



Newsletter  
February 2022



# CWSC swimmers win 7 Trophies at Middlesex Counties



After three busy weekends of racing, our juniors and seniors literally swam their way to success at the Middlesex County Champs!

In the midst of the early cycle of training, the swimmers dug deep, battled on and made some huge jumps forward from their personal bests and County rankings.

CW swimmers earned a total of 7 historic trophies across the three weekends. Maya Orfanidis and Michael Ares were awarded their own top junior achievements. (Trophies are currently being engraved and pictures will be in March's newsletter).

CWSC swimmers gained the following trophies:-

- Bob Glazier Memorial Trophy
- County Cup
- Junior Wilkinson Sword Boys (Michael Ares)
- Junior Wilkinson Sword Girls (Maya Orfanidis)
- The Walton Trophy
- Dave Barnes Memorial Trophy (Maya Orfanidis)
- Alan Lawrence Memorial Trophy

The above list does not include the abundance of trophies won by swimmers for their individual events.

Numerous County records were also broken by - Nick Finch, Adam Wong, Edward Marcal Whittles and Henry Gray.

It's a shame that the junior and senior champs were divided as CW is a big united team.

What was extremely pleasing was seeing the results come in from the juniors on the first weekend; and then watching the seniors swim hard the next, knowing that they had to back up the juniors' success.

Well done to everyone that took part and all coaches and volunteers. The weekends set everyone up for a solid second cycle of racing.

## Lisa Bates selected for Commonwealth Games



Congratulations to Lisa Bates, our Director of Swimming. Lisa has been selected to represent England at the Commonwealth Games this year.

The games are to be held at Birmingham from 28th July - 8th August 2022.

[Link to Birmingham 2022 instagram](#)

## Porchester main pool official opening



CWSC swimmers were invited to attend the opening of the main pool at Porchester Leisure Centre.

Councillor Spencer officially cut the tape to open the pool. CWSC swimmers would like to thank him for his kind invitation.



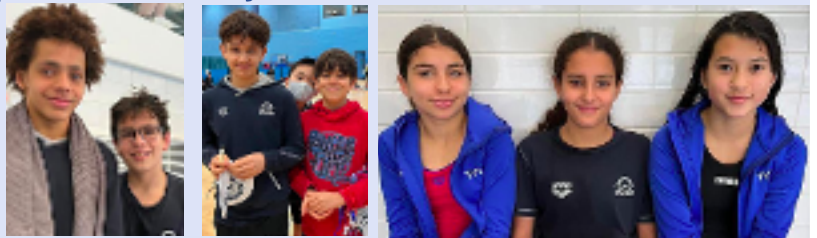
## CWSC Top club at Wycombe



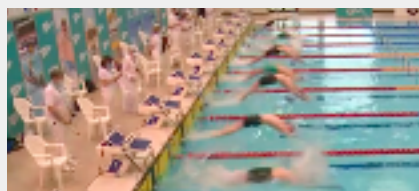
A massive congratulations to our CWSC swimmers, who collectively achieved 'Top Visiting Club' at Wycombe's Long Course L3 Meet. Congratulations also to Maya Orfanidis who won 'Top Girl' and Michael Ares who won 'Top Boy'

Swimmers raced tough and swam their hearts out.

Well done to all those who took part! And a big thank you to our amazing coaches. And a special thank you to all those who volunteered. Swim meets would not be possible without you.



## SWIM IRELAND CWSC at McCullagh International Meet



National and Regional Performance swimmers attended the McCullagh International Meet in Bangor, Ireland.

CWSC swimmers swam alongside fierce competition, as Olympic and Commonwealth swimmers shared lanes and waters with our own swimmers.

[Link to McCullagh sessions you tube](#)





# Coach's Tips



Alexander MacDonald is CWSC assistant head coach, and coaches Regional Performance swimmers.

Alexander ensures swimmers moving into his squad receive information and advice on nutrition and hydration.

This week's coach's tip from Alexander is on hydration. Alexander has provided a Swim England piece that outlines the main points of hydration for swimmers. It gives essential information and advice for athletes who are new to swimming. It is also useful for established squad swimmers to review the link and ensure they are following the guide lines.

The following link contains information on:-

- How much water we need to drink and why
- What dehydration is
- What causes it
- And how to check for it
- How to stay Hydrated
- Fluid intake necessary for effective swim training



**Hydration fact sheet**

# Swimmer's spot



Eddie Robinson swims with Regional Performance.

Eddie currently holds the CWSC record for 14 year old 50M breast stroke. He has also been selected for Swim England's National Development Programme. Eddie has written the following for Swimmer's Spot:-

My favourite swim stroke has always been breast stroke. Somehow I could always swim it from a really young age and I really enjoy it.

My favourite race is the 50m breast stroke. I love the adrenaline rush I get from swimming this race. I have to be positive when I swim this race, I need to focus on my technique, and keep going when it hurts..

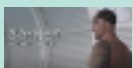
My favourite swimming moment was when I was ten. I was swimming in a Counties relay with my team mates: Aslan, Thomas and Joseph. We were good friends, all swimming our favourite stroke. We won by a mile! I also enjoyed breaking my first ever club record in 100m breast long course.

I've met great people through CWSC. Meeting up with friends definitely makes training more enjoyable.

Last year I found things tough going. I had injuries and struggled to attend my sessions. My advice to younger swimmers is to never give up. And try to swim Arena League and have fun!

## In celebration of selected Commonwealth Swimmers

The following you tube links look at the mind set of Adam Peaty; and his Tokyo 2020 100m breast stroke



**Getting butterflies to fly in formation**



**Adam Peaty - Making history is my thing**



**Tokyo 2020 100m Breast stroke**

## Events and competitions

Apr <b>02</b>	<b>Bracknell Regional Qualifier Meet 2022</b> 02 April 2022 - 03 April 2022 Event Category: External Meet - Upper Qualifying Limits
Apr <b>05</b>	<b>British Swimming Championships (50m) 2022</b> 05 April 2022 - 10 April 2022 Event Category: External Meet - Qualifying Times
Apr <b>09</b>	<b>NUEL SC National Qualifier</b> 09 April 2022 - 10 April 2022 Event Category: External Meet - Qualifying Times
Apr <b>30</b> 2022	<b>2022 SE London Summer Championships - Youth Weekend</b> 30 April 2022 - 02 May 2022 Event Category: External Meet - Qualifying Times