



NEWHAM & UEL SC NEWSLETTER

Edition number 6 – April 2024

Hello Everyone,

Congratulations to everyone involved with the Level 1 Open Meet held last weekend. Many thanks to everyone, the members of NUEL who put in many hours of pre-meet work, to all the officials, the people who manage the electronics keeping the meet running and producing start sheets and result sheets, the people manning the Medal table and the many volunteers who did many necessary jobs from providing food, drinks, manning the doors and doing many, many, other jobs that is required to make the meet run smoothly. Lastly but not least to the NUEL swimmers and coaches who produced some good results.

The British Olympic trials are being held at the LAC next week, if you get the opportunity, please go along to watch a session. The top swimmers in Britain will be taking part, all aiming to get selected for the Olympic team and compete at the Paris Olympics.

CONGRATULATIONS to the following Newham swimmers who have qualified for the British Championships.

Erika (Butterfly events)

Margarita (Breaststroke events) – not competing.

Kameliya (Breaststroke events)

This is a great achievement and as it is being held in your home pool please try and go and watch these swimmers.

Stroke Clinics – The Coaches are putting on Stroke clinics for the Development Squads during the Easter holidays. Please make sure you make every effort to attend. The more efficient your stroke is the faster you will swim using less energy. It is all about working at developing the stroke and cutting down any resistance that you may have.

Monday 8th April - 10.00-12.00 Butterfly and Backstroke

Tuesday 9th April - 10.00-12.00 Breaststroke and Frontcrawl

Wednesday 10th April - 10.00-12.00 Butterfly and Backstroke

Thursday 11th April - 10.00-12.00 Breaststroke and Frontcrawl

Chair's Forward

It is another magazine edition with lots of information about the going Ons in the club. I want to use this opportunity to thank all the Volunteers and Parents for supporting our recently concluded Level 1 meets which has become the most successful of our meets so far we couldn't have done it without you. Thank you very much.

Highlights coming up in the next 2 months are-

-Aquatics GB Swimming Championships

-Regional Championships for our performance teams

-Masters British Champs

-Romford gala for all the Squads and the Level 1 at Crawley for those who want to qualify for the national championships. I wish you all the best.

Head Coach's Report

Hi Everyone,

I hope everyone is well.

I'd like to start by saying a massive well done to all of the swimmers that swam at our Open Meet last weekend. Also a massive thank you to the volunteers who without you, we wouldn't be able to run these meets successfully!

Congratulations to a small team of our Masters swimmers who went out to Doha, Qatar last month for the Masters World Champs. Christine's report will tell you more but well done everyone!!

Coming up this week we have GB Aquatics Championships, which is also being used as Olympic trials. This year we have Erika and Kameliya (Swansea Uni) competing at Champs. Margarita also qualified but will be competing in Europe.

Erika has both 100 & 200 butterfly, with the 200 on the Tuesday and the 100 on the Saturday.

Kameliya has both 100 & 200 breaststroke, with the 200 on the Wednesday and the 100 on the Sunday.

This year, Champs will be live streamed and will also be found on the BBC (most likely Red button or online). Look out for info on how to watch later in the week!

Also competing this week is Margarita, who is representing Bulgaria at the Multination Champs in Macedonia, swimming both Breaststroke and IM events on the 6th/7th April

A huge good luck to all 3 girls, swim fast!!

For our Development squads, we have recently started holding monthly time trials on Sundays at East Ham LC. The first two were big successes and it was great to see so many of our younger swimmers competing against each other and gaining valuable competition experience and confidence. Parents/Guardians, please ensure that your child takes part in these events, it's a great opportunity to learn how to compete and will make it much easier when your child attends their first competition.

I look forward to seeing everyone at the next one on the 21st April.

We are also holding stroke clinics for our Development Squads on the second week of the holidays (8th, 9th, 10th, 11th April). Most of the slots are booked up but we have a few more spaces. These clinics are great for helping your child develop their strokes. With a smaller number of swimmers per coach than regular sessions, it's a great opportunity for your child to develop their stroke!

Lastly from me, as a Club we've had a fantastic start to the year, with good County Champs results, Masters World champs and Open meet results.

Keep training hard, keep the attendance consistent and the good results will keep coming!

Assistant Head Report

I hope everyone has a great Easter and enjoys the small break we are having due to the Olympic Trials being held at LAC. This is a great opportunity to gather some inspiration from the best swimmer in Great Britain, if you can please go and watch and bring that motivation back to training when we're back!

We have had two successful time trials so far, massive thanks to the volunteers who have helped make them possible. We have two more set of trials booked in:

- 21st April
- 19th May

Save the dates! It's so important for our swimmers to be taking part in these time trials, not only is it the best way to get experience prior to galas but it's a great way for us to track their progress and set targets to keep them motivated.

As well as the time trials, all competitive squad swimmers need to be competing at our home galas and external meets that we advise out to you. Galas are what we train so hard for, all that work we put in at training sessions leads down to galas and smashing our PBs!

Well done to those who met their squads attendance criteria, your dedication is seen by the coaches and will speak for itself when looking at the progress being made. Special mention to the following swimmers for their efforts in February:

- Kayla 87%
- Alexandru 95%
- Ates 85%

Please keep up the good work guys! Attendance at training is a true reflection of progress!

LAC Network

We are lucky enough to be part of the Network sessions with Ron Philpot so please take advantage of the opportunity if it's given to you. The dates for the next few months are:

- Saturday 13th April 2024 – Teaching Pool
- Saturday 20th April 2024 - Competition Pool
- Saturday 11th May 2024 – Teaching Pool
- Saturday 18th May 2024 – Competition Pool
- Saturday 15th June 2024 – Competition Pool

Unfortunately, some of these dates clash with some competitions that we are attending. Of course, for those dates, you are not expected to attend both.

Have a great Easter everyone!

Masters Report

Essex County Masters Championships [2nd March 2024, Basildon Sporting Village]

Despite part of the squad still being out in Doha, the remaining members of the NUEL Masters squad were out in full force at the Essex County Masters Championships. Impressively, even with the Doha absences, the team managed to hold on to our **4th place team standing** which we achieved last year! Lots of great swims and hardware won [see below] and a very special CONGRATS to members of the squad who were competing for the first time [or the first time in a loooooong time] !)



Results:

GOLD medallists: Myriam [400 Free], Donna [400 Free, 50 Back], Kim [100 Breast, 50 Breast], Ralph [100 Free, 50 Free], Matt [200 Free], Eva [200 Free], Will [50 Breast], Marcus [100 Back], Alaine [100 Back]

SILVER medallists: Marcus [400 Free, 50 Back], Pauline [400 Free], Ralph [50 Fly], Donna [100 Free, 200 Free, 50 Free], Eva [100 IM], Kim [100 IM, 200 Free], Myriam [200 Free], Alaine [50 Breast], Megan [100 Back], Mixed 160+ Free Relay [Kim, Alaine, Ralph, Alex]

BRONZE medallists: Marcus [100 IM], Mixed 160+ Medley [Alaine, Kim, Ralph, Alex]
Other notable mentions: James [7th 50 Fly, 6th 50 Back, 4th 50 Breast, 8th 50 Free], Alex [4th - 50 Fly, 100 IM and 50 Breast, 5th 100 Free, 7th 50 Free], Ilya [5th - 50 Fly, 50 Back and 100 Back, 4th 200 Free, 6th 50 Breast], Megan [5th 50 Fly, 7th 100 IM, 10th 50 Free], Mathilde [6th 50 Fly, 4th 50 Breast, 11th 50 Free], Marcus [4th 100 Breast and 100 Free], Alaine [4th 100 Breast and 50 Back, 6th 100 Free and 50 Free, 5th 100 IM], Myriam [4th 50 Back, 5th 100 IM], Eva [4th 100 Free, 7th 50 Free], Pauline [4th 200 Free], Mixed 120+ Free relays 5th [Eva, Matthew, Will, Myriam] & 8th [Megan, Marcus, James, Mathilde], Mixed 120+ Medley relays 4th [Eva, Will, Megan, Matthew] & 13th [Ilya, Mathilde, Myriamm, James]

World Aquatics Masters Championships [23rd Feb - 4th March 2024, Doha, Qatar]

Building on the success from last year's World Championships in Japan, 9 members of the NUEL Masters squad [11 if you include Kyla and Joe - our adopted teammates] headed to Doha to see how we would fare on the world stage. Not only did we put in some fantastic performances at the world class venues - 21 top 10 finishes including a BRONZE medal winning performance from Federica in her 50 Fly . . . we managed to have just as much fun outside of the pool exploring all that Doha has to offer :) The competition, which sees thousands of masters athletes from all over the world gather to compete in all of the aquatic disciplines [swimming, open water, waterpolo, diving, artistic swimming] will be held in Singapore in August 2025 - come join us!





Results:

- [] Christine- 3K Open Water 8th, 100 Fly 11th, 200 Fly 7th, 50 Fly 6th
- [] Chelsea - 3K Open Water 11th
- [] Ian - 800 Free 15th, 400 Free 17th, 100 Fly 12th, 200 Fly 4th, 200 Free 15th
- [] Andrew - 200 Back 4th, 100 Back 5th, 100 Fly 10th, 50 Back 5th
- [] Katie - 100 Free 19th, 100 Back 14th , 400 Free 18th, 200 Free 9th
- [] Beth - 3K Open Water 9th, 100 Free 19th, 50 Free 24th, 200 IM 15th
- [] Fed - 100 Free 18th, 50 Free 17th, 50 Fly **BRONZE**
- [] Joe - 100 Free 10th, 50 Free 6th, 100 Fly 10th, 50 Fly 6th
- [] Kyla - 100 Breast 4th, 50 Breast 7th, 200 Breast BRONZE
- [] Tamsin - 100 Breast 8th, 50 Breast 11th, 100 Fly 16th
- [] Reece - 50 Free 18th, 100 Fly 16th
- [] Mixed 4 x 50 Free relay [Reece, Federica, Beth, Andrew] - 5th
- [] Women's 4 x 50 Free relay [Beth, Tamsin, Katie, Federica] - 7th
- [] Mixed 4 x 50 Medley [Andrew, Reece, Federica, Katie] - 4th
- [] Women's 4 x 50 Medley [Beth, Tamsin, Christine, Federica] - 7th

Easyfundraising

Hi everyone, please read the article below that Teresa had written, this will raise money for the Swimming Club without it costing you anything. Quite a few swimming clubs are using Easyfundraising and are raising quite a bit of money. Remember, the more money raised the lower we can keep fees and have help towards general costs.

When you want to buy anything online rather than using 'google' or other browsers use the easyfundraising app instead.

Search for the shop/retailer, airline, Amazon etc and shop as usual. It will tell you the percentage of your shop that will be donated by easyfundraising for free at no cost to yourselves.

It would be amazing if you could use this particularly for your big purchases such as household goods, weekly online shop, flights, or a new car! Even small items mean the funds grow penny by penny towards donating funds for your swimmers who will benefit.

Download the easyfundraising app.

Select 'choose a cause and create account'.

Search for 'Newham & UEL Swimming Club'

Click on the icon.

Click 'sign up and support this cause'.

Fill in your details.

Start shopping!

April and May Birthdays

Name	Birthday date	Squad	Name	Birthday date	Squad
Cassandra	2nd April	County Development	Leonardo	3rd May	Masters
Shabir	2nd April	Regional Performance	Cem	3rd May	National Performance
Daphne	2nd April	Talent Lane	Michael	3rd May	Talent Lane
Timur	3rd April	County Performance	Jaya	4th May	Talent Lane
Kaci-Ann	5th APRIL	Academy 1	Erin	5th May	Talent Lane
Thomas	5th APRIL	Academy 2	Jaedon	6th May	National Performance
Ferris	7th April	Club Squad	Samien	7th May	Academy 2
Ayden	7th April	County Performance	Kira	7th May	Regional Performance
Piya	8th April	Talent Lane	Alexander	9th May	Masters
Guglielmo	9th April	National Performance	Suhayb	10th May	Club Squad
Luca	10th April	Academy 1	Pedro	10th May	Foundation
Eleanor	11th April	Academy 2	Becca	10th May	Masters
Sakura	16th April	National Performance	Evans	12th May	Academy 1
Kimberley	18th April	Masters	James	14th May	Masters
Mathilde	20th April	Masters	Naythran	14th May	Masters
Fabian	24th April	Academy 2	Bea	15th May	County Development
Sara	24Th April	Foundation	Ishaq	16th May	Foundation
Charlie	27th April	Talent Lane	Boshra	18th May	Academy 1
Sarah	29th April	Foundation	Davit	19th May	Academy 2
Alastair	30th April	Head Coach	Ella	19th May	Talent Lane
Coco	1st May	County Development	Ralf	20th May	County Development
Arber	1st May	Talent Lane	Saffire	20th May	Masters
Eva	1st May	Volunteer	Olivia	22nd May	Associate
Satsuki	2nd May	County Development	Jason	22nd May	National Performance
Georgia	2nd May	Talent Lane	Constantin	27th May	Volunteer
			Rebekka	31st May	Masters