



June 2021

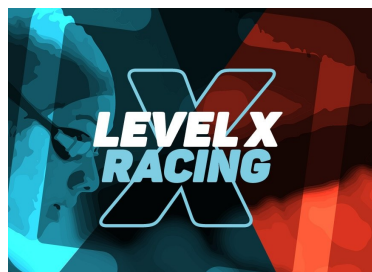
Newsletter



CWSC would like to congratulate our 8 national performance swimmers who qualified for the 2021 Olympic trials.

Due to COVID 19 restrictions, it was only Anna Podurgiel stepping up to the blocks this year, accompanied by head coach, Lisa Bates.

CWSC would like to give honorable mentions to Zoe Musial, Josie Surminsky, Pietro Lombardo, Jason Mahmutoglu, Aryaan Din, Edward Whittles, and William Rudd for their achievements and dedication to training.



This month, CWSC swimmers from: black hats, AD1, AD2, gold, silver, bronze, regional performance and national performance, competed in Level X.

Swimmers raced competitively against their team mates. They took the opportunity to practice their race processes; many swimmers smashing PBs.

CWSC swimmers' times will be recorded on the Swim England website, on Level X rankings .

Well done to all the swimmers who took part, and put an enormous amount of effort into their races.



CWSC are currently 8th in the National Arena Junior Swimming League, after completing two rounds.

Swimmers from black hats and advanced development competed against swimmers from 119 clubs across the country.

The swimmers' times from the recent Level X races for Swim England were used for selection for the National Arena Junior Swimming League.

A massive well done to our swimmers for achieving this fantastic result.



Congratulations to swimmer Theo Pliner, who has been selected for the men's under 17 European Water Polo Championship Qualifiers .

He is to participate in a tournament with 15 of Britain's best junior water polo players.

The tournament will take place at the end of June in Maribor, Slovenia.

CWSC wish Theo and the team all the best for the tournament.

Star Athlete



Dalal swims with black hats. Her coach, Katia has nominated her because Dalal impresses her in every training session.

Dalal tries hard and listens well during her sessions; and takes feedback on board.

She also swam very well during the recent Junior Arena League, which was her first competition

Star Athlete



Lily swims with orange hats. Her coach, Mario has nominated her because Lily's swimming has vastly improved in a small amount of sessions.

Lily tries hard and listens to her coach in every training session.

Well done Lily!

Letter from the committee

Firstly, the committee would like to congratulate all of the swimmers who raced in the Level X competitions and the National Arena Junior Swimming League. Swimmers have shown so much enthusiasm and composure while taking part in these races.

We would also like to thank Lisa and her team, in particular Alexander, for organising the Level X competitions across the club squads. It has been a great opportunity for swimmers to race and get Level X times.

And last but not least, we would like to thank all the volunteers who helped out poolside in different capacities at Level X. Without volunteers, these events would not be able to take place.

It has been a difficult year for British swimming, but these events prove that swimming is a team effort. They really do show what the club spirit is about.

Antonio Venutti

Committee member

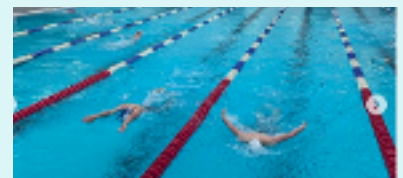
CWSC Events June 2021



NP at KLC, Level X



Black hats wait and watch at Level X KLC



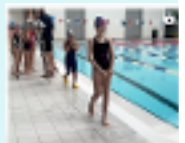
AD at KLC, Level X



Gold squad racing at KLC, level X

Links for June 2021

Black hats and AD at Level X/ National Junior Arena League



National performance and regional performance at Level X



Water polo article on Swim England's website



Volunteer of the year



A well deserved honor has been awarded to our chair, Sofia Marcal Whittles, as she is named as one of Swim England's unsung heroes for March 2021

CWSC would like to thank Sofia for her amazing energy; and all the time and knowledge that she contributes to our club,



Coaches' Corner



Geoff Roche is the lead coach for Gold squad. He has been with CWSC since it was formed in 2010. His aim is to provide safe and effective instruction to swimmers, combining encouragement and motivation that the squad and individuals will enjoy.

Geoff's training programme is challenging, varied and progressive. He strongly believes that every swimmer, whatever their commitment to training, should have access to high quality coaching that gets the very best from their commitment.

Geoff has written the following coach's tip and message:

My coach's tip is quite a simple one:-

"Learn to listen". It's so easy if you do. I would also like to add that I'm so proud to coach Gold. We've been through so much recently, in and out of lockdown and swimming schedules being changed. To all swimmers who attend Tottenham Court Road, well done for attending this session, after a hard day at school, and with just sitting exams. The attendance has been amazing.

See you all on deck

Geoff

Swimmers' Spot



Felix Welter swims with Gold squad and has written this months swimmers spot.

My favourite stroke is freestyle because I can show both strength and technique together. I also love it because long distance and short distance freestyle looks and feels so different.

Furthermore, it's the fastest stroke and the one everyone thinks of first when they talk about swimming.

My favourite race is the 400m crawl because I love long distance swims. The 400m front crawl swim also shows whose technique, endurance and mental fitness is the best. Right now, I'm really looking forward to smashing all of my personal bests in all of my events at Club Champs in July.

My best swimming moment was when I came back from lockdown in April and managed to crack my personal best for the 50m front crawl. Since then, I've managed to subtract six seconds from that time.

My advice to other swimmers is, always try your hardest and never give up.

I love swimming so much as it is a useful and fun sport all around. By swimming: you stay fit, meet new friends and learn how to safe in the water. This summer I'll be using my swimming skills while training as a junior lifeguard; so see you on the beach!



Top tips elite for athletes

10 habits of elite athletes' offers some useful tips to all of our swimmers, whichever squad they are in (such as 07 staying hydrated, and 08 regularly fuel well with good meals).

Dates for your diary

2-4th July 2021- Club Champs at Kensington Leisure Centre W10 6EX

9th July 2021 -Red and Orange Hats Super Heroes Skills Gala at Kensington Leisure Centre W10 6EX

12th July 2021, Start of CWSC summer schedule

18th July 2021 - MACASA July Invitational Meet at Southbury Leisure Centre EN1 1Y

24th-25th July 2021 - SE Region 2021 Festival of Swimming at London Aquatic Centre E20 2AQ