



SOUTH CROYDON SWIMMING CLUB NEWSLETTER

Autumn 2018



The return to swimming in September each year always sees a rush of galas and activity at the club as the rush for County Qualification Times kicks in and the National Arena League starts. These together with the Winter Regional Championships, the finish of the Octopus League and other galas sees swimmers in action most weekends.

In the Competition Update section of this newsletter you'll find a summary of results since the summer break, but before we get to them there is an update on various other club matters including the 10th anniversary party in December.

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

With so many galas at the moment, we'd like to say a big thank you to all parents of competing swimmers. It can often seem that you are always on the road to a gala, spending even more hours poolside after the many hours of mid-week training.

While your children probably don't thank you enough for the efforts you make in this area we know they are grateful, as are the club. Without the work you put in to get them to training and galas they wouldn't be able to achieve the results and personal growth that they do!

Also a very huge thank you to all the Officials and helpers who assist at galas where club members compete, whether this be club championships, team galas or open events.

Can you do more to help the club?

Do please remember this is a members club so please don't leave it to a small number of people to make events happen and to galas to be licensed. A large number of our volunteers no longer have children swimming at the club but still come along to assist due to their belief in making things happen for the children.

If you have a swimmer at the club then we **REALLY DO NEED** you to help out; to not do so does put the future of the club at risk!

At the moment we desperately need an Officials Co-ordinator to help with our club events as Sam Purser has stepped down from this role given the fact that her daughters are no longer swimming for the club.

Sam has kindly continued covering the role through the club championships, while appealing for someone to come forward, but so far no-one has volunteered to take this work from her. With her understandably no longer able to carry on covering the position due to her many other commitments, not having a replacement seriously threatens our ability to host club championships as well other team or borough events we play a part in.

Please consider the impact this will have on the club and our swimmers and consider if there is any way you could help!





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New Acting Club Chairman

Following a recent committee meeting the club is very pleased to announce the appointment of Andy Opie, father of Safia, as 'Acting Chair' until the next SCSC AGM when we can hopefully formally appoint him as SCSC's chair.

We would like to take this opportunity to pass on our huge thanks to Mark Purser our outgoing chair for all the support he has given the club over the last few years. Mark has helped us enormously over the years but has sadly informed the committee of his intention to stand down due to his time consuming athletic commitments. Therefore we are delighted that Andy has agreed to take on this role to lead the club. Mark looks forward to continuing to support the club as an official and we wish him the best of luck in his high level athletics official endeavours!

We welcome Andy to this role and wish him and the club every success.

Swim England Winter Championships and British Swimming Championships

Yet again South Croydon Swimming Club will be presented at these two prestigious championships

The 2018 Swim England Winter Championships are to be held at Ponds Forge in Sheffield between 14 and 16 December.

The 2019 British Swimming Championships will be held in April at the Tollcross International pool in Glasgow and at the time of writing Amy has qualified for five events, being the 50m to 800m freestyle events.

McCullagh International Meet

The McCullagh International Meet is an annual event that takes place in Bangor, Northern Ireland and sees a team of swimmers from London Region competing against swimmers from all across Ireland in an event commemorating the former director of Irish Swimming who passed away in 2002.

With entry qualification times that are incredibly difficult to achieve the club are extremely proud to have Amy Davies selected by London for the 2019 event that is scheduled to take place from Friday 22nd to Sunday 24th February 2019.

Surrey County Swim Team

As trailed in the last newsletter, Amy Davies was selected to swim for  Surrey in the National County Team Championships held in Sheffield on 07 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 16/17), as well as the Girls 16/17 200m Medley Team (swimming the 50m freestyle leg) and the Mixed 6x50m Freestyle Team.

In the 100m Freestyle, she set a short course personal best of 57.13 seconds to finish 9th overall, and 4th out of the age 16 swimmers.

In both relay events, Amy swam faster than her individual personal best time, helping the team finish 10th and 16th in each race.

Overall Surrey finished 11th overall, in a competition won by Yorkshire with Scotland West and Devon finishing second and third respectively.





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Club Captains

The club captains for the current season have recently been announced.

Congratulations go to Amy Davies and Brandon Vencatachellum who have been appointed as

Senior Captains, and to Safia Opie and Jared Thompson who are



Junior Captains.

We wish them the very best of luck in the year ahead with their new roles at the club and also for a

great season of swimming.

10th Anniversary Celebration Evening

Tickets for our 10th Anniversary Celebration Evening remain on sale but stocks are running low; please place your order now to avoid disappointment!

We hope that as many club members as possible, past and present, are able to join us in celebrating South Croydon SC's 10th Anniversary and we've lined up someone we think is a great Special Guest for the evening in six time World Champion and 11 time European Champion swimmer Mark Foster.

During his career Mark set eight World Records, including breaking the Short Course 50m record an incredible four times, and since retiring he has gone on to a very familiar face on our TV screen as part of the BBC Swimming commentary team and Strictly Come Dancing competitor. We are very honoured that he has agreed to attend our celebrations!

Details of the evening are:

- Saturday 1st December 2018
- 7.15pm-Midnight
- Warlingham Rugby Football Club
- Tickets cost £15 each (cash only)
- Hog Roast (*please do request vegetarian option is required when purchasing your tickets and also advise of any nut or other allergies*)
- Soft & Alcoholic Beverages available
- Awards & Presentation of Club Championship Trophies
- Disco
- Raffle/Prizes

Tickets are available from Lisa De Azevedo (Sam, Phoebe & Joe's mother) or Julia Gant (Amelia's mother) at the following sessions up until 15 November:

Monday	Lisa at Tadworth
Tuesday	Lisa/Julia at New Addington
Wednesday	Lisa/Julia at Waddon
Thursday	Lisa at Old Palace
Friday	Lisa/Julia at Waddon
Sunday	Lisa at Whitgift

Tickets are also able to be reserved via the club email address southcroydonsc@live.co.uk

As in previous years there is a limit on tickets for the event due to venue restrictions (150).

10th Anniversary Logo Competition

Congratulations to Shu Ying whose design was chosen as the winner of our 10th Anniversary Logo Competition.



The winning design appears on the tickets as well





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as a few other places to be advised! Shu Ying received a Swimming Towel as her prize.

There were some terrific entries and to choose a winner was very tricky so the following entries also received a runners up gift:

Safia Opie
Jared Thompson
Scarlett Stewart
Sam Gillham
Joe Gillham
Phoebe Gillham

Thanks to everyone who took part and keep your eyes open to see Shu Ying's winning design.

10th Anniversary Hoodie

To celebrate the club's 10th anniversary, we are pleased to announce a limited edition print of anniversary hoodies.



The hoodies are available in adult and children's sizes and have Shu Ying Chan's winning 10th anniversary logo embroidered on the front with a list of all squad members, university members and

young helpers on the back (as registered on 24th October 2018).

To place an order, click on the appropriate link below (one for adult sizes and one for children's sizes) and follow the instructions.

Adult Hoodie £29 -

<https://www.kidzschoolstuff.co.uk/products/south-croydon-swim-club-hoodie-adult>

Kids Hoodie £25 -

<https://www.kidzschoolstuff.co.uk/products/south-croydon-swim-club-hoodie-kids>

Please use the code FREEP&P to make sure you are not charged postage. All orders made by 18th November will be delivered to the club on 30th November allowing for distribution before Christmas (they make perfect Christmas presents!) Orders made after 18th November but before 31st December, will be delivered in the New Year. The hoodies will not be available to order after 31st December 2018.

If you would like your hoodie order to be kept a secret from your swimmer(s), please place your order then email southcroydonsc@live.co.uk with Secret Hoodie in the title, the swimmer's name(s) and your contact details so you can be contacted confidentially to arrange collection.

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 effort in and doing your best.



The scheme works well because young people themselves are involved in selecting the winners.

Since the last newsletter Hannah Davies has been awarded a Jack Petchey Leader's Award in June this year in recognition of all the work she does for the club and its' members. This award has enabled the club to successfully apply for a Leader's Award Grant worth £750 which has been put towards the costs for the 10th Anniversary Celebration Evening.

Website: www.southcroydonsc.co.uk
email: southcroydonsc@live.co.uk





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Also receiving awards are Nicholas Rendell from Senior Club Squad and Steve Totev from Performance. Congratulations to both of you from everyone at the club.

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.

Land Training

We have great pleasure in announcing that we will be commencing some Strength and Conditioning sessions for County and Performance squad members, to enhance the competitive training structure.

Sessions will take place on the below Fridays at Waddon from 6.00pm-6.45pm in the Studio (upstairs on your right). Please bring a mat with you if you have one, or a towel to put on the floor.

The sessions will be taken by Mark Harvie (one of our cover coaches) who is a qualified PT and specialises in swimming.

The cost of the sessions is £12 in total for all 3 sessions. Please pay by bank transfer into the gala account sort 20-24-64 account 33293920 using your name and gym as reference.

Friday 16 Nov
Friday 30th Nov
Friday 7th Dec

We hope that many of you will take up this opportunity to get that little extra from your swimming

5k Fin Swim River Adur

Before departing for Oxford University, Ella Corby took part in the above race, held in the River Adur near Shoreham, for second year running.

Building on her performance in the Swim England Open Water Championships, Ella was attempting to retain her title as first female from 2017.

This year saw a very competitive field assemble and Ella finished as runner up to Lara Partridge from City of Sheffield in a time of 1:04:50. With Lara being a member of the Team GB Water Polo squad this was a great achievement by Ella, which set her up perfectly for her final event before University, see below.

Swim Sertentine

On 22 September, Ella Corby took part in the Two Mile Open Water Swim Sertentine race at Hyde Park.

Stepping up from the 1 mile course event that she swam in 2017, Ella clocked a time of 44:51 to finish an amazing 2nd overall! The race was won by a Danish International Swimmer who doubled up by also winning the 1 mile event on the same day.

Congratulations also go to two other members of the Corby clan who took part, ex club swimmer Anna and our gala announcer Richard.

Also, congratulations go to Mary Cooper, mum of Eloise, who completed the 1 mile swim, and finally



to an older ex club member, David Ashton, who finished 8th in his age group and met up with Ella after the





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race.

By finishing the Serpentine event Richard Corby completed the hat-trick of London Marathon, Ride London 100 and Swim Serpentine 2 mile and received a huge commemorative medal as a result!

Au Revoir

In the last newsletters we wished the very best to two club members who were heading off to university. Unfortunately an oversight meant we missed a third person, Aaron Vencatachellum who has started at the University of Kent.

COMPETITION UPDATE

London Region Winter Championships

The London Swimming region held their Winter Championships at the London Aquatic Centre over the weekend of 03 and 04 November and South Croydon Swimming Club had a team of 6 qualifiers for this tough competition.

The London Winter Regionals are only separated into two age groups being 17 & over and 11-16, with all of the clubs swimmers taking part in the latter of these. The club's representatives were Amy Davies, Laura Chisholm, Sofia Lorke, Kasia Titterton, Brandon-Niles Vencatachellum and Steve Totev.

Over the two days of competition the six swimmers set 15 short course (25m) personal best times and won 4 medals including 2 gold medals. The standout highlights from the event were as follows;

Amy Davies (age 16) returned as Champion in the 200m and 400m freestyle events, setting personal bests in both events to win Winter Regional Championships gold medals for the second year running. In winning both events Amy achieved senior qualification times for the Swim England

National Winter Championships which take place in Sheffield in December.

In addition to these two gold medals, Amy also picked up Bronze medals in the 50m and 100m freestyle events, and finished 15th in the 50m Butterfly.

Laura Chisholm (16) set three personal best times across the seven events she swam, with a best result of 23rd in the 200m Individual Medley.

Kasia Titterton (12) made her debut at the Winter Championships, swimming in six events and setting one personal best. Kasia's best result was in the 50m Backstroke where she finished 33rd overall and 2nd swimmer aged 12.

Brandon-Niles Vencatachellum (15) had qualified for the championships for the second time, but this year had reached the entry qualification for four events. After a very consistent set of races, where he set three personal best times, Brandon recorded top 25 results in the 50m, 100m and 200m Backstroke with a best of 22nd in the 50m event.

Steve Totev (15) was another swimmer making their Winter Championship debut, qualifying for the 50m and 100m Butterfly events. Steve set a personal best in the 100m event where he finished 35th having earlier finished 37th in the 50m race.

The final club swimmer who qualified for the championships, again making their debut, was Sophia Lorke (14) who finished 46th in the 200 Breaststroke.

With the Winter Regional Championships having tough qualification entry times, 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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Club Championships

Since the last newsletter we have had four more rounds of the Club Championships.



As is always the case, the galas saw some great races, with very close finishes throughout all of the heats and many Personal Bests and Club Records set.

Particular congratulations go to the following swimmers who all set new Club Records.

Gala 2

Christopher Finch – Boys 13/14 100m Breaststroke

Gala 3

Christopher Finch - Mens Open 200m Breaststroke and the Boys 13-14 yrs 100m Butterfly

Caleb Thompson - Boys 9-10 yrs 50m Backstroke

Brandon Vencatachellum - Boys 15-16 yrs 100m Butterfly

Gala 4

Amy Davies – Ladies Open 400m Freestyle record

Gala 5

Amy Davies – Ladies Open 400 Individual Medley, Ladies Open 200m Freestyle and Ladies Open 50m Butterfly

Brandon Vencatachellum – Mens Open 100m Backstroke and Boys 15-16 yrs 100m Backstroke

Jared Thompson – Boys 11-12 yrs 50m Butterfly and Boys 11-12 yrs 100m Backstroke

Kasia Titterton - Girls 11-12 yrs 50m Butterfly and Girls 11-12 yrs 100m Backstroke

Christopher Finch - Mens Open 400 Individual Medley,

All trophies will be presented at the 10th Anniversary Celebration Night in December, and all results are available on line, but the medal winners from these galas were as follows.

Amy Davies – 9 Golds and 1 Silver

Kasia Titterton – 3 Golds, 4 Silvers and 3 Bronzes

Laura Chisholm – 3 Golds, 4 Silvers and 1 Bronze

Violet Stewart – 3 Golds

Safia Opie – 2 Golds, 3 Silvers and 1 Bronze

Sophia Lorke – 1 Gold, 2 Silvers and 2 Bronzes

Connie Harmer – 1 Gold, 1 Silver and 3 Bronzes

Ella Hardy – 1 Gold and 1 Silver

Ella Corby – 1 Gold and 2 Bronzes

Theresa-Mae Brown – 1 Gold and 1 Bronze

Lucy Desira – 2 Silvers

Zoe Hardy – 1 Silver and 1 Bronze

Chrystelle Gonzales – 1 Silver

Georgia Piper – 1 Silver

Hazel Perks – 1 Silver

Lara Flint – 1 Silver

Shu Ying Chan – 1 Silver

Evie Lloyd – 1 Bronze

Isabella Flint – 1 Bronze

Kyra Sethna-McIntosh – 1 Bronze

Millie Brown – 1 Bronze

Nicola Finnegan – 1 Bronze

Sophie Finch – 1 Bronze

Tabitha Welsh – 1 Bronze

Christopher Finch – 9 Golds, 3 Silvers and 3 Bronzes

Brandon Vencatachellum – 8 Golds and 4 Silvers

Caleb Thompson – 4 Golds

Jared Thompson – 3 Gold and 3 Bronzes

Steve Totev – 1 Gold, 4 Silvers and 1 Bronze

Joshua Hardy – 5 Silvers and 5 Bronzes

Jack Crowther – 3 Silvers

Maximilian Lorke – 2 Silvers

Dylan Cornick – 1 Silver

Tom Harmer – 1 Silver

William Bates – 1 Silver

Ethan Piper – 3 Bronzes





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Noah Tolfrey – 3 Bronzes
Shravan Ganesh – 3 Bronzes
Kris Petrov – 1 Bronze

Teaching Gala

Well done to all those in the Teaching Section and Pre Squad who competed in this internal club Gala in September. A great first step to a competitive swimming career and we hope you all enjoyed yourselves!

Thank you to all those helped on the day and to Debbie and Rachel for organising the event.

Winners of events on the day were as follows.

Zainah Amzart
Lilana Lewis
Nell Rotchell
Aleksandra Szmigielaka
Amelia Smith

Ayodele Ayodeji
Ishan Bagla
Sam Gilham
Lucas Jenson
Isaac Urquhart

Arena League Rd 1

The National Arena Swimming League



The National Arena Swimming League season started in October with us in action in Division 1 East of the Southern League.

Split into 6 regional leagues, and divisions within these, the National Arena Swimming League sees 53 galas swum on the same day, featuring over 340 teams, 10,000 swimmers, 1,100 officials as well as countless helpers, all with the aim of finding the most competitive swimming clubs across the country

Swum over a mixture of 50 Individual and Relay events, all of the South Croydon team swam amazingly through the whole gala, so well in fact that for a large part of the gala the team were in an incredible 3rd place before being pipped in the final race of the night to finish in 4th place by 1 point, equalling their best ever start to a Division 1 Arena League season.

Out of the 50 races, South Croydon swimmers finished in the top three in an incredible half of all the races, winning five and finishing second in a further 11 races. Congratulations to everyone who took part, as every point really counted on the night.

Atlantis Horsham 252
Thanet B 189
Orpington Ojays 167
South Croydon 166
Croydon Amphibians 156
Herne Bay 119

A special mention to those who travelled back from University to swim for the team, as well as all the coaches, officials, and parents who helped on the night.

Arena League Rd 2

For the second round of the Arena League we again headed to Horsham this time to compete against Black Lion, East Grinstead, Atlantis Horsham, Kent Weald Green and Maidstone.

Due to the date clash with the British Universities Championships, we were short of at least four of our Open Age Group swimmers meaning that a number of swimmers had to step up an age group.

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.

Despite the best efforts of everyone the team this was one place too much, with us finishing 5th on





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the night behind winners Atlantis Horsham for the second gala in a row.

Horsham Atlantis 236
Kent Weald 207
Black Lion 180
Maidstone 163
South Croydon 153
East Grinstead 104

The result means we currently sit 13th in the League, and so will compete against Bromley B, Croydon Amphibians, East Grinstead, Herne Bay and Ashford Town to hopefully secure our place in Division 1 for next season.

Octopus League Rd 6



The final round of this year's Octopus League was held in September and saw South Croydon finish 2nd out of the eight clubs competing.

This great result secured 2nd place in the league for the club, an improvement on last year's third place finish.

The club would like to thank everyone who swam for the club over the course of the 6 galas as well as all parents, volunteers and coaches who helped with the running of all galas..



FORTHCOMING GALAS

National Arena League Team Gala

The third and final Gala of the National Arena League season will take place on 08 December, again at Pavilions in the Park, Horsham.

We are nominated hosts for this gala which means we need as many volunteers as possible on the night to make everything run smoothly. If you are planning on attending the gala to watch your children and support the team then please strongly consider helping with the running of the event, whether this be by selling raffle tickets, taking entrance money on the door, or by being poolside handing out sweets and drinks to officials. We really do need your help for this gala and run the risk of having to default the event if not enough people volunteer. Please don't leave it to others!

If you are willing and able to assist in any way then please let one of the committee members know as soon as possible.

As the gala decides who stays in the division for 2019 and who gets relegated, it is also vitally important that we have our strongest team in action that night. As such please ensure you keep this date free even if you have not swum in either of the first two galas of the season. All swimmers WILL BE expected to swim if selected by the coaches. Team selection will be made closer to gala date.

Club Champs Date

The final round of this year's Club Championships will take place on 24 November at Whitgift with the warm up starting at 18:05.

Events on the day are:

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

If you are a parent who is able to help with the running of the gala 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





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availability for the gala as soon as possible if you have not done so already.

Individual Galas

Nov 17/18 – Guildford Winter Open (entries closed)

Nov 18 – Beckenham Rising Stars (entries closed)

Dec 9 – Sutton & Cheam Santa Splash n Dash (entries close 18 November)

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

Jan 5/6 – The Royals New Year Meet (entries closed)

Jan 26 / Feb 24 – Surrey County Championships 2019 (entry date tbc). Please find the event schedule [here](#). Qualifying times have been released and can be found on the Surrey Swimming Twitter feed, as well as our own feed.

Apr 05/07 – Guildford L1 Spring Open Meet (entry dates tbc)

Apr 16-21 – British Swimming Championships (entry date 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 an 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 : 14:30 – 16:00 at Old Palace

28th Dec

Junior : 13:30 – 14:30 at Old Palace
Performance and County : 14:30 – 16:00 at Old Palace

29th Dec

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

30th Dec

Performance, County, Junior, Senior Club and Club : 16:00 – 17:30 at Whitgift

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.

Swimming Officials Training Courses

As you know we rely on volunteers to assist at the club and we really need more volunteers from Pre Squad, Junior & County Squads. Please do consider whether you can help become part of the team to help your swimmers.

Many thanks to Laura Lloyd, Julia Gant and Michelle Desira who all attended the recent J1 course run at Whitgift by Di Gamble.

If you would like to attend a future course, including anyone who is interested in moving on to Judge Level 2 (Starter) or who would consider being a Team Manager, then please contact the club and we will liaise over the next available training dates.

With such courses, the club will fund the cost of the course, and will also pass you a Swim England





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Membership Form to register you as a member of the club, the cost of which will also be covered by the club.

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 County, 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
November 2018*

