



BEACON SWIMMING CLUB

BULLETIN

JULY 2008

It certainly feels like the end of term as all involved with the club, swimmers, organisers and coaches take a much-deserved break. We have enjoyed a very successful 2008 to date with our swimmers achieving many PB's and winning galas against clubs that we have in the past struggled to beat.

The focus on swimmer achievement and development will continue to feature when we return in September. We were very fortunate to see so many parents take up the challenge of becoming poolside helpers. With their help we can now look at how best to give our coaches the support they need.

We have had an overwhelming response for the summer coaching school to be run through the week of the 11th August and the intention is to offer more events like this during future school holidays. This should enable swimmers to develop their skills more quickly and of course produce some 'sleepy kids' for parents not so fortunate to have the summer off.

Poolside activities aside we hope to run another social event early in the autumn and this will coincide with the club AGM.

I wish you all a great summer whatever you may be doing.

Andrew Moss

Summer Course Training (Beacon School Pool) - Week commencing 11th August.

Monday	-	Fly
Tuesday	-	Back
Wednesday	-	Breast
Thursday	-	Front crawl
Friday	-	Starts & Turns plus Individual medley

Sessions will start at 8.30 am and finish between 15.00 and 15.30

Session 1:	8.30 – 10.30	Pool
Session 2:	10.45 – 11.45	Land training
Lunch		11.45 – 12.30
Session 3:	12.30 – 13.30	Pool
Session 4:	13.45– 15.00/15.30	Games

The cost is £70 per swimmer for the whole week or £16.50 per swimmer for individual days.

Cheques should be made payable to Beacon Swimming Club and given to Debbie Smith, as soon as possible but not later than Monday 4th August.

Please ensure that swimmers are provided with a packed lunch and sufficient drinks for the day

E mail Bulletin

We are always on the lookout for interesting and relevant articles for the newsletter. If you would like to write an article please contact colin.draپر@rosehillschool.co.uk

Club Training Sessions

As we are now in the holiday season please note that Swimming Sessions will only be taking place on Mondays and Thursdays. This will continue for the entire month of August only.

BEACON BARBECUE

Approximately 125 people turned out for this wonderful social event which was held at Crowborough Rugby Club on Saturday 5th July from 5.30pm.

The weather was extremely kind with temperatures soaring and the rain choosing to stay away.

Childrens' games got underway fairly quickly, once the chief kids' entertainers, Gerry and Colin, were able to rip themselves from the midst of a throng of adults who were standing within easy walking distance of the bar undertaking a rather dubious conversation.

Event one was the Allcomers Rounders Competition. Two matches were played side-by-side with the winners moving on to a final head-to-head, and the losers battling it out for the wooden spoon.

A refreshment break followed and Gerry and Colin wasted no time in picking up where they had left off – this time within even easier walking distance of the bar.

Debbie, Roy and Loraine were, by now sweltering stoically over an extremely impressive (but hot) looking barbecue. The operation was slick and well-organised with everybody receiving ample to eat in the minimum possible wait time; no sooner had you joined the back of the queue than you were greeted with:

“Would you like onions sir?”

“There is a selection of sauces at the end of the counter madam.....do help yourself.”

So high was the level of professionalism that the catering team have earned the right, henceforth, to be known as Stuart's Cabin Crew! The team will be accompanying Stuart on some of his long-haul missions in the near future!

Once fed and watered, Gerry skillfully marshalled the children through the intricate rules of a tag game called “Sheep Dog.” The children took to it like lambs to the slaughter. The sight of them holding hands in pairs as they desperately chased their friends was hilarious.

Other games followed, each interspaced with increasingly frequent refreshment breaks, and events culminated in a highly entertaining tug-o'-war.

The kids' entertainment slowly came to an end as dusk fell. Just one thing delayed that end however – Lesley, as she undertook an elaborate explanation of the most complicated obstacle course known to mankind in front of a large audience of bemused looking youngsters.

Lesley proceeded, while under a questionable degree of alcoholic influence, and from a distance of approximately 100 YARDS (in dwindling light), to remonstrate passionately with children who had already given up any pretence towards understanding in favour of interpreting and mimicking her distant starbursts and press-ups in there own random but loveable way - it was priceless!

The whole event proved to be very succesful and very entertaining. Thanks go to all concerned and bring on the next one. Lesley,we can't wait!