



SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017

SEASONS GREETINGS

With under a week to go until Christmas and all competitive swimming now finished for 2017, welcome to the Winter Newsletter for 2017.

Although only a short time since the Autumn newsletter, the last 6 weeks has been packed full of action, with the finish of the Arena League and the Club Championships, the National Winter Championships and the Rising Stars event at Beckenham amongst other galas.

One thing is consistent through all of these and that is the fantastic results being achieved by those taking part, so a massive well done to everyone whether you have won medals, set records or beaten your personal bests.

A big thank you to the coaching and teaching team for everything they have done in 2017. This has been the best, and busiest, years in the history of the club and none of what is achieved could be done with you!

The same is true with regard to our committee and team of officials and helpers. We are very grateful for all you do and look forward to your continuing help and input in 2018.

Have a great Christmas and New Year!!

CLUB NEWS

Surrey County Record

As mentioned in the last Newsletter, Amy Davies set a provisional Surrey County Record while taking part in the National County Team Championships held in Sheffield on 08 October.



Official confirmation of the record has now been confirmed and Amy was

presented with a memorial certificate by John Mills at the last club championships of the year.

Well done Amy!

Surrey Age Group Championships

All details for the Surrey County Championships 2018, are now available on the [Surrey Website](#), and have been circulated to members by email.

Please do read all the documentation carefully and remember that any reference to the Swimmers Age is their age at **31st Dec 2018**.

Our closing date for processing entries is 19th December 2017, so please ensure your forms and payments are received before this date. If you have any questions about entries please speak with Hannah before this date.

A list of swimmers with qualifying times for entry to the championships is below. If you've reached qualification please do your very best to enter every event!

Girls (age 10 - 11)

Jessica Hardy
Millie Brown
Scarlett Stewart

Girls (age 12)

Eloise Cooper
Kasia Titterton
Lara Flint
Safia Opie
Sophie Finch
Zino Esiefiho

Girls (age 13)

Eryn Cornick
Connie Harmer
Ella Hardy
Georgia Piper
Melissa Briars
Shiu Ying Chan

Girls (age 14)

Grace Stewart
Sophia Lorke

Girls (age 15)

Nicola Finnegan

Girls (age 16)

Amy Davies
Laura Chisholm

Girls (age 17+)

Bethany Gough
Ella Corby





SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017

Boys (age 10 – 11)

Caleb Thompson
Shivendra Prashad

Boys (age 12)

Jared Thompson
Maximilian Lorke
Tom Harmer

Boys (age 13)

Noah Tolfrey

Boys (age 14)

Christopher Finch
Jaeho Pae
Joshua Hardy

Boys (age 15)

Adrian Fuah
Brandon
Vencatachellum
Steve Totev

Boys (age 16)

Kanmani
Jayanthinathan

Boys (age 17+)

Aaron Vencatachellum
Callum Black
Harry Good
Sean Gray
Thomas Gough
Tsvetan Perostiyski

All swimmers taking part in the championships **must** have a club polo shirt; order forms have been emailed to all qualifiers. The Club will add Surrey County Championship and/or the year to the back of your polo shirt. If you already have a polo shirt please return these to Hannah by 19th December so the club can add details (free of charge) and they can be returned before the Surrey's start.

It has been requested that we ask all parents who are not officiating and who are attending the 50m & relays weekend at the LAC (17/18 February) if they are able to help. Please can you let Hannah know which session/days you can help.

Jules Burvill who co-ordinates all the non-tech helpers for the Surreys (and has done so for many years) is visiting her daughter in the USA and is asking for helpers as many previous Surrey helpers do not have swimmers at the championships this year. Please do not leave it to 'others' to do, if we can all do one session the roles will soon be filled. Roles will include assisting in taking money on the door, whips, refreshments, putting up results, etc. You will have the best view in the house!

Please let Hannah or Fiona know as soon as possible if you can help.

Team selections for the relay events will be made by the Gala and Coaching Teams soon, and swimmers will be personally notified.

Awards Night

The Annual Awards Night will be held at Warlingham Rugby Club, Limpsfield Road on Friday 5th January 2018, starting at 19:00. Obviously there will be no training session at Waddon that evening.

Tickets are now available to purchase at £5 per person, available from Lisa A (Junior Squad), Julia G (County Squad) and Hannah D (Performance Squad).

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!

Jack Petchey Award Winners

At the last club championship gala of the year it was announced that Nicola Finnegan from Performance Squad was the latest recipient within the Jack Petchey Award Scheme.



The Jack Petchey Foundation was established in 1999, and gives grants to programmes / projects





SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017

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 Nicola.

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.

COMPETITION UPDATE

Swim England National Winter Championships

The Swim England National Winter Championships took place in Sheffield between 13 and 17 December, with Amy Davies having qualified for five events; 50m, 100m, 200m and 400m freestyle plus the 200m Individual Medley.

Amy's events took place on the Wednesday, Thursday, Saturday and Sunday, with two events on the Saturday. Events were swum as heats in the morning, with finals for the fastest 20 swimmers, irrespective of age, in the evenings.

With Amy's competition including Olympians and older competitors using the championships to aim at qualification for next year's Commonwealth Games, the main goals were to set personal bests, aim for qualification for next year's British Championships and hopefully finish in the top three British Junior competitors in one or more events and return with a National medal.

Beginning with the 200m freestyle, Amy finished 25th overall in a time just outside her

personal best, but picked up a great 3rd place in the Junior age group, equalling her best ever age group result at

National level. Amy was presented with her medal by Richard Whitehead, Swim England President.



Thursday brought the 50m Freestyle sprint event, where Amy finished 44th overall, and 14th Junior, with a personal best time of 27.54 seconds.

After a day off, Amy returned to the pool on Saturday for the 200m Individual Medley and the 100m Freestyle. In the first of these Amy again set a personal best time, of 2 minutes 24.54 to finish 25th overall, and 7th Junior, while in the 100m Freestyle she finished 32nd overall, and 6th Junior, in a time of 58.83 seconds.

To finish a hard week of competition the 400m freestyle took place on Sunday morning. Amy finished 14th in the 400m heats, in another personal best time of 4 minutes 26.76, meaning she would swim in her first ever Senior final later that day. In the final, which was shown live on the BBC Red Button, Amy finished 8th, and 4th junior, in a time slightly slower than that she had swum earlier in the day.

At the end of a season that has seen Amy win her first National level medals, Headcoach John Mills





SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017

said 'To have qualified for 5 races in this set of National Championships was a great achievement by Amy, but to then set 3 new personal bests, win a Junior bronze medal, take part in her first Senior final, and appear on the BBC, is fantastic. Everyone at the club looks forward to seeing Amy develop further in 2018, when she has already qualified for three British Championship events'.

London Swimming Regional 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;

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 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.

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.

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.

Team Bath Autumn Level 1 and 3 Open Meet

Over the weekend of 17/19 November, Ella Corby headed to Bristol to take part in four events at the above gala.





SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017

Ella's results over the weekend improved as the gala progressed, as after finishing 6th in the 200m Freestyle, and 5th in the 400m IM, she finished off with 4th places in both the 200m Backstroke and 400m Freestyle.

Ella recorded one personal best during the gala, in the 400m IM.

Well done Ella.

Beckenham Rising Stars Gala

On Sunday 19th November, 26 of our swimmers made the short journey to Beckenham Spa for the Rising Stars gala.

On a very busy day, with the team taking part in 83 events between them everyone swam brilliantly building more competition experience and setting far too many personal best times to mention.

Very pleasingly, the team returned with a sack full of medals.

Nicola Finnegan – 3 Golds and a Silver
Sophia Lorke – 3 Golds
Safia Opie – 1 Gold and 2 Silvers
Connie Harmer – 1 Silver and 1 Bronze
Ella Hardy – 1 Silver
Grace Stewart – 3 Bronzes
Zino Esiefiho – 2 Bronzes
Scarlett Stewart – 1 Bronze;

Jared Thompson – 3 Golds
Harry Good – 1 Silver and 1 Bronze
Shravan Ganesh – 1 Silver
Valentin Hristov – 3 Bronzes

Well done everyone who took part and thanks to the coaching team present at the gala.

Guildford City L2 County Qualifier

Two of our swimmers went down to the Guildford Spectrum over the first weekend of December to swim one event each in the search for County Championship qualifications.

Joshua Hardy swam on the Saturday afternoon and won the 200m Breaststroke event securing his county qualification in a time of 2:56.32, while Sophia Lorke swam on the Sunday afternoon, also achieving county qualification in the 100m Breaststroke by finishing second in a time of 1:24.03.

Congratulations to you both!

Thurrock Last Chance County Qualifier

Sophia Lorke made the journey to Grays in Essex the morning after the Arena League event looking for her Surrey qualification time in the 200m Breaststroke.

Unfortunately, despite winning Gold and setting a personal best, Sophia missed her target by 0.34 seconds.

Christmas at Dagenham Gala

Fresh from this disappointment, Sophia then headed off to Barking and Dagenham's Christmas gala to again swim the 200m Breaststroke.

This time, she swam a massive 5.68 second personal best to go under 3 minutes for the first time and easily achieve county qualification. In addition, she picked up silver medal in her age group.

Congratulation for persevering Sophia and well done on achieving your county qualification.

WBSA Surrey Qualifier 2018

Three of the club's swimmers headed to Wandsworth the day after the final Arena League fixture, again hunting Surrey Qualifying Times.

Nicola Finnegan returned with two gold medals but unfortunately no county qualifications.

Safia Opie won two golds and a silver, from her three swims, securing her county qualification in the 100m and 200m breaststroke events.





SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017

Noah Tolfrey achieved three gold medals and a silver from four swims, and got his county times in the 100m breaststroke and 400m freestyle.

Well done everyone for some great results!

Sutton and Cheam Santa's Splash & Dash Sprint Open 2017

On the same day as the WBSA gala 25 swimmers made the shot journey to the Westcroft centre in Carshalton for Sutton & Cheam's Christmas meet. With the team having entered 75 races between them, and the gala providing opportunities for personal bests and county qualification at all 50m events it was an afternoon of fast and frantic action.



Highlights from the gala included:

Kasia Titterton – Gold medals in the 50m freestyle, 50m backstroke and 50m butterfly, plus silver medal in the 50m breaststroke, and county qualification time in all events;

Scarlett Stewart – Gold medal and county qualification times in the 50m backstroke, plus county qualification time in the 50m freestyle;

Ella Hardy - - County qualification times in the 50m freestyle, 50m backstroke and 50m butterfly;

Sophie Finch– County qualification times in the 50m freestyle and 50m breaststroke;

Millie Brown – County qualification time in the 50m freestyle;

Eloise Cooper – County qualification time in the 50m breaststroke;

Eryn Cornick – County qualification time in the 50m butterfly;

Jessica Hardy – County qualification time in the 50m freestyle;

Sophia Lorke – Who having dashed back from the Thurrock gala earlier in the day achieved her county qualification time in the 50m breaststroke.

Grace Stewart - - County qualification time in the 50m freestyle and 50m backstroke;

Brandon Vencatachellum - Silver medal 50m butterfly and bronze medal in the 50m backstroke, with county qualification times in both events plus the 50m freestyle;

Joshua Hardy - Silver medal and county qualification time in the 50m breaststroke, and county qualification time in the 50m butterfly;

Maximilian Lorke – County qualification times in the 50m freestyle, 50m backstroke and 50m butterfly;

Steve Totev - County qualification time in the 50m backstroke and 50m butterfly.

Well done to all of you!

Club Championships

Since the last newsletter we have had the final two rounds of the Club Championships.

The first of these was held at Trinity School and featured a number of the coaching team in the 50m Butterfly events. With each of John, Tsvetan, Thomas and Mariana introduced expertly to the crowd before their races, their taking part really got the crowd involved in the races, turning their respective events into International Races!

Congratulations to all four coaches who took part and we look forward to this being repeated in the future!?

As with the earlier dates in the Club Championships, both of the final galas saw many close finishes throughout all of the heats with lots of Personal Bests and Club Records set.





SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017

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

Amy Davies – 9 Golds
Nicola Finnegan – 2 Golds and 2 Bronzes
Kasia Titterton – 2 Golds
Ella Hardy – 1 Gold and 1 Silver
Jessica Hardy – 1 Gold
Scarlett Stewart – 1 Gold
Laura Chisholm – 6 Silvers and 2 Bronzes
Ella Corby – 3 Silvers and 2 Bronzes
Emily Purser – 2 Silvers
Mille Brown – 1 Silver and 1 Bronze
Georgia Piper – 1 Silver
Jaiho Pai – 1 Silver
Melissa Briars – 1 Silver
Safia Opie – 2 Bronzes
Sophia Lorke – 2 Bronzes
Abby Collins – 1 Bronze
Bethany Gough – 1 Bronze
Grace Stewart – 1 Bronze
Holly Rotchell – 1 Bronze
Lara Flint – 1 Bronze

Brandon Vencatachellum – 4 Golds, 1 Silver and 2 Bronzes
Jared Thompson – 3 Golds, 1 Silver and 2 Bronzes
Callum Black – 2 Golds and 2 Silvers
Aaron Vencatachellum – 2 Golds and 1 Silver
Caleb Thompson – 2 Golds
Christopher Finch – 1 Gold and 4 Silvers
Kanmani Jayanthinathan – 1 Gold
Noah Tolfrey – 2 Silver
Michael Brankov – 1 Silver and 1 Bronze
Tom Harmer – 1 Silver and 1 Bronze
Shivendra Prashad – 1 Silver
Adrian Fuah – 1 Bronze
Jesse Ku – 1 Bronze
Joshua Hardy – 1 Bronze
Maximilian Lorke – 1 Bronze
Tavis Taylor-Ross – 1 Bronze
Thomas Gough – 1 Bronze
Steve Totev – 1 Bronze

William Bates – 1 Bronze

Thank you to all the officials and helpers who have made these championships happen; we really do appreciate you giving up your time for the swimmers.

Arena League Rd 3

Following the great team performances in the 1st and 2nd rounds of this year's Arena League, we started the final round in 10th place and so secure in the knowledge that whatever the result we would again be in Division 1 in 2018.

The final round saw us make the journey to Crook Log in Bexleyheath, and just as before the whole team swam excellently all evening, especially in the Relay events.

On a night when the team won more events than any of the opposition (13 out of the 50 races), but in a gala that was incredibly close all night, we recovered from being 4th after 42 events to finish 2nd at the end of the event, a truly brilliant result for the club.

Thanet B 200
South Croydon 178
Black Lion 176
Brighton 174
Erith & District 166
Bromley B 149

These results mean that we finish 8th in the league, our highest ever result! Congratulations and many thanks to everyone who competed in any of the three galas this season; let's see what we can do in 2018!





SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Winter 2017



FORTHCOMING GALAS

Individual Galas

Jan 13/Feb 25 – Surrey Championships, Various locations (entries close 19 Dec 2017)

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

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 – at Old Palace

Performance and County – 09:00 – 11:00

Junior & Club Squad – 11:00 – 12:30

28th Dec

County and Junior – 09:30 – 11:00 at Old Palace

Performance – 15:00 – 17:00 at Crystal Palace

29th Dec – at Old Palace

Junior and Senior Club – 09:00 – 10:30

Performance and County – 10:30 – 12:30

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 2018.

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.



Finally, best wishes to all club members for the festive season. We hope you all have a lovely time and we look forward to seeing you all during 2018, a year that promises to be even more exciting in the development of the club!

*SCSC Committee
December 2017*

