



June 2020

Newsletter

## Looking forward

We hope you are staying safe, fit and well during this unprecedented time.

Swim England are optimistic that pools may open early July 2020.

There will be new guidelines around social distancing when the pools reopen, to keep our swimmers, parents, carers and staff safe

CWSC will keep you informed of any new information released by the government, as it issues it's plans around easing lockdown restrictions.

## CWSC in new partnership with Hackney Aquatics Club



HACKNEY AQUATICS CLUB

CWSC are excited to announce they are in a new partnership with Hackney Aquatics Club.

The partnership will give swimmers in the performance tiers an opportunity to swim in an advanced environment.

The partnership will be lead by director of swimming, Lisa Bates.

## Middlesex County Championships



CWSC performed superbly. Our swimmers collated a total of 25 club records, countless finals and 78 medals at the

the Middlesex County Championships. Our swimmers stamped their success and authority on teams across the counties.

They raced tough and swam their hearts out, with enthusiasm and finesse.

Everyone did a fantastic job and should feel really proud.



## New CWSC club kit



CWSC has started a new partnership with Arena to bring you a new club kit from a reliable source.

A full Arena size guide can be found on the CWSC website.

Thank you if you have already ordered. CWSC are waiting to receive the club kit. Hopefully it will be delivered later this month. The online shop will also be activated later this month for further orders.

## COVID Relief fund - Thank you

We would like to thank all members who contributed to our newly launched fund in support of families severely affected financially due to the COVID19 pandemic and its consequences. A number of members who reached out for help have already benefited from the fund, thanks to your generous contributions and allocations from the clubs budget. We are very proud to be part of the team where members support each other in difficult times.

When training restarts, we will be reviewing our bursary program to address the specific hardships brought by the pandemic and will be in touch with further updates.

Message from CWSC treasurer

## Volunteering

**CWSC is currently looking for a volunteer to help the treasurer.**

For further information, email [chair@cswswimming.com](mailto:chair@cswswimming.com)

## Training as an official

One of the most important ways a parent can support their swimmer, the swim club and swimming as a sport - is to become a Swim England Official.

All swimming events are dependent on a network of volunteer technical officials. The more officials CWSC have, the more competitions we can enter as a swim club. A strong body of Swim England officials in our club also enables CWSC to organize our own meets and Galas.

It is now easier than ever to become an official, as the theory part of the qualification can be done on line.

If you are interested in becoming an official, or have any questions, please email Guy Rudd on:- [officials@cswswimming.com](mailto:officials@cswswimming.com)

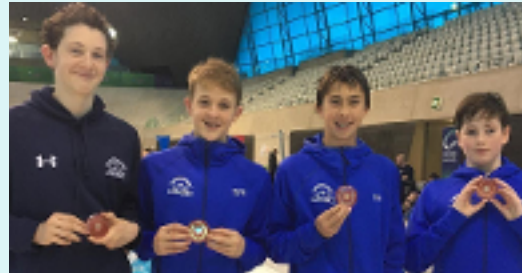
For more information on becoming an official, visit:-

## AGM Postponed

CWSC are postponing the AGM until September under current guidance from Swim England. This year the Vice Chair and Secretary positions will be up for election. A formal notice will be announced closer to the election.

Members are welcome to step forward if they are interested in standing for either role in the election.

## Middlesex County Championships



**Eva Dramitonos** from AD qualified 4th in her heat of the 100m butterfly with a 7 second personal best and then went on to take another 2 seconds off in the finals, winning bronze. **Thomasina Grove** and **Matilda Littlemore** also both finalised in the 100m butterfly with stand out performances. They both applied feedback to their races and swam huge personal bests and attained podium finishes.

**Pietro Lambardo** broke the club record for the men's 100m breaststroke. He applied key training points especially on his breakout. **Henry Gray** and **Jarvis Parkinson** broke club records in the 100m freestyle. Fighting the second fifty is something the older CWSC males are starting to master. Making progress with a huge effort on this process were **Aryaan Din**, **Jason Mahmutoglu** and **Jarvis Parkinson**.

**Victoria Bunimovich** and **Veronica Venuti** showed outstanding commitment and were true champions, swimming back to back races. They scored the highest club points for final and podium placings. Veronica also claimed the club record for 50 backstroke; and her 100 backstroke shone, as she finished 15 meters ahead of anyone else in the field. **Eddie Robinson**, also with numerous events, stepped up between heats and finals. Eddie also achieved a club record with his 100m breaststroke, shaving 5 seconds off his best time and claiming a podium finish. Eddie's event resilience is a reflection of the hard work he and RP have been completing recently.

**Edward Whittles** secured a medal in every event he raced and achieved 5 club records. **Lanre Pratt** applied processes and reaped rewards, taking 7 seconds off his 400m freestyle. **Yuriy Borak** swam in Lanre's heat and took 6 seconds off his best time. Yuriy displayed strength throughout all his freestyle events, claiming a club record for his 50m freestyle. **Jason Mahmutoglu** shone brightly in all of his sprint events, taking a club record with his 50m freestyle. **Kamran Din** achieved a club record for his 50m breaststroke.

**Zoe Musial** smashed her best time in the 100m freestyle to attain the Olympic Trials qualifying time by half a second.

50m races require a strong mindset and focus to deliver on processes. Huge personal bests were gained by **Betsy Griffiths**, **Emma Bhugan** and **Amy Tran**.



# Coaches Corner



Jesse and Daniel are coaches at CWSC. Both coaches have been guiding swimmers through two zoom meets a week, to help swimmers maintain fitness and strength while the pools are closed.

Jesse is taking the black hat and advanced development sessions and has written the following:-

"Black hats and AD have been putting in super human efforts with our current land training program.

Our particular areas of focus have been development of :

- Fundamental movement skills
- Swim skills and knowledge of technique
- Core movement and control
- Strength and condition with compound movements
- Dynamic stretching and yoga elements
- Knowledge and importance of pre pool and land based exercise to enhance swim capability

All sessions have been progressive and within a swimming context.

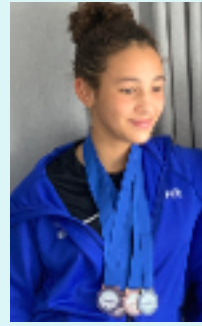
We could not be prouder of their efforts so far, but we are setting our sights high and need to continue as more can most definitely be accomplished along the Skill Acquisition pathway.

I hope all continue to have fun (particularly on our bi weekly quiz) and continue to achieve and progress.

Healthy Regards

Coach Jesse"

# Swimmers Spot



This weeks swimmer's spot comes from Tashi Spence, who swims with the Gold Squad :-

"My favourite stroke is front crawl because I think it is my fastest stroke and I feel like I am cutting through the water and achieving speed when I swim it. This is also the easiest stroke for me to swim.

My favourite race is the 50m freestyle because I like the short burst of energy and the intensity of this race. It takes focus and power to get through the water quickly, in this short distance, to get a good result. The hardest bit is the last 10 meters when I'm getting tired but I know this is when I need to push myself the hardest.

My best swimming moment was last year when I felt that I had learned to swim freestyle properly. I felt that I had improved my stroke and that I now move through the water more easily. I have won medals and I love to get personal best times; but recognizing my freestyle getting better felt magical; like I had really achieved something.

Swimming is a big part of my life. I love to swim. It keeps me fit physically and it gives me time to reflect on things when I'm in the water. It's really good for my mental health because it gives me a space to work out stuff that's going on in my life. I also look forward to seeing my friends in Gold Squad and really appreciate the time and effort that Geoff puts into coaching us.

My advice to swimmers is:- Keep trying, even when it gets really hard and you feel like giving up. Going to training regularly is really important; I don't think there are any short cuts, you just have to put the work in. I also think that you should learn all of the strokes to a good standard before you specialize in one or two."

## Nutrition



**It is extremely important that your main meals are giving you the correct fuel needed for the day**

**A swimmer's daily meal guide line is**

- 5-7 portions of fruit or veg
- 1 gram of protein per kilo of body mass
- Carbohydrates to equal 50-60% of meals

**Main meals should have complex starchy energy rich foods**

## Must see link:

<https://www.swimming.org/sport/dinner-ideas-young-competitive-swimmers/>

## Athlete's spotlight



**Ballou Teplitzky swims with Regional Performance.**

**She has been nominated by her coach Marina, because she is very consistent in her training and puts her heart into her swimming.**

**Her dedication is showing in her swimming and her race results**