**Newsletter September/ October 2023**

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| Junior Arena League 2023 | Yellow and Blue Hat time trials |
| Bryan Leong, Asian Games 2023 | Introducing Coach Tony Cronin |
| Swim England's NYDP selection | CWSC swimwear/equipment sale |
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# CWSC Win 3rd Place in the Junior Arena League



CWSC competed in the Junior Arena League final at the Alan Higgs Centre, Coventry, 17th September 2023.

Congratulations to our amazing swimmers who raced tough against fierce competition and claimed 3rd place in the National Junior Arena League!

Congratulations to Maya Orfanidis, whose magical performance won her the title of 'Best Swimmer' in her age group!

And congratulations to CWSC's wonderful supporting crowd who won CWSC the title of 'Best Supported Club'!

Link to Junior Arena League Final
Link to Junior Arena League, CWSC Instagram page

# Bryan Leong at the Asian Games 2023



**Bryan Leong competed at the 19th Asian Games in Hangzhou, 28th September - 8th October 2023.**

**Congratulations to Bryan who was one of 8 athletes selected to represent Malaysia.**
**Link to Hangzhou 19th Asian Games 2023 information**

## Swim England Swimming
### National Youth Development Programme



**Congratulations to Indigo Spence, Edward Robinson and Martyna Karabacz on being selected for the Swim England National Youth Development Programme.**
**Link to Swim Englands's page on their National Youth Development Programme 2023-24**

# Yellow and Blue Hats time trials





**Yellow and Blue hat swimmers took part in time trials at the Queen Mother Sports Centre SW1 07/10/23; and Moberly Sports Centre NW10 08/10/2023.**

**It was a super successful weekend full of great swimming and big smiles. Well done everyone!**
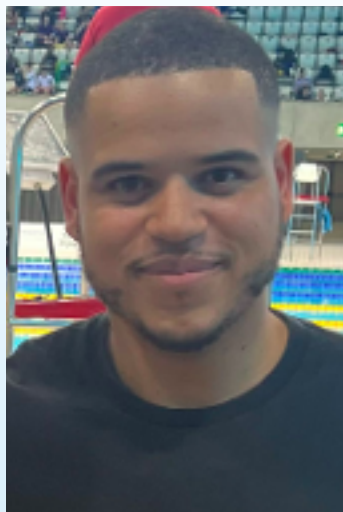
## The National Arena Swimming League Round



| | |
|---|---|
| CHELSEA & WESTMINSTER | 352 |
| BASILON & PHOENIX | 328 |
| TEDDINGTON | 250 |
| WATFORD | 236 |
| CITY OF ST ALBANS | 227 |
| GREENWICH ROYALS | 174 |
| ANACONDA | 134 |
| CAMDEN SWISS COTTAGE B | 129 |

**Impressive swimming and fierce competition in round 1 of the Arena League.**
**A massive shout out to our CWSC team for winning first place 🔥🔥🔥🔥🔥 Link to results**

# Welcome to Coach Tony Cronin

**Welcome Coach Tony Cronin who has Joined CWSC as a performance coach (NP&RP); and the lead on the newly created 'Black Hat Plus'.**

**Tony exudes a passion for swimming and we are excited to have him join the CWSC team.**

**Tony has written the following text to give some information about himself.**

From an early age, I've been involved in sports such as Football, Rugby and Aquatics. This was until I injured my knee and had to take a step back from participating competitively. Since my injury, I've found ways to channel my love for sport and exercise by becoming an avid gym-goer and a swimming coach.

I have been coaching for 7 years. I started out as a young volunteer at Hackney Aquatics Club in 2016, and worked my way up through the ranks to Head Coach. In that time, I have coached across the club, with all ages and abilities.

There is a drive and competitive nature within me that has led to direct my career in coaching to be more involved in the performance pathway. Even though I didn't swim to a high level in my formative years, I'm motivated to help others maximise their potential and get to the highest levels in Aquatics. I hope to inspire more people from ethnic minority backgrounds to take part in the sport by breaking down barriers and challenging stereotypes.

Fun fact about me: My current 1 Rep Max includes 140kg bench press, 180kg squat and 235kg deadlift.

*Tony will be responsible for all questions and communication about Black Hats and Advanced Development.*

coachtc@cwswimming.com

## Tony Cronin's coach's tip

My coach's tip is:

Trust the process and enjoy the journey. Having a goal is important, and understanding the steps needed to reach that goal is more important.

Take one step at at time.

Don't Rush the process.

## SWIM SWAM

**Link to 'trust the process'**

## CWSC Recycle sale 25-26th November 2023

CWSC are reducing waste, reusing and recycling with their first swimwear and equipment sale.

The sale will take place at Kensington Leisure Centre during sessions 2 & 4 of the CWSC Development Meet

Massive thanks goes out to Evgenia (mum to Joseph and Daniel, RP) and Meenal (mum to Theo, AD) who will be collecting donations at:
Moberly on Monday/ Queen Mother on Wednesday/ KLC on Friday/ Moberly on Sunday.

## Team Events - Nov -Dec 2023

**Nov 18 2023** The Royals Open Meet,
18-19th November 2023

**Nov 18 2023** Guildford L2 Winter Open
18-19th November 2023

**Nov 25 2023** CWSC 2023 Development Meet
25-26th November 2023

**Nov 30 2023** Rotterdam Qualification Meet
30th November - 3rd December 2023

**Dec 02 2023** NUEL Late County Qualifier
2-3rd December 2023

**Dec 09 2023** National Arena League Round 3
9/10th December 2023 TBC

**Dec 16 2023** WCPSC Winter Sparkler
16-17th December 2023

Please see The TU team events page for full details