



December 2019



Newsletter



Veronica Venutti



Veronica Venuti holds the Len Babcock Trophy, which she has won for achieving the most Fina points won by a female swimmer 2019.

This month Veronica has also won 'Best Girl' at The Wycombe Meet, and has broken club records with her focus and determination.

Edward Whittles



Edward Whittles received 'The Champion of the Future' award 2019 from David Garrido, at the Active Westminster awards.

Edward has also received the 'Young Sports Person of the Year' 2019 from RBKC, and the 'Van Beets Trophy' from Middlesex County for his outstanding performances at the Counties, Regional and Nationals in 2019.

Zoe Musial



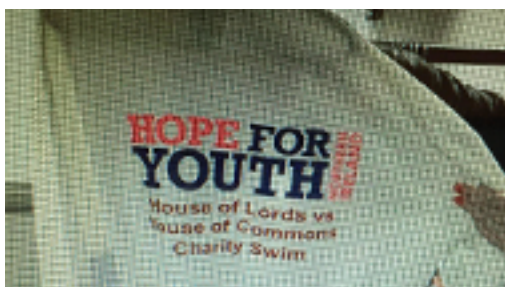
Zoe Musial received a trophy in recognition of her outstanding swims in the London Regionals at the London Aquatic Centre this month.

Zoe's fantastic performances have been recognised by Swim England and she has been selected for the 'Swim England National Event Camp'.

CWSC Swim for 'Hope For Youth'

Zoe Musial, Aryaan Din and Edward Whittles took part in a charity gala to raise money for the 'Hope for Youth' charity. The race was between the House of Lords and the House of Commons.

Edward and Aryaan were on the winning team, swimming along side Olympic silver medalist - Jazz Carlin, for Lord Paddick. Fellow CWSC swimmer Zoe, won the fastest swim of the competition

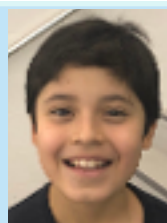


Athlete's spotlight

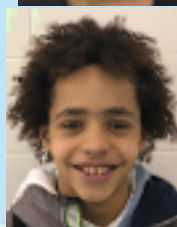


Cynthia Ma has been nominated from red hats.

Cynthia's backstroke has massively improved over the last few weeks. She is kicking strongly and can swim a whole length of backstroke without stopping. Cynthia also brings her arms fully out of the water while swimming. Well done Cynthia!



Joshua moved up to AD1 from black hats in September 2019. He always arrives at swimming on time, with a happy 'ready to go' attitude. He is willing to push himself and follows instructions well. Josh has already made impressive progress in his swimming.



Gustav joined AD1 in April 2019 as a new swimmer. He has taken his training and swimming very seriously. Gustav is a great asset to CWSC and the AD1 team.

Both boys work hard on improving their swimming technique in every swim session

Message from the committee



It has been a fantastic year for CWSC and our club is swimming from strength to strength.

We are seeing young swimmers rising through the club's development squads and competitive squads. Making their mark with a host of outstanding PB's and medals. Their achievements are made possible by the hard work and commitment that they put into their training, and our dedicated coaches.

Our performance squads, under the watchful eyes of Alexander MacDonald and Director of swimming - Lisa Bates, have had an incredible year. Multiple club records have been broken, trophies and medals won, and Personal Bests smashed on occasions too numerous to mention.

CWSC is also growing as an organisation. More parents have become volunteers this year, fulfilling essential roles within our club. This enables CWSC to flourish in its training and domestic galas and at external race meets. We will be featuring some of our volunteers and their roles in future newsletters.

We'd like to take this opportunity to thank all of our swimmers and their parents and carers for their time and energy this year. We hope you have a wonderful winter break, and look forward to seeing you in January, refreshed and ready for training in 2020!

Swim meets and Galas



Helpers and Luke at QM gala



CWSC swimmers shine at NUEL

Regional champs

Regional Champs - CWSC swimmers collated 14 medals and 11 CWSC club records. Edward Whittles excelled in his main events:- the 100 IM, 200 IM and 400IM, winning gold/ silver and gold medals, swimming against swimmers 3 years his senior. His 400 IM qualified him for the English Shortcourse National Championships. Zoe Musial swam PBs in all her events, medalling in the 50m freestyle (silver), 50m butterfly (gold), 100m freestyle (silver) and 100m backstroke (silver). Her 50m freestyle qualified her for the English Shortcourse National Championships. Josie Surminski transferred her distance per stroke into a bronze medal for her 200 breast stroke. Kamran Din won a bronze medal for his 100 IM and a silver medal for his 50 breaststroke and achieved PBs. Imogen Sargent gained multiple PBs and a silver medal in the 100IM. Thomasina Grove narrowly missed a medal in the 100IM and mastered the 50m butterfly, winning a bronze medal, swimming against swimmers 2 years her senior.

NUEL - Winter meet- Happy and fast swims were secured by CWSC's younger swimmers. Michael Ares and Ines Sweeney collected medals in almost every swim they committed to. Ines got gold medals for his 50m butterfly and 100 m freestyle. Michael gained silver medals for his 50m backstroke and 100m freestyle, and bronze for his 50m freestyle. In black hats, Nico Venuti and Louis Littlemore also collected numerous medals, swimming with high energy and strong focus on their technique. Luke Pryce-Jones also showed great focus and collected many medals. Matilde la Magna displayed great professionalism throughout her busy schedule, by reporting to her coaches before and after each race and implementing her feedback.

CWSC Hats Gala, QM - Young swimmers turned out en masse to compete in the development squad Gala at the Queen Mother Pool. Enthusiasm and energy were abundant at this meet, as our young swimmers gained experience of the processes involved in swim meets and galas. A big thank you to all who attended and helped at this busy gala. There was a great deal of early swimming talent on display and CWSC look forward to nurturing these skills.

Arena League - Swimmers stormed the second round of the Arena League. The clubs depth of quality shone bright in all of the relays. The 10/11 yrs boys and girls put on a tremendous display, finishing 1st or 2nd in their 4 relays. 13/u relay swimmers also shone, many racing up an age category or more. Individually, the youngsters dominated the solo events. There were multiple event winners, some with club records included:- Veronica Venuti, Edward Whittles, Zoe Musial, Kamran Din and Eddie Robinson.

Wycombe - Veronica Venuti swam 15 races and won 'Top girl of the meet'. Her 800m freestyle and 200m backstroke were stand out swims, because she applied her processes and built through her events. Dimi Dragnov and Phillip Boico-Hands swam consistent PB times throughout their numerous races. Selin Mucen raised her level of determination at this meet; especially in her 400m IM. Max Lui gained a spectacular PB in his 400m freestyle. Matilde de Magna and Alexia Naydenou remained positive in every approach in their races; Alexia gaining a county qualifying time in her 400 IM.

Coaches Corner



This week's Coach's Corner comes from Drew Ross-Ashby - AD and Black hat coach.

Drew attained his coaching level 1, 2 and 3 in America. He has a degree in psychology and a masters in Sports Psychology.

He has vast experience of working with swimmers of all ages, from pre-school children to qualifying National Performance level swimmers; and the Bond University Swim Team in South Africa - who achieved many national titles and medals. Drew also swam Nationally in South Africa.

Drew's Coach's Corner tip is:-

Swimming isn't always about getting stronger, or more powerful. It is about being more efficient in the water. Always work on streamlines and stroke technique to make yourself more water efficient. And always use every training session as a chance to improve

Swimming and Flu



The NHS and The British Journal of Sports Medicine say that regular exercise is one of the best ways to avoid catching a cold or flu in the winter months.

This is because the body temporarily boosts its immune system cells when it exercises, which helps it stave off viruses.

Eating a mix of carbohydrates and protein in the 'Rainbow Window' (see 'Nutrition' in October's newsletter) also helps to boost the immune system.

So let's keep swimming through these cold winter months, and eating well to keep the viruses at bay!

Must see link:

<https://youtu.be/3o7I0FxFNeQ>

This month's link is:- Michael Phelps, 8 Olympic gold medal races.

Christmas Parties



Moberly swimmers



KLC Black hats



RP and NP



Black hats QM

Nutrition

Cereal Bars

These are great staple to have for to have for swimmers, as a snack leading to a session, or after a session.



Top 10 Cereal bars

- | | |
|---------------|-------------|
| 1. Nakd | 6. Pulsin |
| 2. Trek | 7. Clif Bor |
| 3. Perkler | 8. Grenade |
| 4. Get Fruity | 9. KIND |
| 5. Frusili | 10. Graze |

Dates for your diary

14th+15th December - RTSC Christmas Cracker L3 LC Open Meet, London Aquatics Centre E20 2ZQ, AD, RP, NP

20th, 21st+22nd December - NSC Winter Festival, LC Open Meet, Corby International Pool, Corby NN17 1QB AD, RP, NP

CWSC Christmas Break

The last training session for all squads will be on Thursday 19th December.

The first session back after Christmas will be on Thursday 2nd January 2020

Holland Park sessions will recommence on Saturday 4th