brilliant result!

The competitive action finished with the 100m Freestyle and 26th place in the Junior category, 9th swimmer aged 16, in an event won by English Commonwealth Games swimmer Freya Anderson.

Coming hot on the heels of the recently completed County Championships, these Championships saw Amy competing against the highest ranked opposition she has faced to date. The entire club congratulate Amy on her results and for representing South Croydon Swimming Club so well.

Surrey Swimming Championships

As mentioned earlier, this year's Surrey County Championships saw the best ever results for the club. Running through January and February the final results meant that the club recorded it's best ever finish in the Team Medal Table for the County Championships, finishing 6th with 19 Gold, 9 Silvers and 10 Bronze medals. In addition, the club finished 3rd in the Girls and 11th in the Boys team competitions.

During the county championships, competition took place to find the best overall swimmers in the age groups 10/11 through to 16. As a result of

their efforts both Kasia Titterton and Jared Thompson finished in the top 3 in their respective age groups, Kasia finishing 2nd, only 2 points behind the winner, and Jared 3rd only 18 points off top spot.

The club's individual medal winners during the Championships were:



Amy Davies competing in the 16 year old age category who won Golds in the all Freestyle events (50m, 100m, 200m, 400m and 800m), as well as the 200m Backstroke, Butterfly and Individual Medley events. Amy also won Silver in the 50m Backstroke and 100m Breaststroke as well as Bronze in the 50m Breaststroke and 100m Butterfly;

Kasia Titterton (age 12) who won Gold in the 50m, 100m and 200m Freestyle and Backstroke events, as well as Bronze in the 200m Individual Medley;

Christopher Finch (age 14) who won Gold in all Breaststroke events (50m, 100m and 200m);

Ella Corby (age 17+) who won Gold in the 800m Freestyle, Silver in the 400m Freestyle and Individual Medley events and Bronze in the 50m Freestyle, 50m Backstroke and 200m Backstroke;

Jared Thompson, (age 12) who won Silver in the 100m and 200m Freestyle and Backstroke events as well as Bronze in the 50m Backstroke and 200m Butterfly and Individual Medley;

Sean Gray (18) who won Silver in the 200m Butterfly;

Laura Chisholm (age 16) who won Bronze in the 200m Backstroke.

In addition to these swimmers, the following also scored top 10 finishes in events contributing valuable points to the team score.



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Nicola Finnegan (age 15) , Brandon Vencatachellum (15), Joshua Hardy (14), Safia Opie (12) and Caleb Thompson (10)

In the Relay events top ten results were achieved by;

Amy Davies, Ella Corby, Laura Chisholm and Nicola Finnegan who won the Girls 4x200m Freestyle;

Safia Opie, Connie Harmer, Ella Hardy and Kasia Titterton in the Girls age 12-13 4x50m Freestyle; and

Brandon Vencatachellum, Christopher Finch, Steve Totev and William Bates who finished 10th in the Boys u16 4x100m Medley.

Congratulations also go to all other swimmers who took part in the championships, with many of them recording personal best times in their events and progressing their swimming further.



Headcoach John Mills summed up the county championship performances by saying "Everyone who has represented the club in this year's competition has done so brilliantly and I am very proud of the results that have been achieved. They continue the trend of recent years with continual improvement across all age groups. The results set us up well for further great opportunities for the club and it's swimmers in 2018."

Surrey Relay Gold

The gold medal won by Amy, Ella, Laura and Nicola was the club's first ever girls relay gold at County level. The following was written by the girls, summing up their feelings on the performance

1st Leg - Amy Davies

Although I was feeling tired after the 800m in the morning, I was pumped and excited because I knew that we were in a chance of a medal.

Leading off the relay put pressure on me to give us as much of a lead as possible so I told myself to go out fast and see what would happen, and that I did.

In the last 50m I was feeling it in my legs but I told myself to keep going and powering into the wall in order to hand over as big a lead as possible.

After my leg in the relay I was cheering on from the side to the point that I almost lost my voice. The feeling of seeing Nicola powering down the last length with a lead of 5 seconds was just awesome.

It is an incredible feat of amazing teamwork and I am so proud of the team and our amazing achievement of winning the gold medal.

2nd Leg - Ella Corby

When I first competed at the Surreys in 2011, I never imagined that I would be part of a relay winning team. The Surrey Relays are always a competitive, fun team event and I was really looking forward to the 4 x 200 free relay with Amy, Laura and Nicola this year.

The four of us had the belief that we could put South Croydon on the podium but also knew that it was going to be tough with two of us racing in the 800m freestyle in the previous session.

Amy and I were happy and tired after our 800's but I did wonder how much I had left in the tank! Amy had a brilliant first leg and she created a large lead which I hoped I could build on and although I could feel the 800m in my legs, I was determined not to let the side down after seeing Amy's brilliant leg.

I swam a pretty decent 100m split and then kicked as hard as I could for home (although everything was hurting - a lot!). I was so relieved to see a bigger lead when I handed over to Laura.



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We knew that Laura and Nicola would swim well and they didn't disappoint so seeing the team finish as Surrey Champions at the London Aquatic Centre has to be one of the highlights of my 8 years swimming at South Croydon, a club I am proud of, and a moment I will truly treasure.

3rd Leg - Laura Chisholm

Words can't describe how I was feeling as I stood up on the blocks. My heart was pumping so fast and I had so much adrenalin I thought I was going to fall off! I was shaking so much!

We had such a massive lead, but I knew I needed to have a great leg because, unlike us, the other teams had put their fastest swimmers last.

I tried to relax in the first 100m and stay calm. I turned at the 100m and I couldn't see any of the other teams; I had no idea where they were. I just knew I had to sprint as fast as I could and do the relay split of my life.

At the 150m turn I looked across, and still there was nobody there. I put my head down and moved my arms and legs as quickly as possible, trying to ignore the fact that my lungs were screaming for air! I touched and handed over to Nicola, and I was shocked to see how far in front we were; I knew Nicola wouldn't let us down. It was then I realised that we could actually do it. We could actually win and become Surrey Champions.

I got out on the side and started screaming. On the third length of Nicola's leg, I thought the other teams were catching, but I knew how fast Nicola could go too! On the last length, with about 25m left to go, I turned and looked up the side of the pool. Ella, Amy and I all made eye contact and, secretly, we knew we had won. We, four swimmers from South Croydon, were going to become Surrey Champions. Nicola touched and I screamed, tears of happiness in my eyes. This was a dream come true.

Final Leg - Nicola Finnegan

I was going into the relay leg fourth so I was extremely nervous. The girls and John calmed me down and prepared me for the race. Being the youngest meant that South Croydon had given me such a great opportunity and we were ranked third.

I knew that Amy had got us an amazing lead with a brilliant first leg and also knew that we were in safe hands with Ella who would further that lead. Laura dived in and I knew that we had a shot of winning gold as Laura was going to swim the race of her life. Then it was up to me!

As soon as I (eventually) dived in, I was determined to do this for my team but also for the club because they had given me such a lead I didn't want to let anyone down. Also I wanted to do it for John who gives us so much support and time.

I soon realised that I had gone out quite fast so I just said to myself just keep going / just keep swimming. As I was coming out of the 150m turn I caught a glimpse of the girl from Sutton and Cheam and I just kicked as fast as I could.

As soon as I touched I looked around and I didn't see anyone and then it sunk in we had actually won gold at the Surrey's. And it was to be my first ever Surrey gold medal!

I was so privileged to be a part of such a fantastic and inspiring team so standing on the podium was just a picture perfect moment





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Guildford City SC Springboard L1 Long Course Meet

Ella Corby and Amy Davies, took part in this gala held at the Surrey Sports Park over the first weekend of April.

Ella swam the 800m Freestyle, finishing in 2nd place and Amy swam the 200m Backstroke, finishing 6th.

Surrey Age Group Spring Meet

Twelve swimmers made the short journey to the Spectrum Centre in Guildford over the first two weekends of April.

Amongst some tough competition, the swimmers yet again performed brilliantly and were a credit to themselves and the club, and three of them came away with medals.



Imogen Bates – 2 Golds and a Bronze;

Brandon Vencatachellum – 2 Golds and Silver;
Steve Totev – 1 Gold and a Silver

Beckenham 125th Anniversary Easter International Open Meet

This year's Beckenham Swimming Club East Meet was held at the London Aquatic Centre and five swimmers from the club entered events.

The club's big success of the meet was Kasia Titterton, who returned with 3 Golds (50m, 100m 400m freestyle) and 2 Silvers (50m and 100m Backstroke).

Christopher Finch was the club's other medallist from the gala, with a Bronze in the 100m Breaststroke. In addition he finished 6th on the 50m Breaststroke and 7th in the 200m race of the same stroke.

The club's other competitors were;

Amy Davies – 4th in the 200m Individual Medley and 11th in the 50m Backstroke;

Ella Corby – 5th in the 400m Freestyle, 6th in the 200m Backstroke, 9th in the 100m Backstroke, 10th in the 200m Freestyle and 12th in the 100m Freestyle; and

Safia Opie – 10th in the 50m Freestyle and 12th in the 100m Freestyle.

OOJS & EDSC Spring Charity Meet

A team of 33 swimmers from the club competed in this gala at the start of March. With many personal bests set through the weekend our medal winners were the following swimmers.

Nicola Finnegan – 2 Golds and a Silver;

Connie Harmer – 1 Gold;

Ella Hardy – 2 Bronzes;

Sasha Breen – 1 Bronze;

Scarlett Stewart – 1 Bronze.

Joshua Hardy – 2 Golds and a Bronze;

Noah Tolfrey – 2 Golds;

Tom Harmer – 1 Silver and a Bronze;

Steve Totev – 1 Silver and a Bronze;

Tavis Taylor-Ross – 1 Silver;

Shravan Ganesh – 1 Bronze;

Oliver Honeyman – 1 Bronze;

Maximillian Lorke – 1 Bronze.

Congratulations to everyone who swam over the weekend and many thanks to the coaching team for their support at this and all galas.

Croydon Borough Championships

This year the CBSA Championships have been spread across the period from March to June, and at the time of writing the first two galas have taken place.



As always there is much rivalry between South Croydon and Croydon

Amphibians, but it has been great to see the wide





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range of swimmers from other clubs taking part this year. From the numbers of competitors it is great to see club swimming in such a healthy state across the borough.

Across the two galas that have so far taken place our swimmers have posted a multitude of personal bests, come away with many medals and, particularly in respect of our youngers swimmers, gained invaluable competitive experience at a time half way between last year and this year's club championships.

Individual medal winners so far from the club are as follows.

Amy Davies – 6 Gold, including 3 CBSA Records;
Sophia Lorke – 2 Golds and 3 Bronzes;
Kasia Titterton – 1 Gold and 1 Silver;
Nicola Finnegan – 1 Gold and 1 Silver;
Sasha Breen – 3 Silvers and 3 Bronzes;
Laura Chisholm – 3 Silvers;
Ella Hardy – 2 Silvers;
Safia Opie – 2 Bronzes;
Connie Harmer – 1 Bronze.

Christopher Finch – 5 Golds and 1 Silver;
Brandon Vencatachellum – 3 Golds, 2 Silvers and a Bronze;
Jared Thompson – 2 Golds and 4 Silvers;
Caleb Thompson – 2 Golds and a Bronze;
Adrian Fuah – 1 Gold and a Silver;
Joshua Hardy – 4 Bronzes;
Steve Totev – 3 Bronzes;
Tom Harmer – 2 Bronzes;
Maximillian Lorke – 1 Bronze.

In addition teams from the club medalled in the following relays.

Girls 16& Under 4 x 50 Medley (Kasia, Sophia, Laura and Amy);
Women Open 4 x 50 Freestyle (Kasia, Nicola, Laura and Amy).

Boys 16& Under 4 x 50 Medley (Jared, Christopher, Steve and Brandon);

Men Open 4 x 50 Freestyle (Joshua, Brandon, Christopher and Steve).

Mixed 13& Under 4 x 50 Medley (Kasia, Noah Tolfrey, Jared and Ella H).

Octopus League

The first to League Galas of this year's Octopus competition have taken place.

SCSC had a great start to the competition finishing 2nd in Gala 1 in February and followed this up with the same result in Gala 2 in March.

Congratulations to all swimmers who have taken part, many swimming in age groups that are familiar to them, and thanks to the coaches and volunteers who have helped at both events. Without your help the club could not take part in this great team competition and we know the swimmers are very grateful.



FORTHCOMING GALAS

Team Galas

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.

Octopus League (all galas at Beckenham Spa)

05 May – Round 3; team has been picked and swimmers notified

09 Jun – Round 4

14 Jul – Round 5

22 Sep – Round 6





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Arena League

Dates for the 2018 galas have not yet been officially confirmed but they will take place over the following weekends.

13 October
10 November
08 December

Please reserve all dates in your diaries as it is really important that we field our strongest teams in these events. Having achieved our best ever league result last year, the club will be looking to build on this in 2018 and will need the help of all swimmers to achieve this.

Individual Galas

May 5, 6 and 7 - London Regional Youth Championships at London Aquatic Centre (entries closed)

May 12 and 13 - London Region Age Group Championships at London Aquatic Centre (entries closed)

May 19 and 20 - London Region Age Group Championships at Crystal Palace National Sports Centre (entries closed)

May 26 and 27 - London Regional May Open Meet at London Aquatic Centre (entries closed)

16 Jun - 2018 Club Championships (800m/1,500m events) at Whitgift School. Entries open for Performance Squad and selected County Squad swimmers.

24 Jun – Croydon Borough Championships Gala 4 (entries closed)

30 Jun – London Region Open Water Championships (entries not yet open)

30 Jun and 01 Jul - Atlantis Summer Splash 2018 at Pavilions in the Park, Horsham (entries closed)

15 Sep - 2018 Club Championships (details to follow)

06 Oct - 2018 Club Championships (details to follow)

12 Oct (tbc) - 2018 Club Championships (details to follow)

27 Oct - 2018 Club Championships (details to follow)

24 Nov - 2018 Club Championships (details to follow)

MISCELLANEOUS

Congratulations

Congratulations to Tsvetan and Mark Harvie from our coaching team, and their respective partners, who have both recently become fathers.

Tsvetan became a father for the second time on Easter Sunday with the arrival of Damian, with Mark becoming a first time father 9 days later as baby Madison Louise was born on 09 April.

Despite the sleepless nights, Mark went on to run the London Marathon two weeks later, finishing in 4:31.48. Just over half an hour in front of Mark was Natalie Harmer, mum to Connie and Tom, who finished inside the magic 4 hour barrier in 3:58.20.

Finally, congratulations to all club swimmers who also took part in the Mini Marathon

Save the Date

Please make sure that you save the date for 01 December 2018 in your diaries. This will be the date for the 2018 Awards Presentation Night which will also double as the club's 10th Anniversary Celebration evening.

Full details will be published nearer the time, but we guarantee you won't want to miss this evening given the special plans that we are currently confirming.





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Nutritional Advice

Please check your emails for updated information that has just been released by British Swimming covering the topics of:

- Eat Well to Train Well;
- Eating at Competition; and
- Eating for a Rest Day.

Diet and nutrition are massively important factors in any athlete's performance and these guidelines contain the very latest tips and recommendations on the topics for swimmers of all abilities.

Please note that while the material may mention nuts, it is important to remember that other swimmers, at the club and at galas, may have nut allergies, and so no nuts should ever be taken poolside.

The factsheets issued by email will be added to the new website in due course.

Refillable Plastic Bottles

No doubt you have seen items on the news recently concerning the amount of plastic that is not being recycled and instead is finding its way into damaging areas of our environment.

At South Croydon Swimming Club we support the cause for using refillable plastic bottles in the hope that this cuts down on the prevalence of use once and throw away bottles.

As such we encourage all swimmers to bring a refillable bottle to their swim sessions rather use a new shop purchased bottle every time.

If you look at the Nutrition documents mentioned above these talk about drinking water, or no added sugar diluted juice, as your drink when training, and so we also discourage the need to bring isotonic or energy drink bottles to training.

Adult Swim Classes

There are still spaces for Adult swimmers in our Saturday classes, at Old Palace pool between 12:00 and 13:00.

If one of your New Year resolutions was to improve your swimming and you haven't yet done anything about it then please contact Rachel on southcroydonteaching@hotmail.co.uk. You never know you might soon be like Andy Davies, who swam a mile in a recent adult swimming lesson having only taken up swimming about a year and a half ago. Congratulations Andy, and Rachel!

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.

Summer 2018

While we hope the weather of a couple of weekends ago was not Summer 2018, we thought it be useful to let you know the summer dates for the club.

The final normal timetabled swimming sessions will take place on Sunday 29 July and swimming is then expected to return to its normal timetable resumes on Tuesday 28 August 2018, although morning sessions will start the following week.

At the moment it is not possible to confirm any swimming dates in this gap but as in previous years we are hoping to secure some pooltime so that training can continue.

*SCSC Committee
April 2018*





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Adult Swimming Lessons

Saturdays 12.00 - 1.00pm

At Old Palace School, Old Palace Road, Croydon

Beginner, Improvers & Advanced

£12.00 per lesson

No commitment, just pay for sessions you attend
Small, very friendly classes, 2 coaches, 1 in the water
with you.

southcroydonteaching@hotmail.co.uk

Tel: 07956 165618