



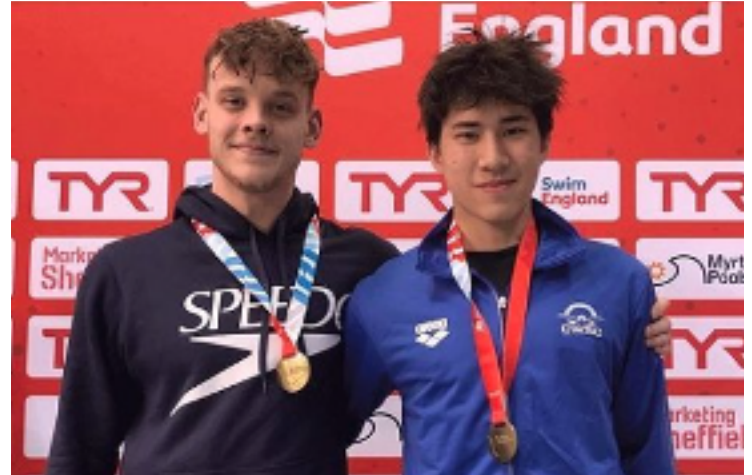
CWSC Newsletter November/ December 2021



British record breaking National Championships



CWSC National Performance swimmers excelled at the Swim England Winter National Championships. Our swimmers raced fast and furious and achieved fantastic results!



A big congratulations to National Performance swimmer, Nick Finch, who broke the British Junior Record for the 50m fly (24.09); taking the record from Olympic gold medalist - Matt Richards.



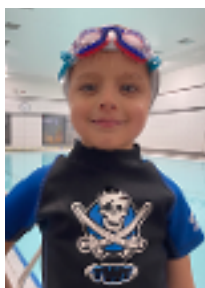
CWSC Best Regional Championships



CWSC's National and Regional Performance came out on top at Swim England's Winter Festival Regional Championships and secured our clubs best result to date!



CWSC swimmers raced tough, securing:- 64 final swims; 14 gold medals; 5 silver medals; 8 bronze medals; and 9 club records. Well done!



Star Athlete



Michael Filippov from orange hats, Queen's Park has been selected by his coach Michele because he is a such enthusiastic swimmer. His attendance is excellent and he always puts 100% effort into his swimming lessons.



Star Athlete



Anaya Verma from Red Hats, Holland Park has been selected by her coach Michele because her swimming has improved quickly over the last few weeks. Anaya has also overcome her fear of the water. Well done Anaya!



NUEL's Late County Qualifier



CWSC dominated NUEL's Late County Qualifiers with an abundance of swimmers achieving county times; and some swimmers achieving higher.

CWSC swimmers were inspirational. They conducted themselves with maturity throughout the weekend.

Many swimmers delivered multiple personal best times; and a multitude of medals were won.

A big thank you to the coaches for supporting the swimmers; to all of the officials and volunteers who made the meet possible; and to the spectators who cheered CWSC on.



Arena League round 2/3



CWSC Arena League Team

CWSC have completed rounds 2 and 3 of the National Arena League. Our swimmers, aged 9 to 18, competed fiercely against tough competition. CWSC finished 2nd place in round 2, and 4th place in round 3. Our CWSC swimmers delivered an astounding number of

standout swims over the two events. Every swimmer's commitment to training was evident and shone through in their performance. A mention goes to Fizz Lee who joined the Arena League team in Round 3.

A huge well done to all of our swimmers!



Edward and Maia receive Arena League award



CWSC supportive spectators

A big thank you to our coaches, our fantastic officials, and our enthusiastic spectators!

With thanks to Maria Kastani for her fabulous Arena League 2 montage (Instagram link below)

[Arena League 2](#)

Covid/Omicron

Please be vigilant with lateral flow testing and monitoring covid symptoms. Please do not send your swimmer into sessions with symptoms.



Regional development squad

I am writing to introduce our newly named 'Regional Development Squad'. This squad was previously named Gold - however, due to the County and Regional standard of some of its members and coaches, plus the frequency of training on offer, we felt it appropriate to rename and re-establish the squad. The squad will have a synchronised outlined training program week on week,

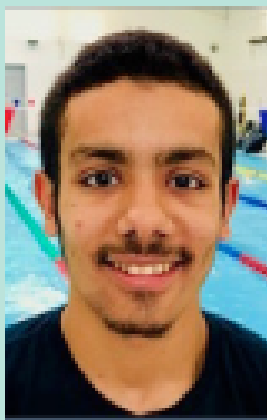
similar to those of the performance squads. We are also seeking space for land training (albeit proving difficult at the moment due to covid).

I hope that this news is refreshing. We wish for every swimmer at CW to get the most out of their swimming ability.

Lisa Bates, Director of Swimming



Coach's Tip



Mo Hammad is a Performance Coach at CWSC. He has coached swimmers of different ages and abilities for seven years. He is currently a coach with National Performance and Gold Squad.

Mo was a competitive swimmer, and he has also played football at a semi-professional level.

Mo's sporting experience enables him to understand what is required of an athlete, physically and mentally for them to achieve their potential. Mo hopes to communicate his passion for swimming and drive to the swimmers he coaches. Mo also holds a degree in Chemical Engineering from UCL.

Mo's coach's tip is:- Make sure you prepare your swim kit in advance and ensure you have spares were possible - *fail to prepare, prepare to fail*

AD1&2 Christmas Party



AD 1&2 celebrating at their Christmas Party with special guest - Santa; in atmospheric lighting.



Blue and black hats gala and Christmas party



Blue and black hat swimmers racing at KLC

The blue and black hats swimmers attended a CWSC gala, hosted by Kensington Leisure Centre. Some of our young swimmers raced for the first time; others used the opportunity to further develop their racing skills.

A huge well done to all of the swimmers who participated!



CWSC Blue and Black hat swimmers at their Christmas party

A big thank you Better Kensington, for allowing us to host the Gala and Christmas party at Kensington Leisure Centre. CWSC would also like to thank Arena Water Instinct



Winter holiday links



ISL hilights, season 3

Inspiration and energy from ISL (Youtube)

ISL 400 IM

Men's 400 IM (Youtube)



London Roar Roster

An introduction to some amazing athletes, some of who you may wish follow (Youtube)

Events and competitions

Jan 15	The Royals New Year Meet 2022 15 January 2022 - 16 January 2022 Event Category: External Meet- Upper Qualifying Limits
Jan 15	City of Derby Long Course L1 Open Meet 15 January 2022 - 16 January 2022 Event Category: External Meet - Qualifying Times
Jan 29	MCASA County Championships Wknd 1 - Sprint & Distance All Ages 29 January 2022 - 30 January 2022 Event Category: External Meet
Feb 05	MCASA County Championships Wknd 2 - 14, 15, 16, 17 & Over 05 February 2022 - 06 February 2022 Event Category: External
Feb 12	MCASA County Championships Wknd 3 - 10/11, 12, 13 Year Olds 12 February 2022 - 13 February 2022 Event Category: External