



January 2020

Newsletter

CWSC IN ARENA LEAGUE FINAL



CWSC - Highest position ever in National Arena League

Due to the fantastic effort of the CWSC swimmers and the tremendous support from parent's, coaches and volunteers - CWSC has reached the B final of the National Arena League seeded 6th. The highest placing ever!

The swimmers finished their strong campaign in style. One last hit out. One big effort. One huge success.

Great Job and great team work! Well done to all swimmers throughout every round.

Athlete's spotlight



Imogen Perry from blue hats has been nominated this month.

She is enthusiastic in every session and has good attendance. She pushes herself when training and is a shining example to her squad.



Mateusz Krol from black hats has been nominated this month.

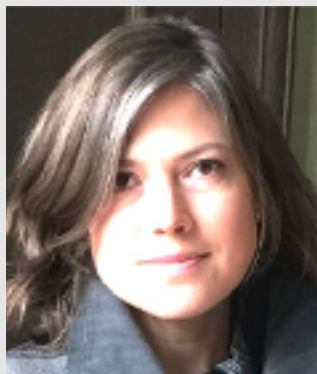
Mateusz is showing strength in his butterfly stroke and sprints. He focuses on his drills and incorporates them into his racing.

Message from the committee

CWSC wants it's swimmers to learn and train in a safe environment. All of it's staff and volunteers have our swimmers safety and welfare central to their pratice. CWSC also have two welfare officers on their team of vounteers.

The welfare officer's role is as a first point of contact for: CWSC children; young people; parents; carers; staff and volunteers, who have a child safeguarding or welfare concern.

We would like to take this opportunity to introduce one of CWSC's welfare officers, Elena Parkhomenko.



Hello!

I am Elena. I have children in 'Advanced Development' and 'Regional Performance'. We have been swimming with CWSC for three years now. I enjoy spending time with my family and meeting other 'swimming parents'. I believe that swimming is more than just a sport and would like to help make our swimmers feel welcome, supported and excited about being members of CWSC.

email:- welfare@cswswimming.com

Meets and Galas



National Winter Championships

The young cohort of CWSC swimmers swam well above their age group and the swimmers qualified in more than one event. Jason Mahmutoglu broke the Middlesex County Junior record with his 50m freestyle. He also broke CWSC records with his 50m freestyle, 50 butterfly and 50m backstroke. Jarvis Parkinson finalled in both the 100m freestyle and 50m butterfly, breaking his own club record with the latter. Zoe Musial smashed 26 seconds with her 50m freestyle, setting a personal best, breaking her own club record and qualifying 5th in the final! Zoe executed her processes and breathing patterns superbly. Pietro Lombardo shaved a second off his 100m freestyle and won his heat. He also finished 4th in his age group with his 50m backstroke, breaking 30 seconds for the first time. Aryaan Din raced a huge personal best in his 100m freestyle and came close to breaking 1 minute in his 100m IM. William Rudd secured a great 50m butterfly personal best. Edward Whittles, the youngest competitor at the event at 13 years old, delivered a personal best in his 400m IM heat swim.

ASC Christmas Cracker L3 Open Meet

70 CWSC swimmers attended the Romford ASC meet. The swimmers were a full credit to theselves and the club. Gustav Mackintosh powered through multiple events showing maturity and routine. Matilde La Magna remained positive and focused throughout her numerous swims. Bali Ings-Chambers swam 50m butterfly, smashing under the 40 second barrier with a personal best time of 38 seconds. Victoria Bunimovich lead the way for performance swimmers, sticking to processes and delivering best times consistently.

Arena League - See page 1

NSC Winter Festival LC Open Meet

The transfer between a 25m swimming pool and a 50m pool is always a tough ask; but CWSC swimmers achieved 9 club records and multiple personal bests at this meet. Henry Gray, always positive and determined, swam PB's every time he got in the water and achieved club records for his 50m and 100m backstroke. Lanre Pratt was very successful in his freestyle and backstroke events, matching his recent series of short course events. Edward Whittles achieved club records in his 100m freestyle, and his 50m and 100m butterfly. Jason Mahmutoglu executed some key staging points to deliver best times on the majority of his swims and smashing the club record with his 50m freestyle. Jarvis Parkinson swam personal bests and collected club records in the 50m butterfly, 50m freestyle, 100m freestyle and 200m IM. Zoe Musial swam next to World Championship swimmer - Anna Hopkins - delivering a secure breathing pattern process and setting great long course season benchmarks. Matilda Littlemore swam best times across the board. Matilda's butterfly, in particular, was rythmic and smooth.

Coaches Corner



Marina Pollara joined CWSC in 2013 as an assistant performance coach. She holds an ASA Club Coach level 3 certificate and a UKCC level 3 certificate.

Marina coached in Rome and Japan prior to coaching in London, where she held the position of head coach in Wandsworth Swimming Club for many years.

In 2009 Marina became Assistant Team Manager and Interpreter for the British National Team, and worked with them at the World Championships in Rome. She then joined the Crystal Palace Beacon Programme where she was promoted to Head Coach.

As a swimmer, Marina has competed at: The Italian National Championships; International meets; Pre-Olympic trials; and as a Master Swimmer at National and European Championships.

Marina's coach's tip is:

"We all know how much swimmers of all ages can experience anxiety before a race. This can be resolved or alleviated with some positive mental imagery.

Using visualisation as a helpful tool is not limited to elite swimmers. Every athlete with a goal in mind can use positive mental imagery to help them to achieve it.

In preparation for competitions, visualisation is practiced to control the athlete's anxiety and to help them focus on the technical aspects of their race/s (starts, strokes, turns etc) that are essential for the execution of a good performance. Swimmers who have used visualisation in order to prepare themselves, feel more mentally prepared for their race."

Hydration

- Stay hydrated throughout the day as well as during your swim session
- 2-4 hours before your swim session - drink 500ml-600ml of water
- During your swim session - sip 180-200ml of water every 15-20 minutes
- Swimmers should drink 6-8 x 200 ml per day

A good test to see if you are dehydrated is a urine test. Your urine should be a light yellow colour. Anything darker is an indicator you are not getting enough water

Swimmers Spot



This week's swimmers spot comes from Dimi Dragnov, who swims with Regional Performance.

My favourite stroke is breaststroke, because it is all about how timing and technique are executed. It is very satisfying when both elements come together successfully in this stroke.

My favourite race is the 400m freestyle because I like the challenge of swimming long distance endurance races. One of my best swimming moments was when I saw the happiness on my parents and coaches' faces after swimming a successful 400m race at a recent gala. It was very rewarding.

Sometimes swimming and the training involved can be really difficult and you may feel like you want to give up. My advice to you is - you should work through any difficulties and not give up, because it will be worth it when you reach your next PB or overcome something that is difficult for you.

I think that swimming is a beautiful sport and it is really good for you. It has given me a lot of good experiences and it has also changed my lifestyle for the better

Must see link: on visualisation

<https://www.swimming.org/sport/6-steps-to-successful-visualisation/>
<https://www.youtube.com/watch?v=L5b-ggPlx-E>

Dates for your diary

8th/9th/15th/16th February 2020 - Middlesex County Championships . London Aquatics Centre E20 2ZQ

15th/16th February 2020 - Wycombe LC Duel Award (L3)
Wycombe Leisure Centre BKM HP111UP

20th -23rd February 2020 - McCullagh International Meet, Swim Ireland (selection only)

23rd February 2020 - Camden Swiss Cottage Medley Challenge Invitational, Barnet Coptall Leisure Centre, NW4 1PX

7th March 2020, National Arena League B Final, Cardiff International Pool. Selection only. Travel to be confirmed.

7th/8th March 2020 - NUEL Regional Qualifying Meet, London Aquatics Centre E20 2ZQ