



# CWSC Awarded Middlesex County Championship Trophies



Maya Eleni Ofanidis, Pietro Ubertaini, Michael Ares, Edward Marcal Whittles, Nick Finch, Henry Gray, Adam Wong and Lavinia Ricca, hold their Middlesex County Championship Trophies

**CWSC Swimmers have been awarded their trophies from The Middlesex County Championships.**

**Our swimmers were very successful, as you can see in the photograph!**

**In addition to the individual trophies, CWSC also won the Bob Glazier Memorial Trophy**

**for the highest aggregate points, the County Cup for 12 and over aggregate points (boys) and the 11 and under aggregate points.**

**Well done to all the swimmers who competed in the Counties, and congratulations to those awarded trophies.**

**Our swimmers' high attendance and commitment their training (cycle 2) was evident in their performance at the Middlesex County Championships.**

**CWSC look forward to seeing the results of our swimmers, now in cycle 3 of their training, in the British Championships and English Championships**

# Letter from the committee

Fundraising for backstroke ledges and bursaries for our swimmers



Dear Members,

As you know, the first proper Club Championships, with no restrictions, since 2019 is fast approaching. CWSC want it to be a great success and a celebration of what the club stands for - *performance, team spirit and enjoyment*.

We would also like Club Champs to be a fundraising opportunity for CWSC. Fundraising is essential for a non-profit organization like ours and it enables us to make our club inclusive. We want any child who is on the performance pathway, with the right attitude and commitment to swimming to succeed, regardless of their financial circumstances. Fundraising enables us to support swimmers financially.

Fundraising is also important to ensure we have the resources to give our swimmers the best tools they need to achieve their potential. Fundraising enables us to hire the best coaches for our swimmers, and it enables us to provide the best equipment to improve our swimmers training. Last year, thanks to our fundraising during covid, we were able to buy starting blocks for both KLC and QM. This has made a great difference to our swimmers performance, and it will also make a difference to our Club Champs. CWSC would now like to buy backstroke ledges to use at our competitions, and lap cards, so we are able to hold long distance events in house.

We would like to thank all the members who have already signed up to contribute a monthly amount towards CWSC fundraising. This is immensely generous and very much appreciated. For those who wish to contribute, monthly donations can be set up and amended through the 'Fundraising event' in the 'events section' on the CWSC website; or through the On Deck app.

There are 2 ways to contribute to the Club Champs fundraising effort.

1) You can make a one-off donation

2) Or, you can sponsor either your swimmer(s), or all the clubs' swimmers for every PB achieved during Club Champs. We are expecting many swimmers to attend, swimming multiple events and getting many personal best times!

Just click the link below to make your pledge.

[Club Championships Fundraising](#)

We would like to thank everyone in advance for their donation. It will make our club even more competitive and more inclusive than it already is. Many children will benefit from your kind gesture.

Best regards  
CWSC Committee



## CWSC win 1st round at the M11 League



M11 is 'The National Junior Swimming League'. This is one of 11 leagues that are affiliated with Swim England and the [Arena Junior Inter-League](#)

The league comprises of over 200 swimming teams from across the United Kingdom.

CWSC's young swimmers competed against 14 clubs from London. They raced tough against their competition and our super team of youngsters won their M11 round! A massive well done who all those who swam.

CWSC would like to thank the coaches who supported our swimmers; and the volunteers who made this event possible.

For more information on the times and points, please see the links below.

[Link to M11 results page](#)

[Link to Points 2022 table](#)



## New Chair of the Swim England Swimming Committee



CWSC Assistant Head Coach, Alexander MacDonald, has been appointed Chair of the Swimming Committee for Swim England, London.

Our sport in the region will definitely continue to move forward with Alexander as the Chair!

Congratulations!

[Link to 'Chair of Swim England, London'](#)



# Coach's Quote



Lisa Bates, Director of Swimming, is currently coaching swimmers in their final cycle of training this season.

She is also preparing for this summer's Commonwealth Games in Birmingham, where she has been **selected to coach**

CWSC's swimmers' persistence and hard work throughout the year is culminating in: the British Championships; the English Championships: Junior Arena League; and the Club Championships -where all of our swimmers can put their best efforts in - swimming in their home pool.

Lisa used the quote below in her end of year letter to CWSC swimmers, parents and carers (in January's newsletter).

The following quote encapsulates excelling and the pursuit of excellence. Something that all CWSC swimmers can strive for.

**Only those who will risk  
going too far can possibly  
find out how far one can go**

**T.S Eliot**

# Swimmers' Spot



This month's swimmers' spot comes from Advanced Development swimmer, Maya Eleni Orfanidis:-

I really like all strokes, but if I absolutely had to choose one, it would probably be breaststroke. I enjoy the feeling of gliding in the water.

My favourite race is the 400 IM. It is a demanding event that tests my competence in all four strokes. It requires my full energy and effort and pacing. It is an exciting challenge.

My best swimming moment was the 2022 County Championships, where I won the 'Top Junior Girl' award. This was my very first Counties and I was super happy to be there. My highlight was the 50m free finals. I managed to take 1st place, and broke a club record at the same time.

My tip to fellow swimmers is: keep your focus on performing the task to the best of your ability and don't stress about the outcome. This makes you better, both in practice and on the racing day.

Remember to always have fun and enjoy the practice.

## Swim links



Motivational quotes from the likes of - Michael Phelps, Adam Peatty and Caleb Dressel



Swim Swam - 7 ways to develop a Killer pre-race routine to swim out of your mind



Swim Swam - 7 ways to for swimmers to build confidence as pre- race anxiety Kicks in

## Swim Meets June/July

Jun	11	CWSC 2022 Mini Club Championships (Yellow & Blue Hats ONLY) 11 June 2022 Event Category: CWSC Internal Gala - Non Licensed
Jun	11	CWSC 2022 Mini Club Championships (Red & Orange Hats ONLY) 11 June 2022 Event Category: CWSC Internal Gala - Non Licensed
Jun	17	Team Bath National Prep L1 LC Meet 17 June 2022 - 19 June 2022 Event Category: External Meet - Qualifying Times
Jun	24	CWSC 2022 Club Championships 24 June 2022 - 26 June 2022 Event Category: CWSC Internal Gala - Licensed
Jul	02	HAC Development Meet 02 July 2022 - 03 July 2022 Event Category: External Meet- Upper Qualifying Limits
Jul	16	2022 SE London Open Meet (Level 1) 16 July 2022 - 17 July 2022 Event Category: External Meet - Qualifying Times
Jul	23	NUEL End of Season Open Meet 23 July 2022 - 24 July 2022 Event Category: External Meet- Upper Qualifying Limits