



December 2020

Newsletter



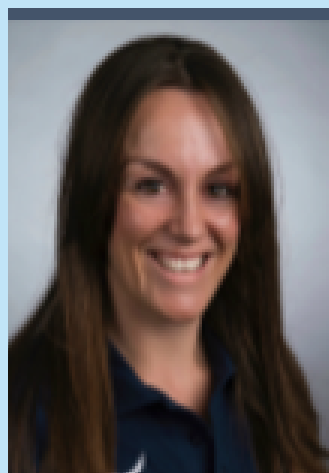
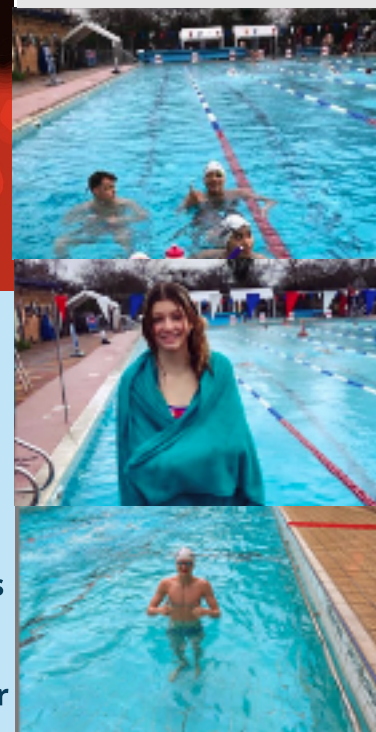
Skills and tactics superb at Level X

Level X racing has been officially launched by swim England. It is an 'exciting new concept' that allows swimmers to compete against other swimmers from clubs across the country, without attending swim galas/events.

Swimmers race in their home pool under the watchful eyes of qualified officials. The times are then submitted to Swim England's rankings.



Swimmers take to London's lidos



Thanks to our fantastic group of coaches, officials and volunteers, CWSC Advanced Development, Regional and National Performance were able to compete in the Swim England Level X meet before lockdown 2.0.

Proudly, CWSC was one of the only clubs in the country that organized a race structure where swimmers could race every event they wished - their results did not disappoint!

Anticipation was high going into Level X due to the amount of time the swimmers had had out of the water for lockdown 1.0. However, their finesse, training effort and racing talent prevailed. Not only did everyone race extremely well, their skills and tactics were superb. total of 17 club records were broken - swimming away from the haunts of lockdown 1.0, their lack

of training a distant memory. The results across the board left everyone with at least one personal best time.

This really was a true reflection of everyone's effort to get the swimmers back in August; and of the swimmers' commitment and enthusiasm since their return to the pool.

As of last week, the club's drive and passion was at full momentum.

We had planned to extend Level X to further squads and will certainly look to build on this on our return after the current tier 4 restrictions.

During the current tier 4 restrictions, NP and RP swimmers are using outside lidos to train independently to maintain skills.

The competitive squads have now also transferred their focus to online training to maintain their training edge.

Letter from the chair



Most of us will be happy to see the end of 2020. With the uncertainty and frustration it has brought and the constant and sudden changes in restrictions, which have given us cause for concern for the wellbeing of our families and loved ones.

Our children have found it hard to understand and accept that, overnight, they were forced to stop doing the sport they love and this had a massive impact on their wellbeing.

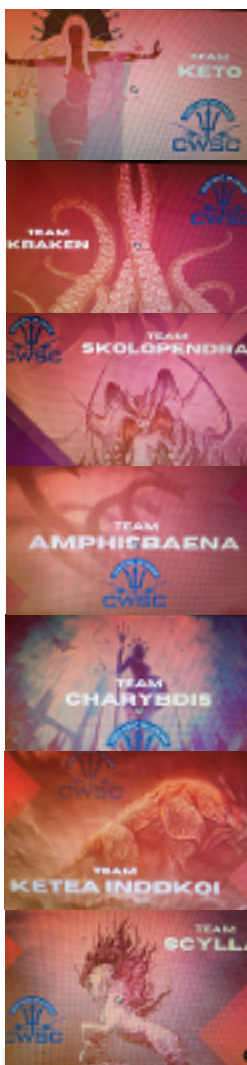
Yet, through it all, and despite the many challenges, we have stayed strong. This year CWSC have shown what can be achieved if we work together. CWSC is a community of amazing and resilient swimmers; dedicated and passionate coaches; and parents who have really gone above and beyond to enable their swimmers to continue to train. Many parents have waited outside for hours on end in the cold on these dark nights; and the wait is worthwhile when they see the smiles on the faces of their children and the spring in their step when they come out from a training session.

A big thank you for your support through the consecutive lockdowns; for engaging with our lobbying drive in huge numbers, and for putting up with last minute changes and inconvenient schedules. Thank you also to all those who so generously donated to the Covid19 fund, that was created to support families struggling to afford club fees during this difficult time.

We are determined to continue to do everything in our power to give our swimmers the best opportunities, such as:- providing strength and conditioning sessions via zoom; continuing the engagement with pool operators and local authorities; and being ready to restart as soon as restrictions are lifted.

We wish you all health and happiness this Christmas and New Year and we look forward to seeing you all poolside very soon.

Sofia Marcal Whittles



CWSC IM League

Teams named after mythological Greek sea monsters

Teams across Advance Development 1 & 2, Regional Performance and National Performance are taking part in an in house IM league competition.

Swimmers are placed into combined evenly matched teams, based on their Team Unify personal best times.

Swimmers race across each of the four strokes and their result is contributed electronically towards their team's time.

CWSC have already completed some of this challenge. The IM League will be completed when the pools re-open. The winning team will be decided through a process of elimination.

We look forward to seeing the outcome of this challenge.

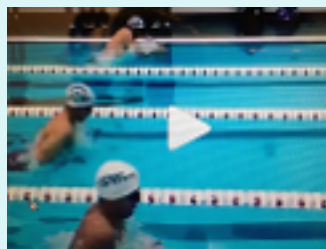
Must see links December 2020



AD Girls fantastic video on CWSC Instagram

Must see link:

<https://www.instagram.com/p/CIAPAzwgP5/>



Holland Park Coaches Vs Swimmers

Must see link:

<https://www.instagram.com/p/CHLyVligiB8/>

Daphne from CWSC gold squad has nominated coach Geoff Roche, for London Youth games Hero 2020. Please see the link below to find out why.

Must see link:

<https://www.instagram.com/p/CI5PCHznVWg/?igshid=cvcxu7d0wcvcz>

Coaches Corner



Ashton Hough has been a swim coach since he was 16 years old. He has coached in the UK and Dubai (Hamilton Aquatics). He has developed his coaching technique while working with skilled coaches and swimmers. He specializes in working with swimmers who are in the transition period between learning to swim and becoming competitive swimmers.

Ashton believes that sport is a vital part of our upbringing and teaches us many life lessons. It teaches us how to work as part of a team; and it teaches us that - while winning is a bonus- taking part, working hard and enjoying the process are all equally as important.

Ashton has taken on an adjacent role to that of Katia Braga. Ashton oversees the admin management of red/orange/yellow/blue and black hats squads that swim at the Holland Park and Moberly sites.

This is Ashton's coach's tip:-

The importance of staying hydrated while participating in sport goes without saying. You must bring a filled water bottle to your training sessions when we are swimming at the pool. Good hydration is essential for achieving peak performance; good hydration also prevents muscle cramps.

While dehydration is a danger during any sport or physical exertion, it is more so during swimming. This is true for two reasons. First - when you exercise you sweat. When you are in the water you do not realize you are sweating and losing fluid. Second - because you are surrounded by water, your brain is tricked into thinking you have all the fluid you need and does not signal to you mouth/throat to be thirsty.

How to stay hydrated

Bring a 1 litre (filled) water bottle to training*

Make sure you drink enough water throughout the day before training.

Drink small but regular sips throughout the session

Don't leave your water bottle in your bag!

Have level markers on your water bottle to show how much you have consumed

*Litre water bottles available from Decathlon; Amazon; ebay and many other sports outlets.

Swimmers Spot



Imogen Sargent swims with National Performance at CWSC and she is this month's selected athlete for swimmers spot.

My favourite stroke is breaststroke because it is the most technical stroke, so there are always areas I can work on to improve it.

It is the perfect combination of strength and endurance.

My best swim meet was the Winter Regionals 2019. I swam 11 events there, and three finals, and came away with 13 PB's! I also won a silver for the 100IM; my first regional medal.

The advice I would give to other swimmers, that has helped me is:- keep swimming all your strokes for as long as possible. Your best stroke will change over time as you grow and develop as a swimmer. So, maintaining and improving your technique will maximize your potential.

As highlighted in the past few months (during the last lock down, when we weren't allowed to swim in the pools), time in the pool is precious. Always listen to your coaches feedback and give 100% effort in training; everything you do counts.

Lockdown life

The following five tips are based on material from a Swim England interview with Aimee Wilmott and James Wilby

- Stay in touch with your team mates and support each other
- Stay active and have as much routine as possible
- Write a daily diary with a structure recording what you have done during the day
- Stay positive and active; and look forward to your swim club sessions resuming