

Newsletter June/July 2024



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

EUROPEAN
AQUATICS.
JUNIOR
SWIMMING
CHAMPIONSHIPS
VILNIUS-2024



European Junior Championships



Aquatics GB



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

Our swimmers collectively gained
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

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

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[Link to CWSC European Junior Championships reel](#)

[Link to Swim Swam's Top Ten Swims from 2024 European Junior](#)

[Link to Swim England's 'Record highest medal haul since 2018' and results](#)



TEAM GB



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](#)



21st ASEAN
UNIVERSITY GAMES
Surabaya-Malang
Indonesia 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 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.



Swimmers of the month

Congratulations to:

Andre - AD North

Ming-Yi - AD South

Themis - Black Hats+



Pre-loved kit



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 ♥♥♥

SWIM SWAM

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

