

BEACON SWIMMING CLUB



NEWSLETTER

JANUARY 2009

AGM

The Club Chairman, Andrew Moss, got proceedings under way, outlining significant achievements made by the club over the last year. We now have in place:

- A clear direction and management structure
- A sound base on which to build
- ASA 21 initiatives nearing fruition (our chief aim this year)

There have been improvements in terms of communication and involvement:

- Newsletter
- Website
- Helpers and parental involvement

Results in the pool have been equally impressive with “strong swimming” permeating the Junior and Senior Squads. This is reflected in the large number of great wins in “B” galas and high placing in “A” galas. The club now aims to “move up a notch,” attending more “A” galas next year.

The Club will also seek to support the Coaches, providing opportunities for further professional development.

Andrew concluded by thanking all those who had helped over the year. In recognition of their contribution a meal is to be organised, courtesy of Beacon Swimming Club, sometime in January or February.

The Treasurer, Lorraine Stephens, reported that the Club is in good financial health. There has been a, “steady increase in membership and a continued investment in lessons.” At the same time, “pool hire and coaching costs have remained stable.” Membership is now at capacity. It remains, however, the club’s aim to, “keep the door open to new swimmers coming through.”

Efforts to raise the profile of the club have been successful:

- Barbecue
- Charity events

The healthy state of the club means that subscriptions, fees and lesson charges will remain unchanged for the forthcoming year.

The Head Coach, Sharon Wheeler, then reported that the last year had been, “One of the most successful years ever.” Sharon went on to confirm the introduction of new, Sunday evening, pre-club sessions. The aim of these sessions will be to bring in and orientate new swimmers. This excellent initiative will ensure that new swimmers will be, “up to speed, before coming into club.” Features of the training will include:

- Lane etiquette
- Starts
- Drills
- Turns

Sharon went on to report that, “more swimmers than ever,” were entering County Development Galas, and more were achieving times which will enable them to compete in County Championship Galas. It will be our aim to have a record number of swimmers eligible for the County Championships, this year. Of these, many will be actively seeking regional times.

Other aims include:

- Ensuring that the swimmers are more focused with an enhanced work ethic
- Ensuring that swimmers challenge themselves in training

To help the audience relate to the rigour of training sessions, Sharon revealed that, in recent one-hour sessions, senior swimmers swam between 88 and 100 lengths (2200 to 2500 metres). In the longer, one-and-a-half-hour sessions swimmers swam up to 160 lengths (4000 metres).

Sharon appealed to parents to be supportive of the late Monday session; a 10pm finish is late, but this 30-minute technique session is invaluable and could be exploited on a, “one or two per month basis,” if that is more appropriate.

Swimmers are working hard and they are getting results. The Greven, Montargis, Crowborough, triangular gala was a notable success this year and the new (red times) PBs and club records, on the notice board, are also evidence of this success.

Cub Awards were then presented to the following swimmers:

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| David Reeves Cup | Best U11 Girl | Gabriella Taylor |
| Mayhews Cup | Best U11 Boy | Marcus Goldsmith |
| Fair Hair Cup | Best U13 Girl | Katy Allen |
| Feedback Cup | Best U13 Boy | Harrison Stevens |
| | Best U15 Girl | Rachael Stevens |
| Taylor Gerloo Cup | Best U15 Boy | Elliott Stevens |
| Campbell Fist | Best U17 Girl | Amy Allen |
| Forenser Cup | Best U17 Boy | Tim Wood |
| Chappell Shield | Best Over 17 Girl | Dana Else |
| Rotary Shield | Best Over 17 Boy | Ben Stevens |
| Jenny Preston Shield for Effort and attainment | 10 and under Girls | Alex Gill |
| Tasman Buller Shield for Effort and attainment | 10 and under Boys | Thomas Malkin |
| Effort Shield | Girls | Rebecca Smith |
| Effort Shield | Boys | Evan Draper |
| Swimmer of the Year | | Gabrielle Taylor |

Beacon Swimmers meet Olympic and Paralympic Champions



On Sunday, Will Brown and Harrison Stevens got to spend the day with three of our Olympic and Paralympic Champions. As members of the Sussex ASA squads, Will and Harrison were part of an eighty-strong group of swimmers, who were invited along for the day. The specialised training day was arranged by Sussex County ASA and held in Eastbourne.

During the day they were taken through an education programme in the pool and given presentations on psychology and nutrition.

Running the pool sessions was Keri-Anne Payne, who won Silver in the 10K open water event in the Beijing Olympics. Keri-Anne took the swimmers through some typical training sets along with a focus on technique.

The Psychology and Nutrition presentations were run by Sarah Benjamin, who is a Sports Scientist from the University of Brighton. Sarah's presentation aimed to show the swimmers how they could control their body and how different food and liquids can aid a swimmer's performance and recovery rate.

At the end of the day Gold Medallist and World Record Holder, Sascha Kindred gave a talk about his Paralympic experiences and how he became a Paralympic Champion.

On the same day, Georgina Wood went to a County Disability Training Session, held at St. Bede's Pool in Upper Dicker. This was run by the Sussex County disability Officer, Sharon Wheeler! Georgina was put through her paces with a two-and-a-half-hour session in the pool, which included technique and stamina training.



Eastbourne Home Gala - Results 29th Nov

Beacon swimmers swept to an outstanding win at Eastbourne swimming club's inaugural inter-club gala with an impressive 107 point lead from second place Eastbourne SC. The other teams competing were 1066 Swimmers, Hailsham SC and Lewes SC. The Beacon squad was never lower than 3rd place in any of the races and won all but one of the age group relays and both of the Squadron relays. The swimmers clocked up many personal best times over the course of the evening. This victory follows close on the heels of wins at the Smiths Squad Development gala and the Bexhill Trophy Gala. The final points were 384 to Beacon, 277 to Eastbourne, 263 to Lewes, 254 to 1066 Swimmers and 195 to Hailsham.

Squad girls were:

- 10/u-Gabrielle Taylor, Alex Gibb and Hannah Shutt.
- 12/u-Katie Allen, Jessica Goldsmith and Catriona Gray.
- 14/u-Rachael Stevens, Rebecca Smith and Anna Wild.
- 14/u-Izzy Boddy, Amy Allen and Amelia Brice.

Squad Boys were:

- 10/u-Marcus Goldsmith, Callum Gray and Freddie Knott.
- 12/u-Harrison Stevens and Will Brown.
- 14/u Thomas Wheeler, Ryan Wheeler and Elliott Stevens.
- 16/u-Tim Wood, Harrison Keith and Andrew Ducker.

Finally.....All the Best for 2009