

September 2021



Lisa Bates, Director of Swimming, on Team GB in Tokyo 2020



I was fortunate enough to spend a large part of my summer in Tokyo at the Olympic Games, representing team GB. The Olympics really is the pinnacle for our sport. To be around the world's best in these unprecedented times was something unique.

Tokyo as a city, handled the games immaculately. The people were so supportive and kind. The Olympic village was right on the water and Team GB were lucky enough to have accommodation which looked over the Rainbow Bridge - beautiful!

Access into the city was not allowed, and that was the same when we were in the holding camp at Keio University. However, that didn't matter as everyone was so focused on their swimming and banking their down time during taper.

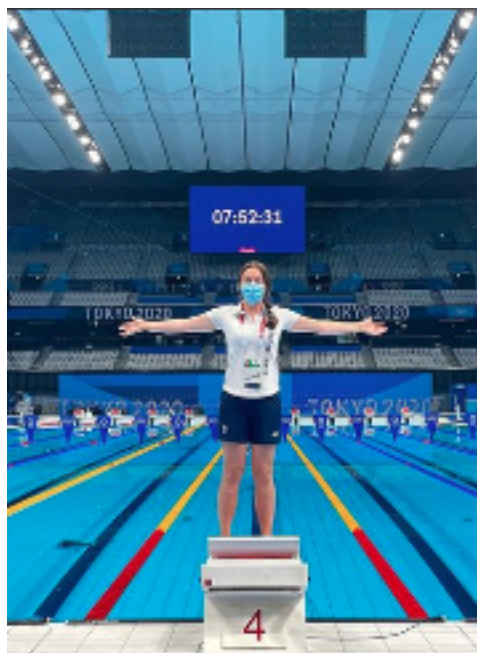
When we arrived in the Village, it was a huge happy bubble.

Every nation's culture was evident when you walked past their accommodation block, whether it be the Aussie's having a BBQ, some of the African nations walking around with a beat box dancing in the street, or the Irish singing Sinead O'Connor from their balconies!

I was sharing a room with Mel Marshall and we were lucky enough to get the best room in our accommodation flat (insisted on it) - it looked out on to the water.

There were three other people in our flat, and Japanese accommodation is very small. It was a long time to be sharing with everyone, but at the same time, extremely fun!

The Arena was amazing. Everything you would expect and more. It was such a shame that there were viewing restrictions.



Being physically prepared is only part of the process. Being emotionally and mentally prepared is essential - the athletes and coaches have to have arena skills - which means that they are able to manage their skills on the world's biggest stage.

A typical day, once the competition has started, means (Tokyo Olympics was a succession of 9 days):

- potentially waking up around 6/6.30am
- breakfast in the 24 hour dining hall (about a 5 min walk from the accommodation)
- 30 min bus ride to the pool; arrive around 7.45am (10 min walk from the dining room)
- warm up/finals session on until around 11.30am
- coaches meeting post the am session, 30 min bus back to the village
- through security checks, returning to the village, lunch (by this time it's probably 1pm)
- down time for a few hours
- return to the pool on a 3.30/4pm bus
- evening heats session or training until around 8.30/9pm
- return and dinner sometimes (by this time it's around 10pm)
- try and switch off around 11pm/12pm, and get ready to do it all again!

I would do it all again in a heartbeat!

This season we are hoping to return to consistency. Squeezing more quality out of our delivery, and doing whatever we can as coaches to ensure our swimmers get the best opportunities for their sport as possible. The adrenaline rush is real and we are extremely positive and committed to moving everyone forward.

I look forward to seeing you all poolside

Lisa Bates, Director of swimming



CWSC Junior Arena League team



The foundation and the future of CWSC is certainly very bright thanks to our superb group of youngsters!

A huge well done to the coaches, parent volunteers and of course THE SWIMMERS for their success in the National Junior Arena League and M11 League finals.

Competing on the same day (!!)-across the country, two teams of young CW swimmers represented the club in one of the first face-face competition of the 2022 season. They had tremendous support, not only from their coaches, but from a huge cohort of parent volunteers - thank you!



The age groupers swam their hearts out, recording personal best times in abundance. Special shout outs to Michael Ares, Ben Podurriel, Luke Pryce-Jones, Maia Colquhoun, Maya Orfanidis and Nico Venuti.

Our fabulous Junior Arena League team finished an almighty 5th in the Country, with our M11 team finishing 4th overall.



London Roar Academy



London Roar Academy sits at the top of the performance pathway. LRA is something that swimmers and coaches will strive towards being a part of. LRA aims to be inclusive and is open to London's top performing swimmers.

The following clubs are currently members of the Academy: CWSC; Hackney Aquatics; Greenwich Royals and Anaconda.

CWSC are anticipating positive outcomes from this initiative and the opportunities it provides. We look forward to the coming season and wish all the best to the swimmers currently swimming with LRA.



Director of swimming, Lisa Bates and assistant coach, Alexander MacDonald, coached forty LRA swimmers in Mallorca for 2 weeks during the summer break.

The four teams involved in LRA, have also competed in an 'in house' meet at LAC.



Well done to all the swimmers who competed in the final of the CWSC IM League. There were some incredible performances.

Congratulations to the winners. Prizes were provided by Arena for AD, RP and NP. Skins' winners, Zoe Musial and Jason Mahmutoglu received team GB official Tokyo training suits.

[Link to IM film and photos](#)

[Link to team graphics](#)



Congratulations to Edward Whittles and Nick Finch, on their selection to the Swim England National Event Camps.

Congratulations also to Veronica Venuti, Eddie Robinson and Indigo Spence, on their selection to attend phase 1 of the Swim England National Development Programme 2021-2022.

Star Athletes



This month's star athletes are from CWSC Club Champs. Swimmers aged from 8-18 were racing tough and supporting their team mates. Shout outs go to: **Luke Pryce Jones; Daniel Jazebi;**

Nicolas Venuti; Maia Colquhoun; Maya Eleni Orfanidis and Michael Ares.

Special thanks to CWSC coaches, volunteers and KLC staff. Without you Club Champs would not be possible.



Olympic Links

TEAM GB

Team GB 2020 Olympic Montage

Team GB mixed relay, Olympic gold



Team GB, Adam Peaty Olympic gold



Team GB Tom Dean and Duncan Scott



Dates for your diary

09/10/2021 - Arena League, Round 1, External Meet, selection only

09/10/2021 - NUEL Early County Qualifier Open Meet

15-17/10/2021 - Millfield and Team Bath AS TYR Super Series

16-17/10/2021 - Flitwick Open Meet 2021, External Meet

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