



CWSC Win top club at Flitwick



Flitwick saw success from our younger competitive cohort, with CW managing to win TOP CLUB for the overall event. The long afternoon/evening exposure didn't affect the energy - the coaches and the swimmers hit the ground running from where they left off at Nuel.

The swimmers were always excited, showing great team camaraderie. Putting on an almost perfect display of determined sportsmanship in and out of the pool. Having the consistency of Coach Drew across AD 1 and AD 2, as well as his work with some black hats at competitions, has certainly proved fruitful. The swimmers and coaches always build a closer relationship at competitions and it was really positive to hear how Drew felt that the swimmers were fully engaged in their pre race pep talk.

The Coach's stand out swimmers based on their swimming execution and all round enthusiasm were Zara North and Joseph Augustine.



What an impact!



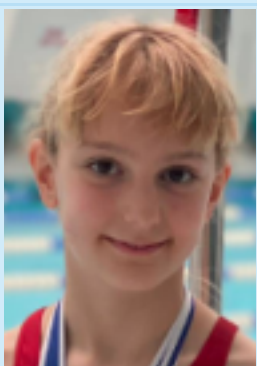
In the first full weekend competition in 2 years, our swimmers were prepared and ready for the long haul.

Millfield being back to back 12.5 hr days saw some of our seniors race up to 11 times throughout the weekend. Their self management throughout the meet was extremely professional - nobody let fatigue enter their mindset. The swimmers were persistent and resilient every time they stepped into the competition arena. This was particularly apparent when everyone who raced in the final session (session 8 of the weekend!) swam a best time.

Both NP and RP have very much been focusing on their race processes and refining the technical components of their events. It was good to finally get a hit out and see how it all came together - what an impact they made! Covering distances of 10m off every turn, building into races and delivering senior level quality turns were just a few technical factors executed...the personal bests then followed in abundance.

Coach shout outs for their engagement, persistence and delivery go to: Indigo Spence, Ben Podurgiel, Luke Pryce-Jones, Daniel Jazebi, Lavinia Ricca, Imogen Sargent, Edward Whittles, Nick Finch and Henry Gray.

Star Athlete - Maya Orfanidis



Maya is the youngest AD1 swimmer at 9 years old. She has already taken on the big events at galas, most recently - the 400IM. Maya has also broken the club's 100M breast stroke record. Maya is a great asset to AD, working hard in training and pushing herself to be the best. It is for these reason that Coach Drew Ross-Ashby has selected Maya as his swimmer of the month.

[Link to club records LC](#)

[Link to club records SC](#)

Star Athlete - Omar Aljabary



Omar always comes to training with a positive attitude and a big smile.

He is always focused and pushes himself to achieve during training.

Omar also has 100% attendance since the start of September.

It is for these reasons that Coach Katia has selected Omar as her swimmer of the month.

Letter from the committee re: fundraising

Dear members,

Fundraising for non-profit organisations like ours is a vital. Fundraising means that CWSC can be inclusive, as it funds our bursaries and opens up swimming to a wider community. Fundraising means we can continuously invest in our: swimmers; coaches; equipment and facilities. Fundraising also provided a COVID relief fund during the pandemic.

This fundraising is made possible by the generosity of our members.

CWSC have implemented an opportunity to support our club in a simple way - to continuously raise funds through a monthly donation that is added to your swim fees.

You can easily contribute by accessing your account on the CWSC website and clicking on club events, where our treasurer has set up a club event for fundraising; you can then opt in to pay a monthly amount (£5/£10/£20) which will go towards investing in CWSC's future.

CWSC would also like to approach corporate sponsors for support. If there are any members who can directly (via their own company) or indirectly help us find corporate sponsors, please contact Antonio Venuti

CWSC is run by volunteers and is hugely appreciative of all the members who give their time up to help make the club functional and successful. We could not do it without you!

Kind regards

Antonio Venuti

fundraising@cwswimming.com

Blue and black hats camp



Well done to all the blue and black hat swimmers who participated in the half term camp. Excellent swimming!



CWSC win 1st round of Arena League



CWSC swimmers raced tough in the first round of the Arena League in St Albans. They won their first round with amazing swims by all.



CWSC Competitive cohort shines through!



The second weekend in October saw our youngsters take to the swimming stage once again at the Nuel competition at the LAC.

CWSC was by far the biggest club in attendance, it was incredibly pleasing to see such a large competitive cohort coming through!

Impeccably behaved and independent with their race addressal, the coaches were proud of how our swimmers conducted themselves with their warm up and swim down protocol. There was also a huge determined attitude across the board from everyone who stepped up to race. A big well done in using this meet to set such high expectations from yourselves for moving forwards - great job team.

Coach accredited shout outs include:

- Konstantine had a very busy competition schedule and managed to pb in EVERY event!
- Vasilisa took on all the big events such as the 200's and 400's - in addition to the 100's. Vasilisa hit personal bests for every event and won GOLD in the 400 IM. Drew was extremely proud.
- Maya Eleni smashed her 100 breaststroke to a personal best, but also a CWSC club record.

Well done to all.

NUTRITION

3Rs OF NUTRITION RECOVERY



REFUEL

Replacing the carbohydrate energy reserves which were depleted from training



REPAIR

Begin the process of repairing the muscle tissue that was damaged during training



REHYDRATE

Replace fluids that were lost from sweat in training

The post-exercise recovery snack is important to set the optimal conditions for recovery, especially when there is a short turnaround between sessions. Where possible, a full and balanced meal should be the first choice, but if that's not an option, there are still plenty of convenient ideas



Swimmer's spot



This month's swimmer's spot comes from Selin Mucen, who swims with Regional Performance:-

Ever since I was little, my favourite stroke has been butterfly. Many other swimmers found it difficult and tiresome, but I always wanted to push myself to the limit and see what I was

capable of.

My favourite race is 50 M butterfly as it is short and adrenaline filled, which excites me and I always look forward to racing it at every meet.

My best and most memorable swimming moment so far was at the Cardiff International Pool, where I competed in the Arena League Final 2020. The teams were cheering, the music was blasting and the atmosphere was electrifying. I don't think I have ever experienced anything as great and thrilling as that before.

The piece of advice I would give to younger swimmers is - to constantly turn up to training with a positive attitude. This is crucial, as some days might be tougher than others and approaching sessions after a long day of work at school can be tiresome; but you must remember that your fellow team mates have been through it too. Therefore, being optimistic and cheery could help the effort of you and your friends during the training session.

And remember, never skip a training session (unless mandatory) as persistence is key!

Dates for your diary

06-07/11/2021 - London Winter Championships 2021

13/11/2021 - Arena League - Round 2

20-21/11/2021 - Guildford L2 Winter Meet

26-28/11/2021 - Wycombe SC L3 County and Regional Qualifier

03-05/12/2021 - Swim England National Winter Championships 2021

04-05/12/2021 NUEL SC Late County Qualifier

11/12/2021 - Arena League - Round 3

18/12/2021 - WCPSC Christmas Cracker

29-30/01/2022 , 05-06/01/2022, 12-13/02/2022 MCASA County Championships

Diversity and inclusion in Sport



Alice Dearing

Alice Dearing talks about her experiences and diversity in swimming



Inclusion in sport

Is a montage of sports people who are proud and able to be themselves