

European Junior Championships 2024 Lisa Bates at Paris 2024 Bryan Leong at the ASEAN University Games 2024 Tenerife T3 camp Club Championships 2024 Swimmers of the month (June 2024) Pre-loved kit sales Coach Ana - open water charity swim



Nick Finch, Henry Gray, Martyna **Karabacz and Edward Marcal** Whittles competed at the **European Junior Swimming** Championships at Vilnius, Lithuania on 2-7th July 2024

1 gold medal 3 Bronze medals 8 A final places

4 semi final places

8 personal bests

8 moved on from heats to semis/finals

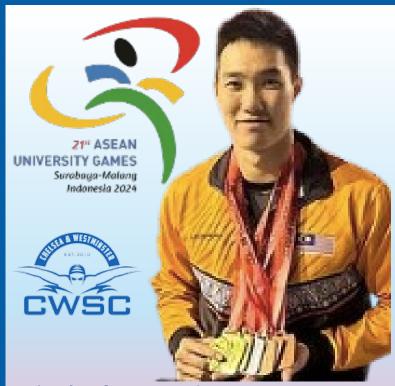
Our swimmers collectively gained Congratulations to Henry, Martyna and Edward for qualifying for the EJ's and delivering oustanding performances; and congratulations to Nick on winning gold for the mixed 4x100m medley relay and bronze for the mens 4x100m relay.





Our best very wishes go to Lisa Bates, Director of swimming, as she travels to Paris 2024 to coach Team GB.

Link to: Team GB swimming team for Paris 2024



National Performance swimmer, Bryan Leong, represented Malaysia at the 21st ASEAN University Games in Surabaya-Malang, Indonesia, 26th June - 1st July 2024. Congratulations to Bryan who won a total of 6 medals: 2 gold, 1 silver and 3 bronze! Link to: 'Bryan endures fever to clinch gold'



Nationals preparation camp July 2024





NP and RP swimmers flew to Tenerife to attend a 10 day training camp at the T3 Top Training sports facility. They were training in preparation for the British and English Nationals at Ponds Forge this summer. Link to Tenerife 2024 reel A great big thank you to Lisa, Alexander, Reiss and Mitch for coaching and looking after our CWSC team; and to Evgenia, Sofia for being excellent team managers. Check out CWSC instagram for more posts and Reiss' daily challenges!

CWSC's Club รัพธ์ Championships



CWSC held it's annual Club Championship at Kensington Leisure Centre, 28-30th June 2024

Congratulations to all of our Club Champions on their amazing performances and a massive well done to all of our swimmers who achieved personal best times!

A huge thank goes out to Guy, Tamy and all of our CWSC officials, non technical volunteers and coaches for making the CWSC Club Championships possible.









Congratulations to:

Andre - AD North

Ming-Yi - AD South

Themis - Black Hats+





A big thank you to Evgenia, **Meenal and Gizem for** organizing and running CWSC's pre-loved kit stall at the Club Championships weekend 2024. And thank you so much to everyone who kindly donated. A total of £523 was raised to help support our swimmers and community **YYY**



Link to 7 tips to help you get ready for the big meet

Link to: 4 ways to prepare for a swim meet

Coach Ana's open water charity swim



CWSC's coach Ana will be swimming the 3 longest lakes in the Lake District over the summer. Ana will be raising money for Level Water a charity that helps children with disabilities learn to swim. You can make a donation to support Ana and Level Water using the following link:

link:https;//www.justgiving.com/user-account/fundraising

Swim meets, July/August

aquatics gb summer championships 2024



20 jul 2024 — 26 jul 2024, Ponds Forge

GoCardless Swim England National Summer Meet (50m) 2024 Mon 29 Jul 2024 - Sat 3 Aug 2024

Ponds Forge