



June 2018

## YOUR HEAD COACH...

*Preparations for our National Qualifying Window went to plan and performances from the Elite Squads at the Sheffield Premier Meet, Newham Meet, Eindhoven Swim Cup and Regional Championships have all led to plenty of success to celebrate. Notably our Youth Swimmers secured the Top Club award at London Regional Championships for the first time in a number of years. Loulou Vos has been selected for European Championships to represent the Netherlands. We can also now confirm that we have a 19 strong team competing at the National Championships this coming summer with another 1 or 2 to confirm in the coming weeks. We also have 5 relay teams qualified for Nationals this year! Full details of those qualified for Nationals will be published soon but all swimmers training within Elite 1 and Elite 2 are part of the Nationals team and contribute to the training environment on a daily basis from which National Qualifiers are inevitable. Congratulations to the WHOLE team!*

## OUR HSC JUNIOR SECTION...

We have a very successful Learn to Swim section that operates at Highgrove on Sunday afternoons (3.30 - 5.30) providing high quality lessons to approximately 190 children age 4-14. The team is lead by Natalie Jones (ex RNSS swimmer) and the teachers and assistants are mostly current or ex swimmers.

The aim is to provide children with the essential skill of being able to swim and be confident in water and to identify a pathway for some of the swimmers to progress into the competitive squads of the Club. We have enjoyed a particularly successful 12 months with over 30 swimmers moving to the squads.

The team is supported by Sue Dyer who manages the waiting list . If you know of anyone wanting to join then they should contact Sue. The Junior Section is also the first opportunity for our swimmers age 14+ to volunteer at the Club and they can progress to achieve their Teaching and Coaching qualifications when they are 16.

Many thanks to Natalie, Sue, James, Mary, Conor, Nicole, Chiara, Oli, Michael, Sean, Evie, Ciaron, Dan, Alfie, Logan, Luca, Dillon, Jack, Kendra and Weldon for all of their good work.

## PRESENTATION NIGHT

Thank you to all of you who attended the night.

It was a wonderful opportunity for swimmers and their families to meet away from the pool and celebrate their achievements.

A special mention to the Elite 1 boys and the coaches for their smart attire and funky dance moves and Dominique, Athlene and Paula for putting the whole event together.

A full list of the winners and the photographs can be found on the website.

## A BIG WARM HSC WELCOME...

### JUNIOR ACADEMY 1

Thomas Bartlett, Sahaan Shah and Mariam Cader

### JUNIOR ACADEMY 2

Annabelle Hillman, Riya Shah, William Gibson and Ted Gooch

### JUNIOR ACADEMY 3

Lokan Bavisi, Louise Fremantle, May Bouguerra, Esha Ghash, Helena Jaremek, Aarav Jalhotra and Lira Boteju

### ACADEMY 3

Emily New, Emma Beau Harrison, Zara Hillman, Ryan Prabhakar and Zoya Subramanian

### ACADEMY 2

Ariyana Chadha, Anaya Ruparellia, Bigya Baral and Marian Ahmed

### DEVELOPMENT 3

Elisha D'Souza

### YOUTH ACADEMY

Gemma Hayden

### ELITE 3

Jamie Ismatullaev

### 2018 COMMITTEE

Teresa Jones, Laurence Hall, Mel Hindhaugh-Willis, Sue Dyer, Leon Van Zyl, Ian Bartholomew, Rob Fletcher, Carolyn Morrissey, Ann O'Leary and Taj Randhawa

*New members, please remember to return joining paperwork promptly. Thank you*

## MEETS AND TEAM EVENTS FOR THE COMING MONTHS

### JUNE

- Sun 3 Jun - Level 1 Assistant Coach course
- Sat 9th - Sun 10th June - Reading Meet :: RNSS 10th June - Enfield Meet :: RNSS
  - Sat 16th Jun - NLGL :: Team Events
- Sun 17th - Club Championships 2018 Weekend 2 (Events TBD) :: RNSS
- Sat 23rd / Sun 24th – Maurice and Daphne Short Memorial Meet :: ALL
  - Sun 24th June - M11 Junior League Round 3 :: Team Events

### JULY

- Sun 1 Jul - Level 1 Assistant Coach course
- Sat 7th - London Youth Games (selected swimmers only) :: Team Events
  - Sat 7th July - HOAC Family Day
- Sun 8th - Club Championships Weekend 3 (Events TBD) :: RNSS
  - 14th / 15th July - Harrow Meet :: RNSS
  - National Qualifiers Team Meeting - After Training :: HBEST
  - Sun 15 Jul - Level 1 Assistant Coach course
- Fri 20th July - RNSS - Last Session before Summer Training Schedule
  - 21st / 22nd July - Basildon and Phoenix Meet :: HBEST
- 24th-29th - British Summer Championships 2018 :: QUALIFIERS
- 30th - Swim England Open Water Championships 2018 :: QUALIFIERS

### AUGUST

- 31st - 4th Swim England National Championships 2018 :: QUALIFIERS

### HOAC

#### SATURDAY 7<sup>TH</sup> JULY 2018

Raft building, kayaking, high ropes, wobble boarding and BBQ.

Fun day out. Limited spaces...so book now

[www.hillingdonsc.co.uk/index.php/news-and-records/club-events](http://www.hillingdonsc.co.uk/index.php/news-and-records/club-events)

### Around the Club...

- SC visit our informative website <http://www.hillingdonsc.co.uk/index.php>
- Easyfundraising continues to generate much appreciated extra income for the club. Simply visit <https://www.easyfundraising.org.uk/causes/hillingdonswimmingclub>