



## Newsletter Jan/Feb 2023

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Cornell Record

City of Sunderland New Year Meet

Wycombe Dual Award Long Course Meet

BUCS Long Course Championships



# Middlesex County Championships Weekend 2



Weekend 2 of the Middlesex County Championships took place at Hillingdon Sports and Leisure Complex 18-19/02/2023.

CWSC competed against the county's finest and achieved an incredible medal tally of; 17 gold; 13 silver and 12 bronze.

Congratulations to our amazing team on their truly fantastic results.

Weekend 2 trophies will be linked when formally announced.

[Link to the Middlesex County Championships 2023 results](#)



## Cornell Record



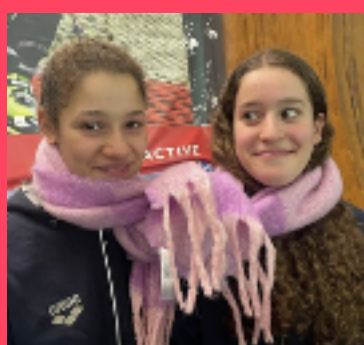
CWSC's Pietro Umbertalli now swims at Cornell University USA.

Congratulations to Pietro on breaking the Cornell 200 yard backstroke record with a time of 1:42.66

[Link to Ivy championship records 2023](#)



## City of Sunderland ASC New Year's Meet



The City of Sunderland New Year's meet was the first, hugely successful, long course meet of the year. CWSC swimmers gained many personal best times and made huge steps in their progression. They also mastered recovery and keeping warm!

[Link to results at the New Years Meet City of Sunderland](#)



Josh O Donnell - Top Overall Boy



[Link to Wycombe Dual Award long course results 2023](#)



CWSC swimmers competed at Wycombe Dual Award Long Course meet 18-19/02/2023. Congratulations to Josh O Donnell for winning Top Overall Boy; and to all of our competing swimmers for winning Top Visiting Club. Well done everyone!



# British Universities and Colleges Sport Long Course Championships 2023



Tallulah, Teddy, Jules and Emily



Jason and Brian with Kings College relay team



Jason, Bryan and Aryaan

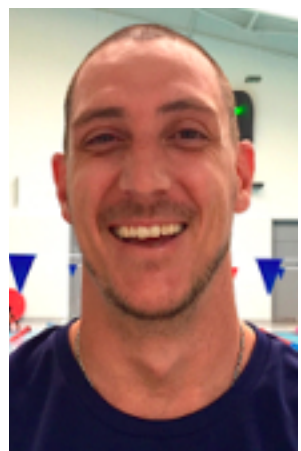


Tallulah

British Universities and Colleges Sports Long Course Championships were held at Ponds Forge, Sheffield 24-26/02/2023.

[Link to BUCS LC Champs 2023 results](#)

CWSC's BUCS representatives gained many great individual and relay times, achieving huge PB's early in the long course season. A massive well done to the swimmers who competed.



## Coach's Tip

Advanced Development coach **Drew Ross-Ashby's** coach's tip is 'to come to your swim sessions prepared'.

*It is important make sure you bring everything you need to your swim session: swim kit, water bottle and focus.*

## Rainbow Window

Or magic refuel window is the time immediately after training. It is essential for swimmers to eat a snack containing protein and carbohydrate during this window, to maximize effective refuelling.

[Link to rainbow window snack ideas](#)

## Swim Meets and Galas February - April 2023

Mar 10 2023	Derventio eXcel Level 1 LC Open Meet 2023 10-12th March 2023
Mar 18 2023	BWSC Regional Qualifier Meet 2023 18-19th March 2023
Mar 24 2023	The Winchester Spring Qualifier L1 LC 24-26th March 2023
Mar 25 2023	HAC 2023 Regional Qualifier Meet 25-26th March 2023
Apr 04 2023	British Swimming Championships 2023 04-09th April 2023
Apr 06 2023	Portsmouth Northsea Easter Meet 2023 Long Course Level 1 Meet, 6-9th April 2023
Apr 22 2023	SE London Summer Championships Weekend 1, 22-23rd April 2023
Apr 22 2023	2023 Wycombe L3 LC Sprint Meet 22nd April 2023
Apr 29 2023	SE London Summer Championships Weekend 2, 29th April -1st May 2023

For full details of the swim meets, please visit CWSC, events and competitions tab, team events.