



# Basildon & Phoenix Swimming Club

Newsletter—May 2019



## Pride of Essex Sports Awards



On 2nd May Lucy, Zoe, Jo and Obby were privileged to attend the inaugural 2019 Pride of Essex Sports Awards held at Chigwell Hall.

This event was held to honour those who have made an exceptional contribution to sport - all voted for by our community. Essex has produced countless world class winners, champions and true sporting icons.

Basildon and Phoenix Swimming Club were nominated for **Grassroots Club of the Year**.

The competition was of a very high standard and BPSC were honoured to receive the award which now proudly sits in the cabinet at the pool.

The money raised at the event has contributed to The Pride of Essex Sports Foundation whose mission is to give young people a kick start to pursue a career in sport.



Dates for the Diary:

18th May  
**Essex League**

26th May  
**Junior Arena**

21st—22nd June  
**Club Champs**

29th June  
**Awards Night**

5th—6th July  
**Club Champs**

17th July  
**AGM**

20th— 21st July  
**End of Season Meet**

21st July  
**Regional Open Water Champs**

30th Aug - 1st Sept  
**Stubbers**

21st Sept  
**Awards Night**

## British and Para Championships 2019

The British and Para Championships were held in Glasgow from 16th April.

Ellie W, Rebecca H, Vejune P and Lewis B all qualified. Due to other commitments Ellie and Rebecca did not compete.

Vejune competed in 50m Breast, and Lewis competed in 400m Free, 200m Fly, and 200m Free.

Both Danielle H and Roan B qualified for the British Para Championships which followed on.

Roan gave an excellent performance in the 400m Free, 100m Breast and 100m Back. He gained a place in the final where he finished 3rd claiming a Bronze medal for the 400m Free.

Danielle swam the 100m Free, 100m Breast, 200m IM and 100m Fly. Fantastic swim in the 100m Breast took her to the finals.

**CONGRATULATIONS** to all of you for a fantastic achievement.

## Swimmer of the Month Congratulations

to our April Swimmer of the Month

Academy Yellow	Eloise M	For setting a positive example by listening carefully and for concentrating on her skill work
Academy Blue	Fola A	Showing great improvement in her Breaststroke
Academy Red	Tierna K	For hard work in training sessions and a positive approach to entering galas
Development 1	Ella E	Great attitude, attendance and behaviour
Development 2	William H	Excellent behaviour in training sessions, listening to the coach's advice and applying himself 100%
Bronze	Ryan W	Working hard on skill improvement, excellent attendance and great effort in every training session
Silver 1	Hannah Z	Excellent application of "the provess" skills enabling excellent progress in her backstroke
Silver 2	Paige S	A super transition from Bronze to Silver, working hard in training and for a positive approach to galas
Gold 3	Joe P	Positivity and 100% in everything he does, skill development, excellent attendance and a delight to coach
Gold 2	Olivia C	Always giving 100% in training sessions and pre-pool exercises
Gold 1	Sam C	Much improved attention to detail in training sessions
Masters	Callum H	Excellent application in training sessions and for staying to complete the tough sets of work



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## Swim England East Region 2019 Long Course Championships

### **15/Over Age Group Individual Events & All Relays**

### **Also Incorporating Para– Swimming Events**

**WOW! What a weekend!!!!**

Over the bank holiday weekend, Head Coach Doug along with 33 individual swimmer, plus relay teams headed to Luton to compete at the East Region Youth Championships in Luton.

Before any finals our swimmers would be competing over a combined distance of 28,300m which converts to 17.58205 miles (approximately) during the course of the weekend and everyone one of them made each meter count, resulting in 51 (top 8) finalists, which is an incredible achievement.

BPSC did not have to wait long for its first medal of the weekend, by the end of session one, we had our first Gold of the weekend, this came from Rebecca H in the 400m Freestyle. Another thirty one individual medals followed over the course of the Championship weekend, the final individual medal tally including para for our swimmers was 11 Golds, 16 Silvers and 4 Bronzes.

Going into the Championships BPSC had never won a relay Gold, by the end of the weekend we had **Four**. The relay Gold rush was started by the men's 14-16yr 400m Medley A Team on Saturday, going in to the final change over the boys where in third place (based on time) but anchored by Jamie S in the Freestyle leg they overhauled Watford and then Hatfield to take Gold.

On Sunday the men's 14-16yr 800m Freestyle A Team secured their second Gold, with a dominating swimming from start to finish. This was followed by Gold from the women's 17yr/over 400m Medley Team, who subject to formal ratification we believe also broke the Essex record for their age group. The final Gold of the day came once again from the men's 14-16yr 400m Freestyle A Team, this also meant that the A Team had achieved the relay triple crown.

Earlier on Saturday the women's 17yr/over 800m Freestyle team also secured a Silver with a fantastic swim to bring our total medal tally to five.

At the end of the Championship weekend, BPSC combined medal tally including para was thirty six medals. In terms of the medal tables, we finished third in the Championship Medal Table and second in the Para-Swimming Medal Table.

It was a fantastic weekend's performance from all of the BPSC swimmers who competed at the Championships and once again they showed great team spirit, supporting each other in the heats and then coming back in the evening finals to cheer their team mates on.

Finally to all of the swimmers family and friends who attended the Championships, once again fantastic support you were certainly heard in the balcony!

**#OneTeamOneGoal**



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## 11 Gold individual Medals including Para events.



- Rebecca H - 400m free, 800m free
- Lewis B - 100m free, 1500m free, 200m free, 400m free,
- James D- 50m breast
- Roan B - 50m fly, 100m fly, 400m free
- Vejune P- 50m breast



**SILVER Medallists** from left to right:  
 Rianna, Erin, Ellie, Caitlin  
 17/Over Girls 4x200m Freestyle Relay



**GOLD Medallists** from left to right:  
 Jamie, Lewis, James, Sam C  
 14-16 Boys 4x100m Medley Relay

# Well Done!



**GOLD Medallists** from left to right:  
 Emily, Vejune, Georgia, Rianna  
 17/Over Girls 4x100m Medley Relay



**GOLD Medallists** from left to right:  
 Jamie, Lewis, Noah, Jack  
 14-16 Boys 4x200m Freestyle Relay

## 16 Silver individual Medals including para



- Grace W - 100m back
- Ellie W - 400m free, 400m IM
- Rebecca H- 200m fly, 200m free
- Jack T- 400m IM
- Noah JN - 400m free, 1500m free, 200m free
- Lewis B- 50m fly, 50m free, 100m fly
- Danielle H - 100m free, 100m fly
- Roan- 50m free and 100m free

## 4 Bronze individual Medals including para



- Grace W- 50m free
- James D- 100m breast
- Ellie W- 800m free
- Lewis B - 200m fly



**GOLD Medallists** from left to right:  
 Sam M, Lewis, Jamie, Jack  
 14-16 Boys 4x100m Freestyle Relay

We hope the Region is ready for us again as we go back for the reverse distance on the 18th May and our young swimmers compete in the 14/under between 25th—27th May.  
**GOOD LUCK ALL!**





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## Focus on League... Essex League and The National Junior Arena League

The last weekend in April was very busy for the club, Saturday night saw us hosting the 3rd round of the Essex League. We saw some great swims.

***The night saw us finish 4th in the Essex League.***

Following this on the Sunday night we hosted at home again the first round of the National Junior Arena League. It was a great night and finished off with an explosive finale otherwise known as the "cannon".

***On the night, we finished the Junior Arena League in first place.***

Thank you to all the coaches and volunteers who gave up their time over the weekend. We could not have done it without your help.



## Focus on... Performance Lifestyle:

The 'ideal' swimming parent ...

1: Stays **relaxed** and **positive** during competition and is equally supportive

Source: Child Protection in Sport

Unit 2017

## Nutrition Focus on... 5 Ways with Banana

This month we start off with the first easy creation.

### Smoothie bowl

1. Freeze 1 banana (peeled and sliced) for at least 2hrs/ until solid
2. Blend with 1tsp cocoa powder + 1tbsp natural yogurt/50ml milk
3. Pour into a bowl and top with chopped nuts, seeds, fruit, desiccated coconut etc.

Source: British Swimming

# Good luck in your exams!

After the fantastic performance over the weekend, we would like to wish all the best to every one of our swimmers taking their university exams, A level, GCSE, BTEC or any other form of exams starting this month. You have all shown how determined you all are. Go and smash it!

**trust  
yourself.  
you know  
more than you  
think you do.**





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## Swimmer Focus

**Hannah C**—Duke of Edinburgh

Hannah has been a member of the club since the age of 8 and is currently in Gold 2. As part of her extra curricular activities at School Hannah decided to do the Duke of Edinburgh Silver Award.



Hannah had to complete a service element for this award which she chose to complete with the club by volunteering to help the team on a Monday night assisting the coaches.

Hannah has just completed her first practise expedition and is now looking forward to her 13km trek and overnight

stay in a tent in June.

We are really grateful to all our coaching team for supporting our swimmers in achieving their awards.

Opportunities like the Duke of Edinburgh scheme teaches important life skills. **Well done Hannah!**

## Swimmer Focus

**Daniel M**

Dan joined the club in 2015. He has swiftly worked his way up the squads and is now in Gold 2.

Dan attends training 6 times a week.

Favourite stroke - Fly, loves swimming 800m events.

Favourite colour - blue, listens to pop and rap, but Mum makes him listen to classical and Kisstory and Dad makes him listen to Heart 80s!!!

Before a gala Dan prepares himself by eating chicken and bacon pasta bake and after treats himself with chicken nuggets.

As well as swimming Dan enjoys playing on his xbox and phone.



## Committee Focus... Tom Baster, Chair



It is a huge honour to serve as Chairman of Basildon & Phoenix Swimming Club. My swimming journey, like most of you, began at Gloucester Park - and in spite of what is written below, it is still where I spend most of my 'swimming time'. I have been a member of BPSC and one of its predecessor clubs since 1987.

I hold a number of volunteer roles, most of which relate to officiating and event management. I am currently the Swim England and Swim England East Region Swimming Manager.

I have been serving as a FINA International Swimming Referee since 2014, and in 2016 was appointed as Chairman of Technical Swimming Committee of the International University Sports Federation (FISU).

Whilst these roles sometimes take me away from the club, I will be present at the pool on a regular basis; I look forward to meeting as many of you as I can.

Outside of swimming, I teach Modern Languages at a local secondary school - I have a particular interest in South America and enjoy travelling in the area, particularly Argentina, where I used to live. There is nothing better than standing in the Boca Juniors stadium in Buenos Aires on match day - the only place that could rival the Boleyn Ground!



Please note the following **closing dates** for the following meets and events:

- ⇒ Club Champs—23rd May
- ⇒ Everyone Active Mini Gala—1st June
- ⇒ Regional Open Water Champs—14th June
- ⇒ End of Season Meet—20th June
- ⇒ Stubbers—ASAP

**The first swimming goggles were made from tortoise shells.**

