



SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Summer 2017

WELCOME BACK

Although titled the Summer edition of the Newsletter, for some of us who have remained in the UK during the past few months you could be confused for not having noticed the time of year! Hopefully, this has stopped all of you having an enjoyable time over the school break, and if you went abroad in search of heat and relaxation we hope you had a great time.

Possibly the strangest story of the summer was the Finch's and Totev's both ending up holidaying in the same place at the same time, but entirely coincidentally. Just shows how small the world we live in really is.



Despite the period between May and September including the traditional summer closure for the club, there has been much going on, and so as we head into a very busy few months this edition will hopefully bring you all up to speed with what has been going on.

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

AGM

The club AGM was held on 23 June at Waddon, with a good turn out from parent – many thanks if you came along or sent apologies for your absence.

Following the meeting, and the election of committee the following are your primary club representatives for the coming year.

Committee

Mark Purser	Club Chairman
Phyllis Grout	Club Treasurer
Liza De Azevedo	Membership Secretary
Rachel Wootton	Teaching School Manager
Fiona Corby	Club Secretary
Hannah Davies	Gala Secretary
Gina Marimuthu	Minute Secretary/Committee

In addition, the following people have kindly agreed to assist with the running of the club.

Samantha Purser	Officials Co-ordinator / ASA Secretary
Andy Finch	Website Administrator
Greg Capper	Swim 21 Co-ordinator
tbc	Club Rep - Performance Squad
Sarah Hardy	Club Rep - County Squad
tbc	Club Rep - Club/Senior Club Squad
Natalie Harmer	Club Rep - Junior Squad
Sheila Stewart	Club Rep - Pre Squad
Hannah Davies	Club Shop & Octopus Team Org.
Mary Mangan	Disability Officer
Neil Gough	Press Officer/Newsletters
Julia Gant	Welfare Officer
Lisa Finch	Trophy Secretary





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SwimMark Accreditation

Formerly called swim21, SwimMark accreditation is Swim England's quality standard for clubs. It recognises high standards of governance, sustainability and effectiveness.

We are pleased to confirm that in July our transfer to the new SwimMark accreditation was completed meaning that as a club we continue to uphold the Governance and Club Management processes expected.

Many thanks to Greg Capper who has agreed to become the club's new SwimMark Co-ordinator and also to Fiona Corby, Hannah Davies and Phyllis Grout for their help with completing this year's accreditation.

Jack Petchey Award Winners

Since the last newsletter Brandon Vencatachellum (Performance), Christopher Newsome (Senior Club) and Amelia Gant (Junior 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

Also, well done to the following recipients of June's Merit Awards.

Swimmers are selected for Merit Awards by their coaches based on the 5 MERIT principles with awards made every six months to one swimmer from each squad.

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

Performance Squad

Gold – Amy Davies
Silver - Ella Corby
Bronze – Laura Chisholm

County Squad

Gold – Jared Thompson
Silver - Jody Owens
Bronze – Georgia Piper

Junior Squad

Gold – Zoha Jetha
Silver - Zino Esiefino
Bronze – Hana Mdaoukhi

Club Squad

Gold – Drishti Sambre
Silver - Hana Davis
Bronze – Kanmani Jayanthinathan

Pre Squad

Gold – Martin Stoyanov
Silver - Violet Stewart
Bronze – Esther Odoi

Surrey County Swim Team

For the first time in a couple of years the club will be represented in the Surrey Swimming Team competing in the National County Team Championships held in Sheffield on 08 October.

The County Team Champs is always a fun, colourful and competitive event played out in front of a packed house at Ponds Forge. More





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than 900 swimmers compete from 36 counties, with races going on in two pools simultaneously.

Surrey finished a very impressive seventh last year.



Congratulations to Christopher Finch and Amy Davies for your selection and we wish you all the very best representing your county!

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).

With both the Aquathlon and Swimming events held over the same weekend in July at Crystal Place the club provided many representatives to the Croydon team.

Swimming

Swimming is split between Primary, and Secondary ages, with a further split in the Secondary races for schools years 7-9 and then 10-13 but with all race in the Secondary age group combined for the final points table. The Primary event features a combined Boys and Girls team, while the Secondary events are split between Boys and Girls.

The Croydon teams, which were made up of swimmers from across the borough, performed very well with a number of the South Croydon swimmers winning individual race and/or relay

medals, and also finishing on the podium for their team performances.

Bronze – Combined Mini (Primary) Team; including Jared Thompson.

Bronze - Secondary Girls Team; including Sophia Lorke, Ella Corby and Amy Davies.

8th – Secondary Boys Team; including Chris Finch, Brandon Vencatachellum and Harry Good.

Aquathlon

The Aquathlon is a mix of swimming and running, with the distance of each part depending on the school age of the competitor. The event is run for school years 7-11, with the results of each competitor counting towards the over team result.

Croydon borough scored its best ever result in this multi discipline event finishing a very close 2nd behind Richmond and it was very pleasing to see six club members take part in the team, some who were competing for the second day running having been in the swim team the day before.



Sophia Lorke 5th – Year 7
Oliver Honeyman 25th – Year 7
Chris Finch 11th – Year 8
Brandon Vencatachellum 16th – Year 8
Amy Davies 4th – Year 10
Laura Chisholm 11th – Year 10

Qualifications

Congratulations go to Thomas and Bethany Gough who over the summer attained their ASA Level 2





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Swimming Teacher, and ASA Level 1 Swimming Assistant (Teaching) qualifications.

As most will know, Thomas is part of the coaching team within the club, having spent the last year working alongside Greg on a Wednesday evening at Waddon, while his sister Bethany is a Performance squad swimmer who assists with our Saturday lessons at Old Palace.

It is great to see two of our members going on to develop skills which mean they can remain involved in the sport and pass on some of the skills and experiences they have gained through swimming to the next generations.

Exam Results

Congratulations are also due to all club members who received school exam results this summer. From what we have heard you all did incredibly well and we wish you all the very best for the next steps in your education!

COMPETITION UPDATE

British Swimming Summer Championships

The British Swimming Summer Championships took place in Sheffield in the last week of July, with Amy Davies having qualified for five events; 50m, 100m, 200m and 400m freestyle plus the 200m Individual Medley. Qualification was based on being within the fastest 24 swimmers in each event in a qualifying window from earlier in the year.

Amy's competition started on Tuesday and finished on Saturday, with heats every morning and finals later in the day, if she was in the fastest 10 swimmers in the heats. Beginning with the 200m freestyle, Amy finished 5th in her age group heats and improved this by a place in the final to finish 4th, with a personal best time swim of 2:06.70.

After a day off, Amy returned to the pool for the 50m freestyle where she finished 12th missing out on the final by just 0.14 of a second, before swimming in Friday's 100m freestyle where she again qualified for the evening final, finishing 9th in time of 59.25 seconds.

To finish a hard week of competition the 400m freestyle and the 200m Individual Medley were both scheduled for the Saturday morning. Amy finished 9th in the 400m heats, meaning she would swim in the final later that day, finishing 10th in a time of 4 minutes 32.03, and she ended up 14th in the 200m Medley heats, a very creditable result as there was only an hour between both events.

Swim England Open Water Championships

Upon the completion of the British Championships attentions moved to the Swim England National events, initially Open Water and then in the pool.

Ella Corby had qualified for the 5k Swim England Open Water championship, which was swum at



the Rother Valley Country Park on 31 July. Despite being a sunny day, the water in the lake

at Rother Valley was a chilly 18.3 degrees with the organisers declaring that wetsuits were optional for swimmers.

Ella's race was the last race of the day, with her competing in the 17/18 age group. After a very tough and gutsy performance she finished 10th in the age group in a time of 1 hour 4 minutes 21.13.





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Swim England Summer Meet

The pool based events of the Swim England Meet were back in the pool at Ponds Forge, and after her efforts in the same pool the previous week, Amy Davies was back in action in the 800m freestyle.

Following her performances in the same pool in the previous week's Amy had remained in Sheffield to continue her training.

Amy was invited to compete in 800m freestyle through her performances earlier in the year and she lined up seeded 10th out of the 10 competitors in the age 15 category

Competing in heat 5 of 7, Amy swam very strongly and consistently to finish with a 7 second personal best, and top of the age 15 swimmers in her heat. In the next two heats, which contained those swimmers with faster entry times, Amy's time held up against some very strong competition to mean she claimed 3rd place and her first National level medal.



In addition to her 4th place best finish in the British National Championships, Amy's end of season results are the best results achieved by a female swimmer from South Croydon Swimming Club and brought to an end a fantastic season for everyone at the club.

London Age Group Regionals

The London Swimming region held their Age Group Championships over the weekends of 13/14 May, at the London Aquatic Centre, and 20/21 May, at the National Sport Centre, Crystal Palace, and South Croydon Swimming Club had a team of 5 qualifiers for this tough competition.

The championships are for swimmers aged between 11 and 14 as at 31 December 2017, and club were represented by Brandon Vencatachellum (age 14), Christopher Finch, Joshua Hardy and Sophia Lorke (age 13) and Jared Thompson (age 11). Events were swum as heats, with finals later in each day for the fastest qualifiers, and the team of swimmers started the competition with 11 entries between them.

Over the four days of competition the 11 heat entries were converted into qualification for 3 finals and 1 medal, with Christopher Finch winning a fantastic Bronze in the 100m breaststroke. In addition, from the 14 event swims the team set an incredible 10 long course (50m) personal bests.

Christopher Finch took part in four events over the course of the championships and he reached the finals in the 50m, 100m and 200m breaststroke. In addition to winning his first ever Regional Championships medal, he finished in 4th place in the other two finals, and 19th in his other event, the 100m freestyle.

Jared Thompson was swimming in the joint 11 and 12 age group, making his debut at the Regional Championships. Despite competing against swimmers over a year older than him, he recorded places of 15th (200 backstroke), 26th (50m butterfly) and 29th (200m IM) in his three events, finishing in very competitive positions against the other 11 year olds in this tough double age group.

Brandon Vencatachellum qualified for two events at the Championships and recorded a great pb for 16th place in the 100m backstroke, backing this up with 21st place in the 50m backstroke.

Sophia Lorke qualified for her first Regional Championships in the 50m breaststroke and again set a great pb to finish 21st, while Joshua Hardy was making his second appearance at Regional level and finished 31st in the 100m breaststroke,





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in a time over 3 seconds faster than he achieved in the same race last year.

All of the swimmers who represented the club can be very proud to have placed themselves in the group of elite swimmers from across London.

London Region Open Water

The London Swimming region held their annual Open Water Championships at Surrey Quays Water Sports Centre on Sunday 2nd July and two swimmers from South Croydon Swimming Club took part this year. The Championships provide a qualification route into the Swim England Open Water Championships.

The championships see events over distances ranging from 1k to 5k depending on the age of the swimmers, with the number of competitors double that from last year.

The first event of the day was the longest, being over 5k for swimmers aged 17 and over. Ella Corby was South Croydon's representative in this event, stepping up from the 3k distance at which she was a National Championship qualifier last year.

With the event swum over 10 laps of the course, on a very sunny but breezy day, Ella initially went with the pace of the leaders before dropping back on the 3rd lap. Having remained in 3rd place, she swam consistently until lap 6 when she was pushed down to 4th but showed great fighting spirit to race back into 3rd place on the final lap finishing in just over 1 hour 14 ½ minutes.

The other competitor from South Croydon Swimming Club at the championships was Brandon Vencatachellum, who swam in the 1.5k event for competitors aged 14. This was Brandon's debut at Regional level Open Water swimming, and he swam a great race to finish 8th out of 16 swimmers in a time of 23 minutes and 11 seconds, showing really good potential for next year.

Woking Octopus Gala

An incredible 33 swimmers from the club made



the trip to Woking in May for their Octopus Gala, many of whom were

younger swimmers taking part in one their first Open Meet galas.

Amongst a multitude of amazing performances the following results really stand out for mention.

Hana Mdaoukhi – 2 golds and 1 silver

Ella Hardy – 1 gold and 3 bronze

Jessica Hardy – 1 gold

Nicola Finnegan – 1 silver and 2 bronze

Phoebe Gilham – 1 silver

Connie Harmer – 1 silver

Sarah Mdaoukhi – 1 silver

Grace Stewart – 1 silver

Amara Watson – 2 bronze

Eryn Connick – 1 bronze

Sophia Lorke – 1 bronze

Yasmin Williams – 1 bronze

Jody Owens – 2 gold

Maximilian Lorke – 1 gold, 1 silver and a bronze

Tavis Taylor-Ross – 1 gold and 1 bronze

Tom Harmer – 1 gold

Oliver Honeyman – 2 silver and 2 bronze

Kanmani Jayanthinathan – 1 silver

Summertime Splash Gala

Held in July, and probably our most local Open Gala for quite a while as it was held at the Westcroft Centre in Carshalton, there were 26 South Croydon swimmer competing, and again a number of medal winning performances.

Laura Chisholm – 1 gold, 1 silver and 1 bronze



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Jared Thompson – 2
golds
Joshua Hardy – 1 gold
Chris Finch – 3 silvers
Caleb Thompson – 3
silvers
Thomas Baldwin – 1
silver and 2 bronze
Steve Totev – 1 silver and 1 bronze
Shivendra Pradesh – 1 silver
Harry Good – 1 bronze



Octopus League

The first five galas, of a league season of six galas, have taken place so far and at the current time we stand 4th in the overall standings.

The last two galas have seen many of our swimmers stepping up age groups and making their debuts in the competition, and all have performed brilliantly. On both occasions the team spirit has been outstanding; well done everyone!

The final gala is in a few weeks time, see below, and we are still able to finish top 3 in this year's league. Please keep a watch on your emails regarding team selection for this event.



FORTHCOMING GALAS

Team Galas

Our participation in this year's Arena League has been confirmed by the organisers, and we will again be in Division 1 East. Dates for the galas are as follows.

Gala 1 - 14 October, at the K2 Leisure Centre in Crawley when our opposition will be:

Black Lion
Chelmsford
Crawley

Croydon Amphibians
Dover

Gala 2 - 11 November, venue tbc
Gala 3 - 9 December, venue tbc

The date for the final round of this year's Octopus League is 23 September and, while held at Beckenham Spa, South Croydon are the host club. As such we will be looking for as much help from our qualified Officials and parents with the running of the gala.

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 Dates

The Club Champs dates have been issued by email and the closing date for entries is ...

16 September – Whitgift, 18:15 start
200m Backstroke
50m Freestyle
100m Breaststroke

30 September – Whitgift, 18:15 start
800m Freestyle (girls)
1,500m Freestyle (boys)

06 October – Waddon, 19:00 start
400m Freestyle

21 October – Whitgift, 18:15 start
200 Breaststroke
50m Backstroke
100m IM
100m Butterfly

25 November – Trinity, 18:15 start
200m Freestyle
50m Butterfly
100m Backstroke

02 December – Whitgift, 18:15 start
200m IM



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50m breaststroke
100m freestyle
200m butterfly.

The club champs are open to all swimmers and provide a great opportunity to gain official licensed personal best times, so please make every effort to enter as many of the galas, and individual events, as possible.

If you are a parent who is able to help with the running of the galas in anyway then please make yourself known to one of the committee members, and if you are one of our Officials (Qualified or in training) then please let Sam Purser know your availability for the galas as soon as possible if you have not done so already.

Individual Galas

Nov 4/5 – London Region Winter Championships (entry close date tbc)

Nov 5 – Dorking gala (entries close 19th Sept)

Nov 19 – Beckenham Rising Stars (entry close date tbc)

Dec 13/17 – Swim England Winter Championships (entry by invitation only)

MISCELLANEOUS

Return to Action

Normal timetable resumes on Saturday 2nd September 2017.

Old Palace Closure

Please note that due to a school open day there is no swimming for Pre Squad, or Teaching Classes, at Old Palace pool on Saturday 16 September.

Stroke Clinics

We are running a few stroke clinics within sessions in September on following dates and so

please note the following changes of venue for Performance Squad for sessions in September:

Wed 6th Sept : @ Waddon 19.00-20.30

Wed 13th Sept : @ Waddon 19.00-20.30

Wed 20th Sept : @ Waddon 19.00-20.30

Also:

Sun 17th Sept : Stroke Clinic for Junior, Club & Senior Club Squads at Whitgift 16.00-17.30.

Trials

The next date for prospective members to trail for the club is Sunday 10 September, 16:00 – 17:30 at Whitgift.

If you have children who wish to trial, or know of anyone who may be interested, please contact us on the normal club email address.

Fin swap

The fin swapping scheme is up and running again. For a small fundraising fee of £3.00 you can swap your old fins for larger ones. At present the fins are on the smaller side so if anyone has any old ones they are no longer using please donate them! You can either contact Lisa about the Fin swap - scheme on lisa.de.azevedo@gmail.com or find her at any of the Junior or Pre-Squad sessions.

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
August 2017

