



Beacon SC Newsletter June '13– September '13.



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<https://www.facebook.com/pages/Beacon-Swimming-Club/171534216288198>

Beacon SC Dates For Your Diary

October:

- Sat 5th Sussex Seahawks training, K2 Crawley, 6.30-8.30pm
- Sun 6th Liz Hartley Memorial, K2 Crawley – (entries now closed)
- **Thu-Sun 3rd-6th Greven Swim Team to come for the Tri-Town gala and stay with families.**
- Sun 6th Sussex Teams 2013, venue TBC
- Sat 20th Eastbourne Open, Sovereign Leisure Centre, Eastbourne.

November:

- Sat 2nd Rushmoor Royals 50m Open, Level 3
- Sat 2nd Sussex Seahawks training, K2 Crawley, 6.30-8.30pm
- **Sun 10th Beacon 50m Training at K2, Crawley – Selected swimmers only**
- Sat/Sun 16th/17th Crawley Long Course Open, K2 Crawley
- **Sun/Mon 17th/18th Beacon SC Club Championships – Open to all Club Members (4-7pm and 7-10pm)**
- Late Nov or early Dec Sussex Seahawks training, Crowborough LC, 5-8pm
- Sat/Sun 30th/1st Christmas Cracker, Pavilions-in-the-Park, Horsham

December:

- **Sun/Mon 1st/2nd Beacon SC Club Championships – Open to all Club Members (4-7pm and 7-10pm)**

Beacon SC

...Coming Soon!

- Watch out for our new website coming soon which will feature a members area so you can easily check out your PB's.
- Club Championships - The dates for these are on the 'dates for your diary'. The entry forms and details will be out soon, please note that the closing date for entries will be final, no late entries can be accepted due to the semi automated system we now use, which requires all swimmers data to be pre-entered. We would like 100% participation from the swimmers even if its only a couple of events. The younger swimmers do enjoy watching the older swimmers compete. (so do the coaches!!)

Beacon SC

...Coming Soon!

- Further to our popular Cyprus Camp in 2012 we are now well underway to plan a similar October Camp in 2014. Can you please register your preliminary interest with Fiona 01892 513758 fhewood@btopenworld.com so we can ascertain numbers.....
- AGM – our AGM is fast approaching set in the diary for 28th November, venue and time tbc.

Beacon SC

Current Positions Available

- Current Positions Available – please contact us – we need your help!
- Chairman - Many of you will probably be unaware that our long standing Chairman Andrew Moss, to whom we are exceedingly grateful for all his hard work over a number of years, resigned in July, due to work commitments. We will be looking to find a replacement and would like to invite you to consider this position – please contact Ursula Taylor 01892 661197 for further details.
- Publicist – We are also keen to promote our club better and are sure that someone out there would be great in the role of our publicist. Kathy Brasier has kindly agreed to take photos at events but we would like someone to do some write ups for the local rag – please contact Ursula Taylor 01892 661197 for further details.

Beacon SC

...Exciting news!!

- We are pleased to announce that we are now finally in the Sussex League for 2014. This league is to help encourage swimmers to enjoy and compete in club galas.

<http://sussexswimming.org/swimming/sussex-league-2/>

Beacon SC

THE GREVEN STORY...

- Greven gala is just a week away with many Crowborough families hosting the Greven team, who arrive on Thursday 3rd October. Friday 4th is the gala – we wish our home teams all the best and on Saturday 5th there is a Beacon SC Barn Dance which is open to the whole club, please come along to welcome our guests. Tickets are available from
- Kathy Brasier kathybrasier1@sky.com and
- Carol McCarthy paulandcarolmac@aol.com
for only £5 for the family!
- Please also see the next few slides giving a summary on the Greven weekends...

THE GREVEN STORY...

- On October 3rd Beacon SC will welcome a team of twenty-four swimmers and officials from Greven in Germany. They will be here to spend the weekend with some of our swimmers, to swim in a gala on Friday 4th October and attend our family barn dance on the 5th then to return to Germany on Sunday. We hope they will take some excellent memories with them and that there will be long term friendships forged between both sets of swimmers, as there have been over many years of this regular meeting of the clubs. Obviously as a competitive club we would like to win the gala but those involved will also be working very hard to make it a very enjoyable weekend for all.

THE GREVEN STORY...

(Our visit to Greven in 2011)



THE GREVEN STORY...

- This competition has been going on ever since I have been involved with the club, which is more than 25 years and I think many years before that. I know that some of the parents of our younger swimmers who were themselves Beacon swimmers will remember swimming against Montargis and Greven and maybe having French or German swimmers to stay in their homes. The gala originated as a competition with Crowborough's twin town, Montargis and then, as Montargis also had a German twin town, Greven, it became a 'triangular gala'. Each town had a home gala, so that Beacon would visit France then Germany and then home over a period of 3 years. However over the last few years Montargis have been unable to participate, but Greven and Beacon have continued and next year we will send a team of swimmers to Germany, where we always receive an amazing welcome from the families in Greven. The following year we will hope that Montargis comes back into the competition and invites our swimmers to France. It has always been an important part of the club's calendar both for the competition and the great sociable atmosphere.

THE GREVEN STORY...

(Greven team saying bye at Goldsmiths in 2010)



THE GREVEN STORY...

- The teams comprise of 8 boys and 8 girls with the youngest age group being 12 and under, so to all of our younger swimmers 'keep training' and you may be selected to go to Germany next year. If anyone would like to see the gala it is on Friday 4th at 7pm at the leisure centre or if you would like to join in the social side, come to the barn dance on Saturday 5th October , tickets from Carol McCarthy.

County Relays 2013

- Well done to all our County Relay teams who had some amazing achievements Individual times and results can be viewed here

<http://sussexswimming.org/swimming/swimming-results/relay-gala-results/>

Third Places to:-

Boys 9-10 200 SC Meter Freestyle Relay Team Relay

- Ben Cusselle - Arjun Wells - Ben Browning - Ben Kelly

Boys 15 & Over 200 SC Meter Freestyle Relay+ Medley Relay

- Ryan Wheeler - Daniel Brooks - Thomas Wheeler - Harrison Stevens

Beacon came 8th overall which was a massive achievement on last year.

Kingsland Paper Trophy Gala

- The Junior Beacon Swimmers had a fantastic Kingsland Paper Trophy Gala at K2 obtaining 24 PB's from 40 individuals' swims. [And only 2 DQ's].
- It was a convincing win for Beacon over Marlins, Crawley & Littlehampton, by coming first in 30 of the 61 races.
- Well Done to all who swam. It was great to see such good team support and spirit amongst you all.

SUSSEX SEAHAWKS SWIM TEAM



SUSSEX SEAHAWKS SWIM TEAM

- There are likely to be some changes to Sussex Seahawks over the next few months partly due to the withdrawal of Crawley and Shiverers. Atlantis, EGSC and BSC are all committed to Seahawks and another Club has expressed an interest in becoming affiliated. Further information will be available soon.
- The most recent Seahawks training session was held at K2 on 14th September. With it clashing with the Ken Deeley Open Meet there was the opportunity for some 'Pre-Hawks' to take part too and a number of Beacon swimmers accepted this invitation. The training was led by Andy Lobely from Atlantis with input from Sharon and other coaches from Atlantis and East Grinstead. Sharon was busy making notes on some parts of the session so don't be surprised to be doing some new flipper sets soon!

SUSSEX SEAHAWKS SWIM TEAM

- The next scheduled session on 5th October will not go ahead because it is the Greven weekend. With the Gala on Friday, where EGSC are also taking part, the Barn Dance on the Saturday and the Liz Hartley Long Course Open on the Sunday it was decided to cancel the Seahawks training.
- The final session at K2 for this year is on Saturday 2nd November although there may be a session in a 25m pool at some point.

SUSSEX SEAHAWKS SWIM TEAM

- Plans are in progress to stage the 2nd Sussex Seahawks Development Meet early next year and a new venue is being sought. Entries are restricted to swimmers of those Clubs affiliated to Seahawks so all Beacon swimmers will be able to take part. It is a Level 4 Gala and is ideal for swimmers looking to achieve a County Qualifying time or those new to competitive swimming.
- For any further information on Sussex Seahawks including training dates and times check out www.sussexseahawks.org

Long Course Training

- The Club has expanded its long course training programme for this coming season. With the exception of October, which is a very busy month, the 50m pool at K2 has been booked every month up to and including June 2014.
- These Sunday evening sessions are by invitation and will allow many more swimmers the opportunity to experience 50m training and become familiar with a 50m pool before competing in long course events. Exact dates will be on the 'Dates for Your Diary' listings and invitations are usually sent out a couple of weeks in advance.

Land Based Training

- A lack of space and due to the refurbishment work at Crowborough Leisure Centre has meant that we have not been able to run either the Gym or Studio land training sessions this term. The aim is that a new course will start after the half term holiday in early November and then everything should be back to normal in January.
- Qualified fitness instructors and personal trainers, who also have the Exercise for Children qualification, take the course and work with Andy and Sharon to ensure the land training complements the swimming training.
- Land training is open to both Swimming and Life Saving members of the Club. There may be another taster session for swimmers to experience this type of training before enrolling on a course. Full details will be available nearer the time.



Beacon LSC

Over the summer months some of the lifesavers went down to Eastbourne LSC to take part in some sea training. This was led by one of Eastbourne's coaches. All the lifesavers who went, really enjoyed themselves as well as some of our own coaches who also took part in the training!

Thank you very much for having us Eastbourne LSC!



Beacon LSC Beach training Photos





Beacon LSC

- The Youth pairs competition was on 21st September. This saw the top lifesavers in the South East region compete to try and qualify to the National finals. Beacon LSC have had finalists go to Sheffield the past 2 years so the pressure was on to get someone to qualify again this year. We had 2 Junior girl pairs (Emily McGee/Megan Hales and Molly Callaghan/Maisie Jane Hand), One Junior boy pair (Tim Gilbert and Elliot Key), and One pair in each of the senior categories (Rachel Key/ Rhianna Field and Mike Ducker/Sean Singleton).



Beacon LSC

- Congratulations to all lifesavers who took part. The boys category's were extremely tough this year – Elliot/Tim s and Mike/Sean managed an impressive 5th place in hard fought age group's this year. The standard of competition in these categories were already at national standard! Megan and Emily were the youngest in the Junior Girls category and came a respectable 6th Place – Well done girls.



Beacon LSC

- Lastly a **MASSIVE CONGRATULATIONS** to Rhianna Field/Rachel Key (who are the youngest in their age group) for qualifying to go to the National Finals this year. Another **MASSIVE CONGRATULATIONS** for Molly Callaghan and Maisie Jane Hand for also qualifying this year.
- The National competition will be held at Ponds Forge Sheffield on Saturday 9th November...
- **BEST OF LUCK TO THE 4 GIRLS WHO QUALIFIED THIS YEAR!!**



Beacon LSC





Beacon LSC Summer Fun (Including Go Ape, BBQ's and a Ruby Murray!)

