



# NEWHAM & UEL SC NEWSLETTER

Edition number 9 – October 2024

Hello Everyone,

Welcome back to the new swimming season (September 2024 to August 2025). I am sure that you are all rested and ready for the new season. I would like to encourage all swimmers to focus on entering and attending the Open Meets and time trials that are planned for the NU&UEL swimmers from Academy through to Performance especially the NU&UEL meets where it would be good to have 100% attendance from the NU&UEL swimmers, this will enable swimmers to get qualifying time for meets such as Essex Counties and London Regionals.

Can we all make a big effort to attend your squads training sessions giving support to your Coaches and ensuring you are achieving the best that you can. As a club we are so lucky to have the best pool in the Country for training and competing in, so come on everyone let us all make a big effort.

## **Chairmans Foreword**

As we start season 23/24 I would like to take this opportunity to welcome you back from your well-deserved summer break hope you all had a good time. Also, congratulations once again to all our swimmers that sat for the recently concluded exams we are so proud of you all.

I would also like to welcome all the new swimmers to the club. Please feel free to contact myself or the Head Coach if you need any questions answered.

We already have competitions for the month of October and November. Watch out for our Gala on the 12<sup>th</sup>/13<sup>th</sup> of October we have 100 of our swimmers taking part and it is an oversubscribed gala so looking forward to our swimmers from all the squads performing well. (We need as many volunteers as possible for our Gala) We also have the Masters Nationals at Sheffield on Oct 25<sup>th</sup>-27<sup>th</sup> where without any doubt our Masters swimmers will continue with their Golden swims.

Finally, I want to reiterate that we are a growing club and to grow further we need your support in any way you can in terms of volunteering. It is going to be a busy year, and we need all hands on deck.

## **Head Coach Report**

Hi everyone and welcome back! It's great to have come back from our summer break and see so many motivated and excited swimmers ready to start the new season.

But before we look at what's coming up, we're going to take a look at the end of last season at British and English Summer Nationals in Sheffield.

All 5 of our Club based swimmers qualified for at least 1 individual final at either British or English Nationals, which is a fantastic achievement as a group, plus Kam (Swansea Uni) achieving 2 silver medals and then Ayla (Repton) finishing 15th in the 5km Open Water. Once again, congratulations and enjoy the rest of your summer!

See full set of results below -

### **British Nationals**

**Erika:** 50 fly (13th), 100 fly (8th), 200 fly (7th)

**Magi:** 50 fly (19th), 100 fly (20th), 50 backstroke (13th), 200 backstroke (10th), 50 breaststroke (14th), 100 breaststroke (19th), 200 breaststroke (12th), 200 IM (13th)

**Jason (Para):** 100 freestyle (18th), 200 freestyle (5th), 100 backstroke (11th), 100 fly (9th), 200 IM (7th)

**Kam:** 50 breaststroke (6th), 100 breaststroke (2nd), 200 breaststroke (2nd)

### **English Nationals**

**Ayla:** 5km Open Water (15th)

**Sami:** 1500 freestyle (13th), 400 freestyle (19th), 200 freestyle (7th)

**Andrew:** 50 backstroke (6th), 100 backstroke (14th)

**Jason:** 200 butterfly (7th)

A fantastic 200 butterfly from Jason at English Nationals saw him break the S14 British Record. This is a massive achievement, and after only getting classified as a Para S14 athlete earlier this year, we're very excited to see what else Jason can produce over the coming years!



We've had almost a month of solid training before we get some racing under our belts at Romford on the 28<sup>th</sup>/29<sup>th</sup> September. Then 2 weeks after that we have our 1<sup>st</sup> home meet of the season at the LAC, and with over 100 NUEL SC swimmers entered, it'll be a busy but inspiring weekend for the Club!

### **Swimmer & Coach Selections**

After some fantastic performances over the summer, a number of NUEL SC National Performance Swimmers have been placed on Swim England Programmes.

Margarita was selected for the National Youth Development Programme. This will see her travel to Loughborough a number of times over the course of the season to train and develop alongside some of the best Youth swimmers in England. Congratulations Magi!

Jason was successful in his application to be part of the Swim England DiSE programme. Over the course of the next two seasons, Jason will also travel to Loughborough for Learning and Training days, and at the end will come away with a Diploma in Sporting Excellence. Congratulations Jason!

Erika is now in her second year of her DiSE programme and will continue her learning and training with Swim England and complete her Diploma this season.

Drew has been selected as a Skills Coach for this year's County and Regional Talent Camps, with this being his second year in both roles. Alongside this, Drew is also one of 30 selected coaches on the yearlong Senior Coach course. Congratulations Drew and good luck!

Home Programme swimmers Rhianna and Jada Yankey have both been selected by the Ghana Swimming Federation to swim for Ghana at the AFRICA AQUATICS ZONE 2 JNR & SNR SWIMMING CHAMPIONSHIP – ACCRA. They will swim for the Junior Ghana Swimming Team between the 6<sup>th</sup> and 10<sup>th</sup> of October. This is a huge achievement for both girls and on behalf of the Club, I'd like to wish them the best of luck!

Finally, after spending the last 2 years as Head Coach of the Regional Talent Programme and Skills Coach on the National Age Group Development Programme (all Talent Programme roles capped at 2 years), I'll be visiting various National Development Programmes to add to my current portfolio and put myself in the best position for selection on National Programmes next season.

### **Coaching Team**

Over the summer and the last month, we've had 6 coaches on various courses. Adam U, David T and Mark R have all been on the Assistant Coach Course. Many of you will have already seen them on poolside on Sundays, assisting with the Development Squads. Rhys, Layla and Chris have all been on their Swimming Coach course, with Rhys completing his earlier in the summer and Layla and Chris due to finish at the end of October.

Lastly, I'd like to wish everyone the best of luck for the season. Train hard, race fast and the results will follow.

Best wishes,  
Alastair

### **Drew's Development Report**

I hope everyone is settling back into training smoothly after our summer break! We kicked things off with our first gala of the season, the RTSC Early County Qualifier, and I couldn't be more proud. We saw some incredible all-around performances, with lots of personal bests and plenty of medals to match! Well done to everyone who competed.

As much as I would have loved to be there cheering you on, I spent the weekend at Loughborough for my Senior Coach Course. It was a fantastic experience, full of networking opportunities and valuable learning that will help me improve as your coach.

Now, it's time to set our sights on our next big event: the Home Gala on the 12th and 13th of October. Let's keep pushing hard and aim for even more Essex qualifying times!

In other news, I'm excited to announce the launch of the new Talent Lane Program in the 'BETTER' swim schools around Newham. We now have talent lanes running on Tuesdays, Thursdays, and Sundays. If you know of any swimmers who could be a good fit for the program, please get in touch with me to arrange a trial.

Let's keep up the great work, and I'm looking forward to seeing what we can achieve together!

### **Report on NUELSC's Trip to PGL Adventure Holidays, Windmill Hill**

We organised a trip to PGL Adventure Holidays at Windmill Hill, East Sussex, for the Newham University of East London Swimming Club (NUELSC). For many members, this was their first time spending a weekend away from home and, for some, their first-time leaving London. This made it an exciting and meaningful experience for everyone involved.

The trip began smoothly, with everyone arriving on time for the bus. The mood on the coach was cheerful, and we had prepared snacks and water for the journey, which kept everyone comfortable. Upon arriving, we were welcomed with a hot meal that helped everyone settle in. Over the weekend, the group enjoyed a variety of fun activities that encouraged team bonding and cooperation. And for once, the kids were excited to be doing something other than laps!

Among the standout activities were the Giant Swing and Rock Climbing, which challenged participants to face their fears and trust their teammates for support and encouragement. The Giant Ladder and Problem-Solving tasks required excellent communication and teamwork to achieve a common goal, fostering a sense of collaboration and mutual reliance.

The Survival skills activity was particularly engaging, as it pushed the kids to work together to solve problems in a simulated wilderness scenario, helping them build critical thinking skills and adaptability. Rifle Shooting and Archery Tag added a fun competitive edge, but also demanded focus and precision—skills essential in swimming as well. Of course, the kids got some pool time too, but the change in scenery helped them relax and bond in new ways. The coaches also joined in for games of football, basketball, and dodgeball, which helped build rapport between the children and the coaching staff. This further strengthened relationships within the team, creating a positive and fun atmosphere.







## Masters Report

### The 2024-2025 Season has Officially Started: Berks & South Bucks County Masters, Swim Serpentine, Dock2Dock and Barnet Copthall Sprint Meet

The 2024-2025 swim season has well and truly started, with a very busy first two weekends in September! Sunday 8th September saw a team of 6 members of the squad head over to the **Berks & South Bucks County Masters competition** in Maidenhead. Despite *just* starting up training again after the club's annual two week summer shutdown, loads of PB's and hardware were won: Beth [**GOLD**s in the 400 & 800 Free and a **SILVER** in the 200 Free], Marcus [**SILVER**s in the 200 IM & 200 Breaststroke and **BRONZE**s in the 100 Back & 100 Breaststroke, 4th in 200 Back], Elaine [**GOLD** in 800 Free, **SILVER** in 100 Back], Hanna [**SILVER** in 50 & 100 Back, **BRONZE** in 100 Free, 4th in 50s Free & Fly], Alex [5th in 50 Fly, 8th in 50 Free], Myriam [**GOLD** in 200 IM, **BRONZE** in 800 Free]

The following weekend saw lots of open water action on Saturday 14th September with Peter [6 mile] and Alberto [2 mile] swimming their way through the head-up Brea stokers [Peter's description 🤪] at **Swim Serpentine** and Megan [3km], James [10km] and Ilya [15km] competing at the **Dock2Dock**

The season opener weekend finished off back in the pool where Cathy & Ewan made their NUEL debuts, alongside Henry, at the **Barnet Copthall Sprint Meet**, coming away with a total of 5 **GOLD**s [Cathy - 50 Fly & Free, Ewan - 200 & 400 Free, Henry - 50 Fly]

What a great start to the season . . . lots more events coming up, so watch this space!

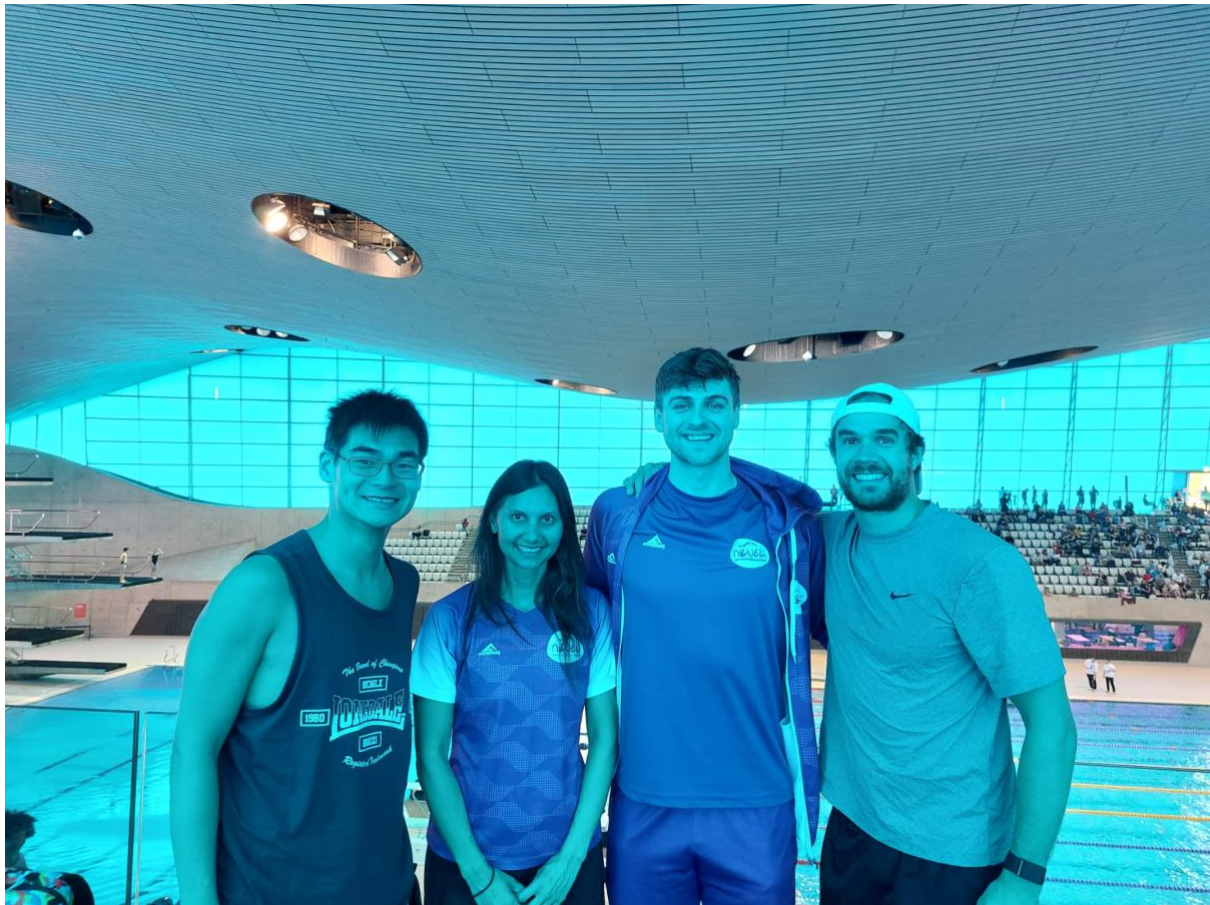




## **Summer 2024 Round-Up: NUEL Open Meet, Barnet Copthall Distance Meet, Open Water National Championships, London T100 Triathlon [& other open water events] . . . and The Olympics!**

**NUEL Open Meet:** July 6th/7th weekend once again saw a group of the Masters squad competing alongside the age-groupers of the club in the 17-99 year old category at the NUEL Open Meet 🤝 Well done to Andrew [50 Fly **BRONZE**, 50 Free 4th, 50 Back **GOLD**], Joe [50 Fly **SILVER**], Christine [200 Fly **BRONZE**], Marcus [200 Breast **SILVER**, 200 Back **BRONZE**, plus 50 & 200 Free and 100 Breast], Will [50 Breast **BRONZE**], Yigit [100 Free] 🙌





**Barnet Copthall Distance Meet:** also on July 6th/7th weekend, Andy Kemp made his NUEL Masters swimming debut at the Barnet Distance meet, earning a **SILVER** medal in the 100 Free in the process

**Swim England Open Water Masters National Championships:** on July 28th, Alaine and Rebekka represented NUEL at the Open Water National Championships at Rother Valley Country Park and walked away with handful of hardware . . . competing in 3 races each [the 2K, 3K and 5K . . . an incredible 10K in total!], Rebekka earned a **BRONZE** for her 3K, and Alaine the 5K **GOLD**, 3K **SILVER** and 2K **BRONZE** 🏆

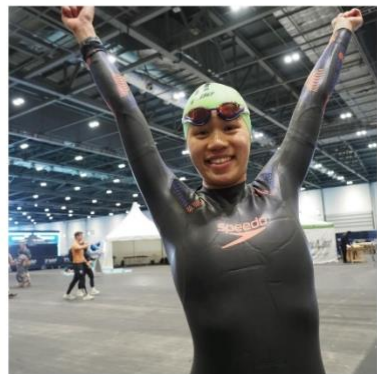
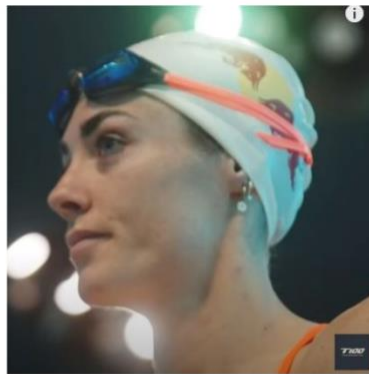
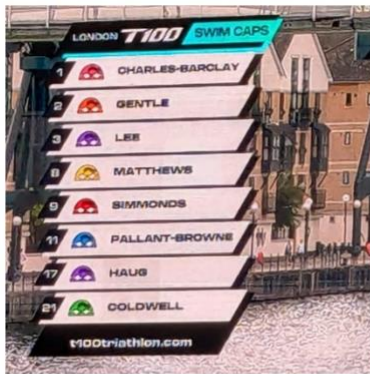


**Swim England Summer Nationals [NOT Masters]:** Congrats to our very own Andrew Sawkins who qualified for and competed in the English National [NOT Masters] Championships 29th July - 3rd August at Ponds Forge Sheffield. Andrew came 6th place in his 50 Back and 14th place in his 100 Back 🙌





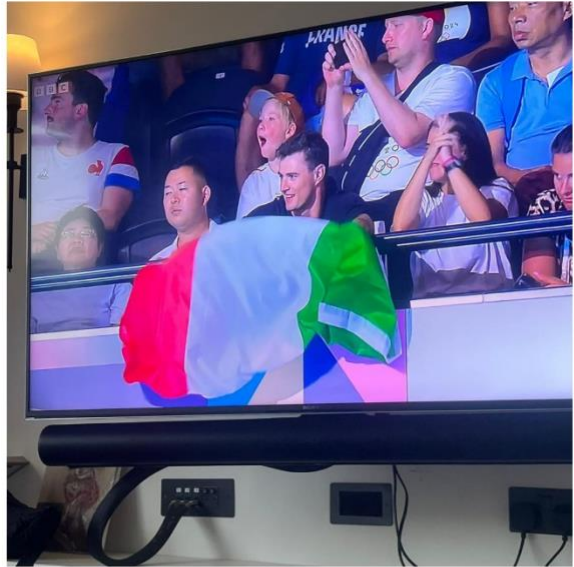
**London T100 [& other impressive tri's & open water events]:** Congrats to all our NUEL Masters representatives at the inaugural London T100 event [Lucy, Abi, Reece, Ilya, Jolyon & Myriam] during the July 27th/28th weekend . . . and special mentions to these other incredible accomplishments - Beth [Swansea Half Ironman], Ilya [3 Lakes - Coniston & Ullswater done, Windermere still to go!], Pauline [Oxford Lock to Lock 10K], Kiley [Royal Docks 5K], Peter & Alaine [Canary Wharf 2 Mile Swim], Myriam [Swim Alton 10K], Jolyon [Property Sprint Triathlon Dorney Lake] . . . if you're interested in attempting any of these events next summer, these are the people to chat to! Well done team!







**NUEL at the Paris Olympics:** How exciting to have the Olympics [almost!] right on our doorstep! Peter, James, Will and Eva [member of the Team GB workforce!] all say hello from Paris and the La Defence Arena 🙌



### **Club Uniform & Caps**

Quick reminder that the Club Kit shop closes on October 6<sup>th</sup>. Please ensure you get your orders in by then so that it can be shipped to you before December. Note: All swimmers should have a club shirt as a minimum to wear at competitions.

Club caps are also now available. Please fill in the following form to order your caps. If you are a new joiner, you will receive your first one free. Caps are then £5 per cap after that.

Club Caps - <https://forms.gle/EZSXPwK2tR5X4rj7A>

### **Fundraising**

As the new year starts and we prepare for gala season, and the diary becomes busy, lets also remember to do our charitable bit.

Fundraising is a great way to lighten the load on additional costs. Last year with the help of our club members and along with London Aquatic Centre, we hosted three cake sales, a huge raffle and placed local business adverts in our gala programme. Money raised from these two events meant that, swimmer who went to PLG trip in early September saw a generous fee reduction. The club has now started a swimmer's fund, which is to be spent directly on them. Educational trips, accesses to professional services and training camps are some of the ideas we hope to explore.

This year the club plans to continue adding to this fund, by holding a Christmas cake sale and another raffle at our Christmas cracker gala. So, I'll use this opportunity to ask you kindly to make a donation to either or both fundraising events, big or small! If, you are a business owner or know someone who would like to advertise in our Christmas programme, contact me- [gurmitlard@gmail.com](mailto:gurmitlard@gmail.com) for further details.



### **Birthdays – October and November**

<b>Name</b>	<b>Birthday Date</b>	<b>Squad</b>	<b>Name</b>	<b>Birthday Date</b>	<b>Squad</b>
Nuoyi	23rd Nov	Academy 1	Jolyon	16th Nov	Masters
Enifome	30th Oct	Academy 1	Myriam	6th Nov	Masters
Ovie	30th Oct	Academy 1	Eva	23rd Nov	Masters
Rugile	26th Oct	Academy 2	Abdrea	6th Nov	Masters
Francesca	20th Oct	Academy 2	Cathy	24th Nov	Masters
Carter	18th Oct	Academy 2	Alan	23rd Oct	National Performance
Aaron	27th Oct	Associate	Kayla	2nd Oct	Reg Dev
Joe	9th Nov	Associate	Rueben	4th Nov	Talent Lane
Kareena	7th Oct	Club Squad	Erika	5th Nov	Talent Lane
Ilichovski	23rd Nov	Club Squad	Ines	9th Oct	Talent Lane
Kajus	9th Nov	Club Squad	Maxim	19th Nov	Talent Lane
Samira	15th Nov	Club Squad	Neila	13th Nov	Talent Lane
Daniel	31st Oct	Coach	Yahia	23rd Oct	Talent Lane
Dexter	11th Oct	County Dev	Samuel	15th Oct	Talent Lane
Marcus	8th Oct	County Performance	Rowell	27th Oct	Talent Lane
Grace	13th Oct	Foundation	Nancy	29th Nov	Talent Lane
William	14th Oct	Foundation	Amelia	20th Oct	Talent Lane
Boris	3rd Nov	Foundation	Mojisola	9th Oct	Volunteer
Weduard	30th Nov	Foundation	Khairul	13th Nov	Volunteer
Christophe	27th Nov	Masters	Olga	28th Oct	Volunteer
Henry	5th Oct	Masters	Whitney	28th Oct	Volunteer
Dian	18th Nov	Masters	Shirley	9th Nov	Volunteer