



Newsletter October/November 2022

SE Winter Championships

Arena League

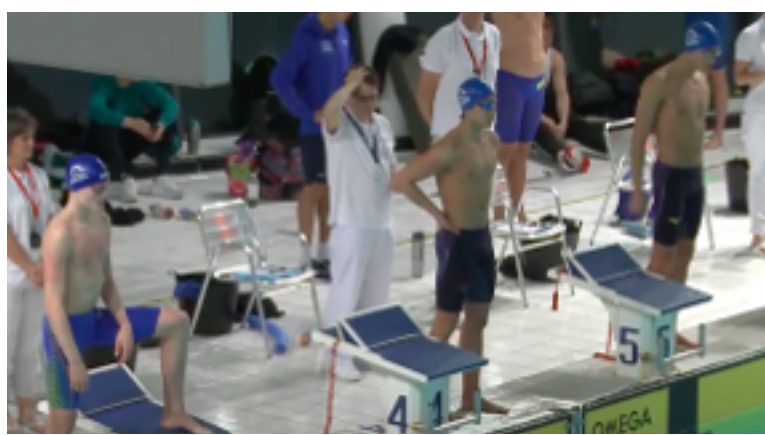
Coach of the year

Cambridge Grand Prix



CWSC races 300 points ahead of any other club at the London Regions Winter Champs

Lisa Bates, Director of Swimming



Josef Adams, Nick Finch and Henry Gray, 50 free heats on live stream

A huge achievement and credit to all of our swimmers in National and Regional Performance who raced in the London Region Winter Champs 5/6th November.

In the midst of solid training, the swimmers attacked and seized every opportunity to stand out and race tough. Their resilience prevailed into the finals, where some events saw CWSC dominate the blocks – it was fantastic to see the stream of blue hats along the finals call up! It was fantastic to be a part of it all.

[Link to Live stream SE Winter Championships 2022](#)

Back to back champion racers included Lavinia Ricca, Edward Marcal Whittles, Henry Gray, Josef Adams, Victoria Bunimovich and Nick Finch. All had a full weekend of racing and were a class above the rest in their back up ability and resilience to step up in the finals.

Sprint specialists Bryan Leong and Jason Mahmatouglu excelled in their execution, and they both went on to fill the finals with finesse. Their skills, especially underwater phases, highlighted their training focus, which proved successful; as was evident in their collection of medals.

The whole team was OUTSTANDING. Looking across the Country, I don't think any other team won their Regional Championships (Youth and Senior) by as many points as CW won theirs. Between them, the team collected a mighty 24 Golds, 20 silver, 12 Bronze, and recorded 18 new club records. This is a testament to all of the skill focused, hard work that the swimmers are currently putting in. Well done everyone, we now look forward to a successful series of racing to finish off 2022!

[Link to SE Winter championships medal table 2022](#)

CWSC Win round 2 of National Arena League



The CWSC team win round 2 of the National Arena League.



Swimmers swam with process led perfection to achieve first place Great job everyone!

[National Arena League round 2 results](#)



Coach of the Year



Congratulations to Director of Swimming, Lisa Bates, on winning the Swim England Regional Coach of the Year award.

Lisa is also one of eight finalists nominated for the Swim England 'National Coach of the Year' award.

[Link to Swim England's Regional Coach of the Year](#)

[Link to National Awards Coach nominations](#)



CWSC win Top Club



Advanced Development and Performance swimmers had a great weekend of racing at the Cambridge Grand Prix.

Our swimmers gained over 200 personal best swims over the course of the meet.

15 club records were broken by Maya Eleni Orfanidis, Indigo Spence, Eddie Robinson

Henry Gray, Adam Wong and Edward Marcal Whittles; who also broke the 200 IM meet record. Maya, Ethan and Edward's amazing swims won them the Top Award in each of their age groups.

Our swimmers swam multiple events over two very long days, against tough competition, and they were rewarded with the Top Club award.

Well done to all of our swimmers. This is a very impressive start to the season!



Congratulations to the following swimmers who have been selected for the National Talent Pathway:

National Age Group Development Programme (NAGDP): Veronica Venuti, Indigo Spence, Eddie Robinson and Max Stafford-Davies

National Youth Development Programme (NYDP): Nick Finch, Henry Gray and Josef Adams

Distance Swimming Project (DSP): Edward Marcal Whittles

Youth Performance Squad (YPS): Edward Marcal Whittles

This is the highest number of swimmers CWSC has had in the National Talent Pathway. A huge well done to our swimmers!



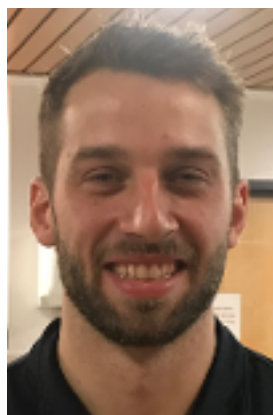
Star Athlete

Caia O'Keefe swims with Blue hats in Kensington. She is a very talented swimmer and is always on time. Caia is 7 years old and is competent in all four strokes. She is always eager to improve and learn new skills and drills. Well done Caia!

CWSC training with James Guy



Our performance swimmers started their season training with Olympic gold medalist, James Guy!



Coach Joe's Tip (Advanced Development) Drink water while you train!

It is so important to stay hydrated while training, so you can replace the fluid lost through sweating during your swim session; drinking water also helps you to avoid cramps!

[Link to Swim England's hydration advice](#)

Swim Meets and Galas Nov/Dec 2022

Nov	27	CWSC 2022 Development Meet
		27 November 2022 Event Category: External Meet- Upper Qualifying Limits
Dec	01	Orange Hats Holiday Gala
		01 December 2022 Event Category: CWSC Internal Gala - Non Licensed
Dec	01	Red Hats Holiday Gala
		01 December 2022 Event Category: CWSC Internal Gala - Non Licensed
Dec	03	Yellow & Blue Hats Holiday Gala
		03 December 2022 Event Category: CWSC Internal Gala - Non Licensed
Dec	03	ESC Christmas County Qualifier
		03 December 2022 - 04 December 2022 Event Category: External Meet- Upper Qualifying Limits
Dec	17	WCPSC Winter Sparkler
		17 December 2022 - 18 December 2022 Event Category: External Meet- Upper Qualifying Limits



J1 Theory

An official has the best seat in the house!



Becoming a timekeeper will give you the best seat in the house! You will have the best view of the swimming at a meet; and it is, by far, the preferable option to that of sitting in a cramped

Guy Rudd, CWSC officials lead
viewing gallery. A timekeeper chooses the gala and the sessions they would like to be a timekeeper at, according to their availability and how many sessions they would like to do.

Becoming a J1 timekeeper has never been easier. The course can be completed online in 6-8 hours; at a time and in a place that suits you best. The practical aspects of using a stopwatch, to compliment your online learning, will be demonstrated one evening at a pool that is local to you.

We would like our parents and carers to join us as timekeepers so we can become an even stronger club. With more J1 timekeepers, we can hold more CWSC competitions. J1 timekeepers can officiate at level 3 and 4 galas, while completing their officials' training/ log book.

For further information, or if you would like to become a J1 timekeeper, please email Guy Rudd at:

officials@cswimming.com

CWSC Scholarships



CWSC are very pleased to announce our new Performance Scholarship program, which recognizes and rewards performance, dedication and commitment in our swimmer's journey. The first scholarships have been awarded to our selected swimmers.

Details and criteria are available on our [website](#). Potential candidates will receive an invitations to apply and an application form from the Director of Swimming.

CWSC
AWARDS
CEREMONY
RAFFLE
11th DECEMBER 2022
1-2.30pm
Pimlico Academy Auditorium
36 Lupus Street
Pimlico
London SW1 3AT