

AGM Head Coach Report 2024-25

I would like to congratulate to every swimmer, the entire coaching team, the committee and the parents for the hard work that has brought the club to an absolutely another fantastic year.

The new 2024/25 season started off really well. Several medals in the Surrey relay gave the swimmers a high level of confidence.

The second swimming camp in Malaga gave the swimmers the strength and performance that we all saw at the Winter Regional Championships. After a few years, almost 20 swimmers qualified for the Winter Regional Championships.

The results were absolutely outstanding, we finished almost every race with new Pb, achieved many finals, 1 silver and 4 bronze medals and most importantly, 5 qualifications for the Winter National Championships in Sheffield.

All swimmers representing the club at this high level of competition swam extremely well, achieving a total of 4 Pb or other great results.

Without a doubt, this was the best season for the club and swimmers in over a decade, if not longer.

Below are the overall results.

National Arena League - The first season after a ten-year break in the Premier Division may not have been as we had planned and imagined, but the result achieved after three rounds and the experience gained allows us to be optimistic that despite the relegation, next season we will fight to return and compete with the best.

SE London Winter Championships – 18 individual athletes took part in the competition and won 5 medals – 1 silver and 4 bronze.

Surrey Age Group Championships - 47 individual athletes competed in 202 individual events collected a total of 24 medals, 10 gold, 7 silver and 7 bronze. Many swimmers reached the final for the first or second year in a row and improved their personal bests.

SE London Summer Championships – 41 individual athletes competed in 165 individual events in the age group and the youth swimmers competed in the London Aquatic Centre collected a total of 16 medals, 1 gold, 8 silver and 7 bronze.

A group of 9 swimmers qualified for the Summer British and English National Championships in 29 events this year. This is 2 more swimmers and 9 more events than last year. The competition will take place in late July and will run until early August.

British Summer Championship – 3 swimmer qualified in 9 events

- Peter Fensom 100 Free, 200 Free, 400 Free, 800 Free, 200 IM and 400 IM
- Alister Gironella 50 Free and 100 Free
- Teo Sorel 200 Fly

English Summer Championship – 8 swimmer qualified in 20 events

- Alister Gironella 50 Back, 100 Back and 200 Back
- Lucy Morris 50 Free and 100 Free
- Josh Dolling 50 Fly and 100 Fly
- Imogen Dolling 50 Breaststroke, 100 Breaststroke and 200 Breaststroke
- Isaac AU 50 Breaststroke, 100 Breaststroke and 200 Breaststroke
- Cameron Whitfield 50 Breaststroke, 100 Breaststroke
- Teo Sorel 50 Fly and 100 Fly
- Rishan Shankar 50 Fly and 100 Fly

I believe that these results will inspire and motivate other CASC swimmers to work hard so that they can compete at the same level as their older colleagues and achieve the same or even better results in the new season.

Patryk Folinski
CASC Head Coach