



Newsletter, May 2023

SE London Summer Championships 2023

British National relay selection

EYOF selection/ World Championship selection

Wycombe Sprint Meet 2023

AP Race London International Meet (Edward interview)

Lead Physical Preparation Coach



SE London Summer Championships 2023



Veronica, Indigo, Delilah, Sofijia, Teddy, Nick, Jason, Zeno, Eric, Eddie, Henry, Edward, Daniel, Martyna, Maya, Victoria, Aslan, Lavinia, Max, Murray, Michael, Isabella and Maia

The SE London Summer Championships took place at the K2 Leisure Centre, Crawley 22-23/04/2023; and at the London Aquatic Centre, Stratford - 29/04/2023 - 01/05/2023.

CWSC swimmers had 5 days of intense racing over the two weekends

There was a massive medal tally and an incredible amount of personal best swims gained, during the SE London Summer Championships.

CWSC swimmers took a big step up in their performance. during this meet; especially some of our younger swimmers. Shout outs go to: Maya Orfandis, Luke

Pryce-Jones, Delilah Paisley and Kaplan Eler.

A massive well done to all of the swimmers who took part.

[Link to SE Summer Championship 2023 points tally](#)

[Link to SE Summer Championship 2023 Medal table](#)

[Link to CWSC meet results](#)

Relay teams qualify for British Nationals



CWSC competed in the relays at the SE Summer Championships, smashing pb's and medalling almost every time they swam.

Their achievements have qualified CWSC for seven relays at the British Nationals. This is the highest relay representation to date!



Congratulations to the following teams for qualifying:
 4x100 fc, youth women's
 4x200 fc youth women's
 4x100 fc youth men's A
 4x100 fc senior men's
 4x200 fc senior men's
 4x100 IM youth men's
 4x100 IM senior men's A+B

[Link to CWSC Instagram page](#)

EUROPEAN YOUTH OLYMPIC FESTIVAL 2023

Martyna Karabacz



TEAM GB



Martyna Karabacz has been selected to represent Team GB at the European Youth Olympic Festival this summer!

A massive congratulations to Martyna!

[Link to swim England - GB squad selection for EYOF](#)

[Link to the EYOF website](#)



Bryan Leong



FUKUOKA 2023

WORLD AQUATICS CHAMPIONSHIPS



A massive congratulations to Bryan Leong on being selected for The World Aquatics Championships in Fukuoka, Japan 2023!

A massive congratulations to Bryan for breaking two Malaysian records at AP International 2023!

And a massive congratulations to Bryan on his performance at the SEA Games 2023 in Cambodia!

[Link to Free Malaysia Today article](#)

[Link to New Straits Times article](#)



Wycombe Sprint Meet 2023



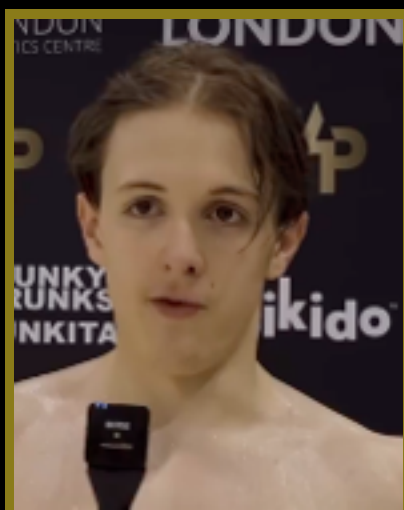
CWSC swimmers competed at the Wycombe LC Sprint Meet, 22-23/04/2023.

Well done to all of our swimmers, who were awarded Top Visiting Club!

Special shout outs go to Isabella, who won Top Girl; and Troy, who won Top Boy. Congratulations!

[Link to Wycombe Sprint Meet results](#)

AP RACE LONDON INTERNATIONAL 2023



CWSC swimmers raced at AP Race London International Meet, at the London Aquatic Centre 27-29/05/2023.

Our swimmers swam against phenomenal competition.

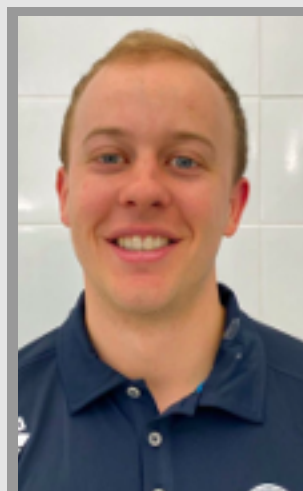
Edward Marcal Whittles won the 400 IM with an outstanding swim. Congratulations Edward!

[Link to Edward's interview](#)

[Link to results](#)



Lead Physical Preparation Coach



CWSC would like to welcome Mitch Van Noort into the role of Lead Physical Preparation coach.

Mitch previously worked with Australian International swimmers.

Mitch is keen to make an impact. His aim is to enhance strength and conditioning, and land services to CWSC competitive swimmers

Foam Rollers



[Link to Foam Rollers For Swimmers: What You Need To Know](#)

[Link to Swimmer's Strength Tech Tip: Foam Rolling For Swimmers](#)

Team Events

Jun
30
2023

CWSC 2023 Club Championships, Internal Gala
30 June - 02 July 2023

Jul
22
2023

British Summer Championships, selection only
22 - 28 July 2023

Jul
22
2023

Winchester Summer Scorchers, External Meet
22 - 23 July 2023

Jul
26
2023

2023 Irish Youth & Senior Championships
26 - 30 July 2023

Aug
02
2023

Swim England National Summer Meet (50m) 2023
02 - 06 August 2023

Aug
03
2023

Swim Wales Summer Open 2023
03 - 07 August 2023

For full details of the swim meets, please visit the CWSC website, click on the events and competitions tab and select team events