



# Basildon & Phoenix Swimming Club

Newsletter—July 2019



## Focus on League...



affiliated to arena  
Junior Inter-league



Our Junior swimmers were in awesome form in the last round of the Junior Arena league, fighting hard for every point in this very competitive national competition.

This years event was always going to be tough due to a clash in the second round; where most of the original Arena team qualified for the East Regional Championships in Norwich that same weekend.

Round One was a great competition, with our swimmers showing excellent strength across all events - winning in style by amassing 310 gala points and coming in first with 8 league points.

Round Two included many new athletes to our team; most of whom had never swam in an Arena League before. And oh my gosh, what a performance they produced - coming in third place with 218 gala points. This team showed the strength and depth in our junior swimmers, and their ability to step up when asked to work as a team.

Round Three - the winners round. We were up against some strong clubs; none stronger than Camden Swiss Cottage, last years M11 winners. With our team bringing home 10 first places and some strong fought second and third places, we finished the round in second place with 268 points.

Our magnificent swimmers finished second place overall with 44 league points, only 4 points behind the M11 league winners.

A big thank you to our wonderful officials, team managers and our supporters. Without whom none of this exciting competition would be possible.

And not forgetting the stars of the show - our Brilliant BPSC Swimmers !

**Go Orange Army !**

Thank you to our coaches, Will and Karen for your support and thank you Karen for this great report.



## Swimmer of the Month

**CONGRATULATIONS  
to our June  
SWIMMER OF THE  
MONTH...**

Academy Yellow	<b>Michael A</b>
Academy Blue	<b>Daisy D</b>
Academy Red	<b>Ben W</b>
Development 1	<b>Libby S</b>
Development 2	<b>Corben G</b>
Bronze	<b>Thomas C</b>
Silver 1	<b>Olivia R</b>
Silver 2	<b>Evie D</b>
Gold 3	<b>Aislin FW</b>
Gold 2	<b>Anna F</b>
Gold 1	<b>Noah JN</b>
Masters	<b>Hugh B</b>



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

⇒ Season Opener—30th August

Dates for the Diary:

17th July  
**AGM**

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

21st July **Regional  
Open Water Champs**

21st Sept **Awards  
Night**



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## Focus on League... Mini League

As ever we had a great team involved in making this event such a success. Jane Howell and Steve Zyss led the officials team backed up by numerous volunteers, also Lyndsey and Kalaam Motin recording all the results. Thank you to everyone who stepped up to help. Team Managers Virginia Tatam and Mat Church did a great job, and Will Green for his support as always.

In Round Three of the mini league we welcomed teams from the Borough of Southend (BOSS), Clacton, Colchester and Hornchurch.

Now to the swimming. Again, we welcomed new swimmers Aivah, Amelia, Alfie, Corben, Aidan, Alexander, Harriet, Ryan, and Lydia. Well done everyone. The mini league is all about swimmers gaining experience of galas and learning from it.

The evening started off with two time faults- not the best start points wise. By event 12, we were in last place. However, by event 25 we had pulled back to second place. By event 38 we had a slim lead with Colchester hot on our flippers. The final 11 races were hotly contended between us and Colchester and it all came down to the last race, the 10x1 mixed squad relay. Colchester looked like they were going to take it, but were 1 second too fast leaving us to secure first place with 2 seconds to spare. Exciting stuff. Final points score

**Basildon 160**  
BOSS 136  
Clacton 116  
Colchester 159  
Hornchurch 116

I hope everyone enjoyed it, thank you swimmers and parents for a fab evening.  
**Thank you Coach Sue** for a great report and your continued support.

## Focus on...

### Performance Lifestyle:

The 'ideal' swimming parent ...

Gives their child **ownership** and **responsibility** by allowing their child's opinion and thoughts to be heard and valued.

## Focus on League...

### Everyone Active and BPSC Joint Development Gala

Another gala another day??? No not this time. This time is was all about our younger swimmers from academy and development groups. All academy were represented with swimmers from green, yellow, blue and red. Our youngest swimmer was Tilly at age 6, first gala and came away with 3 trophies—WOW! It was great to see such young swimmers following all the technical advice given during training sessions. Streamlining, under water phases, correct finishes, dives all were in evidence and more.

Young swimmers cannot start to compete until the year they turn 9 in most galas so this was a great opportunity for them to show us what they can do.

Fifteen young boys and 16 girls were able to showcase their talents to a very large audience at the Sporting Village. As a club we would welcome new young talent coming in to join us, and this event with our partners allows us to show how their children if they wish, could go on to join a competitive club and be part of the best club in Essex.

Thank you again to the Committee for organising the event. Doug and I on a personal note were overwhelmed by the enthusiasm of our youngsters. Their conduct was exemplary from the moment they went poolside from our warm up poolside to collecting so many medals and trophies.

Super afternoon! Thank you swimmers and parents. The club has a great future with these up and coming swimmers.

## Nutrition Focus on...

### 5 Ways with Banana

We continue with our 3rd creation with banana

#### Ice Cream

1. Freeze 1 banana (peeled and sliced) for at least 2hrs until solid
2. Blend the banana with 100ml of milk or 2-3 spoons of natural yoghurt until a smooth consistency is achieved
3. Add in vanilla extract, chopped nuts, berries, chocolate shavings etc.



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## Race for Life 5K Pretty Muddy Challenge

On Sunday 16<sup>th</sup> June a team made up of BPSC mums and swimmers headed to Gloucester Park to take on the Race for Life 5K Pretty Muddy Challenge.

After a quick pre-race warm up (dancing), the BPSC team passed under the start line to face the first of many challenging obstacles as well as the trusty British weather,

which decided that it too wanted to add to the occasion by drenching our hardy runners. This did not deter the team as they faced each obstacle head on (quite literally)



getting more and more muddy through a series of mud crawls, tunnels as well as riding some space hoppers before arriving at the final inflatable.



After scaling the rope netting they grouped together at the top before hurtling down the slide into the mud pool below. It was at this final obstacle that there were some notable performances from the BPSC squad, the best of which came from Millie & Claire T who both face planted it into the quagmire at the bottom of the slide.

All of our competitors gave it 100% and enjoyed every moment to top it off to date they have raised nearly GBP 1,500 for a very important cause, which is fantastic. If you would like to give a donation below is the link to their fund raising page:

<https://fundraise.cancerresearchuk.org/team/bpsc-mums-daughters>

#OneTeamOneGoal basically to get muddy!



## Congratulations...

Not to be outdone by our older swimmers, our younger swimmers have been selected to represent Essex at the Swim England East Region Junior Inter County Swimming Competition which will be held at Luton on 22nd September. Congratulations to the following swimmers :

Nicole M	Jasmine C	Gracie P	Daisy M
Skye C	Evangeline P	Mia L	Olivia Co
Ruby W	Toby L		

Good luck to you all and swim fast.

#paintitorange



Did you know most people can only hold their breath for a few seconds?

However, people with proper training can hang on for at least two minutes.

The world record for breath-holding is **24 minutes and 3 seconds**, which is currently held by Spanish freediver Aleix Segura Vendrell—**WOW!**

**IF YOU HAVE ANY PHOTOS/NEWS FROM EVENTS IN JULY THAT MIGHT BE INCLUDED IN FUTURE EDITIONS OF THIS NEWSLETTER, THE NOTICEBOARD OR ON OTHER PROMOTIONAL MATERIALS—PLEASE EMAIL:**

[secretary@phoenixbasildonsc.org](mailto:secretary@phoenixbasildonsc.org)





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On Saturday 29th June, possibly the hottest night so far this summer we celebrated our annual awards night for 2018/19 season.

### Best Squad Achiever: Male

Academy	<b>Alfie M</b>
Development 1	<b>Toby L</b>
Development 2	<b>Mario F</b>
Bronze 1	<b>Michael E</b>
Bronze 2	<b>Ryan W</b>
Silver 1	<b>Thomas SH</b>
Silver 2	<b>Forrest F</b>
Gold 3	<b>Isaac F</b>
Gold 1	<b>Lewis B</b>

\* Gold 2 to be awarded

Despite being eaten alive by mosquitoes it was an amazing evening with 148 people attending. After the awards were presented the children were able to run around, play football and rugby whilst the parents caught up over a drink or two!

This year saw the introduction of the new "Rising Star Awards". This was awarded to one swimmer per squad. This swimmer may not be number one in the lane or winning a gold at every gala but they are turning up to training sessions and consistently putting in effort, listening and respecting others.

Thank you to Drew, Zoe and team for organising an enjoyable evening. We have taken the decision to hold the awards night annually in September so put **21st September 2019** in your diary where we will celebrate this years Club Champs, National successes along with other awards

### Best Squad Achiever: Female

Academy	<b>Lily W</b>
Development 1	<b>Nicole M</b>
Development 2	<b>Libby S</b>
Bronze 1	<b>Jessica K</b>
Bronze 2	<b>Ella C</b>
Silver 1	<b>Hannah Z</b>
Silver 2	<b>Shannon B</b>
Gold 3	<b>Skye C</b>
Gold 2	<b>Ruby W</b>
Gold 1	<b>VeJune P</b>

Highest Points  
Scorer at Essex Counties  
**RUBY W**

Most Outstanding  
Performance from  
Essex Counties: Male  
**Daniel M**

Highest point scorer  
at Youth Regionals: Female  
**Rebecca H**

### Rising Star

Academy	<b>Daisy M D</b>
Development 1	<b>Will H</b>
Development 2	<b>Brandon C</b>
Bronze 1	<b>Carlos DLC</b>
Bronze 2	<b>Joshua B</b>
Silver 1	<b>Katie P</b>
Silver 2	<b>Charlie W</b>
Gold 3	<b>Daisy M</b>
Gold 2	<b>Olivia Co</b>
Gold 1	<b>James D</b>

Highest point scorer  
at Youth Regionals: Male  
**Lewis B**

Highest point scorer  
at BAGCAT Regionals: Male  
**Mason A**

Most Outstanding  
Performance from  
Essex Counties: Female  
**Daisy M**

Highest point scorer  
at BAGCAT Regionals: Female  
**Ruby W**



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## Focus on... Hugh Bennett, Master swimmer

*One of our Masters swimmer will be doing something incredible next year - **swimming the English Channel!!!!** We felt it would be great to share his inspiring story. We will continue with the next part of his story in the next couple of issues. Thank you Hugh for sharing your journey. Here is the beginning...*



'The inspiration to swim the English Channel came from my Uncle Jerry who completed the swim in 1997 it took him 14 hours and 59 minutes. So, since he completed it, it's been on my mind to have a crack myself.

But, from a very early age I wanted to be in the British Army so the Channel took second place.

I completed my basic training in 2003 at Pirbright barracks, after getting Overall Best Recruit in training, I joined the Blues & Royals of the Household Cavalry Regiment and very quickly found myself training to deploy to Iraq for my first six month deployment.

The time flew in Iraq and before I knew it I was getting ready for a tour of duty in Afghanistan Helmand Province, this was a shorter tour of five months, but without a doubt the most challenging five months of my life to date both mentally and Physically.

I returned to the UK and had some down time with family, but as my regiment is very good at its job it wasn't long before I found myself back in Iraq for the second time. This tour was six months and very different from the first time I was deployed for reasons I will not talk about.

Upon leaving the Army I completed the London Marathon with almost zero training. This was testament to the level of fitness I left my regiment with. Up until that point I only really swam when we had down time using the local pool in Windsor, other than that I hadn't really swum at all. My new career took me back to the Middle East, Egypt, Algeria, Libya to name a few - I can safely say there was no swimming whilst I was there.

Unfortunately, I become rather ill whilst working abroad, I was flown home to have major abdominal surgery which literally put me out of doing anything for a few years.

But no way near enough to stop me having a crack at swimming the channel!

So here I am 35 years old nearly six years on from cutting around the Middle East as a fit young man having the time of my life working with friends who I considered as brothers, to the worst time laying in a bed thinking am I coming out of this!

The phone call to my Uncle to say get me ready for the English Channel was the easiest part of the process so far.

As I very quickly found out I would be in a new battle of the mind & body... Enter the COLD WATER at the Lido in Parliament Hill Hamsted Heath. The brief from my Uncle was clear and to the point. No more hot showers or Baths. I am only to shower outside with a hose. Also "get wet" by this he was talking about spending time at my local pool as much as I could trying different goggles, swimming with a nose clip & hat which was all new for me!

I immediately thought why haven't I done this sooner. ...'to be continued.