



SOUTH CROYDON SWIMMING CLUB NEWSLETTER Autumn 2019



Welcome to the Autumn 2019 edition of the SCSC newsletter.

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.

Thank you, Neil

Before we delve into the many highlights of this edition of the SCSC Newsletter, we need to pass on our thanks to Neil Gough, who has penned the Newsletter for the last couple of years. Neil has decided to put away his quill and parchment, so as our new team of roving reporters take over, we wish Neil all the best and thank him for the time he spent on the Newsletters.

Competition News

London Youth Games

Well done to Pre-Squad swimmer Archie, who competed in the London Youth Games in the Para Swimming event, and came away with two of the very cool Youth Games medals. Archie came 2nd in the 25m Back and was part of the relay team that came 3rd.



Octopus League

The Octopus League is a series of team galas held at Beckenham Spa through the year.

Instead of swimming for personal times, Swimmers win points for their team based on their position in the race, with time penalties being given if you swim faster than the prescribed time for each event. This ensures clubs can't just field their top swimmers in each event.

As well as individual events there are relays and 8 person mixed squadron relays. The team usually consists of around 20 swimmers across all age groups.



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The final round of the Octopus league was held in September, and South Croydon finished in joint 1st place on the night, which gave the club a final position of 3rd overall. Well done to everyone who competed during the league, and thanks to Julia, Sheila & Mariana who have managed & coached the team at every gala.



The final positions after six rounds were:

1. Woodside & TH - 43 points
2. Sutton & Cheam - 41
3. South Croydon - 41
4. Cheam Marcuda - 29
5. Sheerness - 21
6. Edenbridge Piranhas - 15
7. Streatham - 14
8. Eltham Stingrays - 12

Arena League

The first round of the National Swimming league, sponsored by Arena, took place on 12th Oct at the K2, Crawley.

The Arena league is held simultaneously across the country with over 300 teams taking part. South Croydon competes in the South region, in Division 1 East. It's a team gala with swimmers winning points for their team and is run in age groups U11, U13, U15 & Open.

For the first round, South Croydon had a tough draw, coming up against Crawley, Black Lion, Maidstone, Shepway & Croydon Amphibians.

We had a number of swimmers swimming up into age groups above their own, which made for some tough racing, but everyone gave 100%. Even finishing last in an event scores a point, and with positions chopping & changing during the night every point counts.



In the end South Croydon finished 5th, with the biggest cheer of the night going to County squad coach Andrew from his swimmers after completing his first competitive swim for over 10 years!



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Thanks to Julia & Rachel who volunteered to manage the team. There are 2 more rounds of the Arena League to come:

Round 2 - 9th November

Round 3 - 14th December

Venues are yet to be decided, but keep an eye out for squad selection emails.



National Championships

While most of the clubs swimmers enjoyed a long summer break ~~staring at their phones~~ sunning themselves on beaches far and wide, Steve, Amy & Christopher competed in the Summer National Championships in Bulgaria, Glasgow & Sheffield, and Brandon & Holly competing in the National Open Water Age Group Championships.



The level of competition was very high, as expected for national events. Although there were no medal successes to report this year, congratulations go to each swimmer for qualifying for such top level competitions.

Thanks go to John who gave up a large chunk of his summer to accompany all the swimmers as they competed against the top swimmers in their age groups.

National County Team Championships

Amy & Christopher travelled up to Sheffield on the weekend of 5th/6th October to compete for Surrey in the National County Team Championships.



The event is split into 2 divisions, with the 50m pool split off into 2 25m pools, with races taking part simultaneously in each pool.

Surrey swim in Division 1, where Amy & Christopher helped Surrey finish in 10th place overall. Amy was also given the honour of being girls captain for the event.





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Club Champs 2019

The annual club champs have just started, with the following winning medals in gala 1:

Amy, Connie, Ella, Brandon, Josh, Christopher, Violet, Zoe, Amelia S, Ethan, Elijah, George, Steve, Millie, Cerys, Phoebe, Eloise, Sophie, Amelia G, Sophia, Harry, Roberto, Ayodele, Noah, Tavis & Max.

The following club records were broken at gala 1:

Girls 9/10 50m Free - Violet S - **34.63**

Boys 15/16 & Open 100m Breaststroke - Christopher F - **1.12.01**

Mens Open 200m Back - Brandon V - **2.20.10**

Gala 2 followed on with medals for:

Sophia, Eloise, Cerys, Christopher, Josh, Noah, Violet, Zoe, Amelia S, Amy, Melissa, Connie, Ethan, William, George, Brandon, Steve, Lucy, Imogen, Georgia, Tabby, Tom & Max.

The following club records were broken at gala 2:

Men's 200m Breaststroke - Christopher F **2:30.73**

15/16 100m Fly & Men's 100m Fly - Steve T **1:02.97**

Well done to all.

There are lots more medals up for grabs in the remaining galas, dates below. Make sure you sign in to all events!

- **Waddon Leisure Centre - 18 October 2019** 400m Free (Performance & County swimmers only)
- **Whitgift School - 19 October 2019** 200m Free, 50 Fly, 100m Back, 400m IM

- **Whitgift School - 30 November 2019** 200m IM, 50 Breast, 100 free, 200m Fly

Full details are on the club website. Don't miss the chance to get some times, as these enable you to enter other galas.

All offers of help to run the galas are greatly appreciated, as without volunteers they are unable to go ahead. Please contact the club with offers of help.

Halloween Party

The club is hosting a Halloween party for all swimmers on Friday 25th October at Waddon Pool.

There is a pool party with an inflatable, followed by a party upstairs in the Studio with food & music.

Inflatable session times are:

7.15pm to 8pm - Pre Squad, Junior Squad & Club Squad swimmers over 8 years old.

8pm to 8.45pm for County Squad, performance Squad & Senior Club squad.

Please see the email from the club for details and reply if you haven't already done so.





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Fin swap

The fin swapping scheme is still running. For a small fundraising fee of £3.00 you can swap your old fins for larger ones. At present, fins are running low 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 via the clubs email address - southcroydonsc@live.co.uk or find her at County or Junior 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,
October 2019*

