



Newsletter

April 2022



CWSC at The Youth Regional Championships



Henry Gray, Edward Marcal Whittles, Nick Finch and Josef Adams



Eddie Robertson, Lanre Pratt, Zeno Ubertaini, Roman Smerkis



Emily Leonard, Thomasina Grove, Victoria Bunimovich and Lavinia Ricca



Edward Marcal Whittles, Thomasina Grove, Caroline Lewitt, Victoria Bunimovich

CWSC swimmers attended the SE London Summer Championship - Youth Weekend (30 April -2nd May) at London Aquatic Centre.

The Youth Weekend is for swimmers who are 15 years old and over and have attained qualifying Regional times in their age group. Relay teams are allowed swimmers of 14 years old.

CWSC's strong team of swimmers excelled at the Youth Weekend. Our swimmers swam their way to:

56 final positions (individual swimmers)

15 Gold medals

13 Silver medals

7 Bronze medals

CWSC's team spirit shone through in the results of our relay teams, who won:

4 Gold medals

1 Silver medal

2 Bronze medals

A massive well done to our swimmers.



New Malaysian Record at the SEA Games



[Link to day 2 of SEA finals 2022](#)



Brian Leong with his team mates at the SEA Games

National Performance swimmer, Bryan Leong, qualified for the Southeast Asian Games, (SEA Games) representing Malaysia in April

Bryan has since swam at the SEA

Games in Hanoi Vietnam. Bryan qualified for the final in each of his events; and gained the Malaysian National record for his 50m freestyle (23.09).

Well Done Bryan!



National Italian Junior Champion



National performance swimmer, Pietro Ubertaini, swam at the Italian National Junior Championships 2022, at The 'Stadio del nuoto Riccione in April.

Pietro swam against fierce competition to become the Italian National Junior Champion in the 200 back stroke.

Congratulations to Pietro for



Pietro getting ready to race in Riccione

being selected to represent Italy in the European Aquatics Junior Championships, that takes place in Otepeni, Romania in July.

[Link to Italian National Junior Championships 2022](#)



Star Athlete

Millie is a member of the Yellow Hats, Victoria, and is a role model for her team mates. She is always on time and very consistent with her attendance.

Millie is very focused during the sessions and executes all the drills well, putting maximum effort into all 4 strokes .

Well done Millie!



CWSC at British National Championships

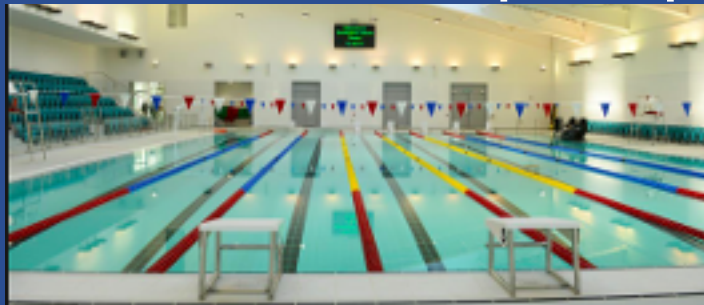


National Performance swimmers Nick Finch, Henry Grey, Jason Mahmutoglu, Edward Whittles and Tallulah Paisley swam at Ponds Forge, Sheffield at the British Nationals. Well done to all!

[Link to British Championships, Ponds Forge April 2022](#)



CWSC 2022 Club Championships



CWSC Club Championships will take place at Kensington Leisure Centre on 24 - 26th June.

The last date to register your swimmer for events is 3rd June 2022.

The cost of each race will be £9 (charged to your team unify account).

The Club Championships is run by volunteers. CWSC would like parents and carers to volunteer for this event via the following link to the [event page](#). If you would like to see a short video showing you how to use the job sign up system please [click here](#).

CWSC would like to thank everyone who volunteers at swimming events. Without you, it would not be possible to run them.

Swimmer's spot



This month's swimmers spot comes from Regional Performance swimmer, Keira Osorio:-

I started swimming in 'Better' classes at the age of three. I started swimming with CWSC when I was 9, in black hats and progressed to AD, then RP.

My focus stroke is fly, and my focus races are 100 fly and 200IM. I have chosen to focus on these races because I feel they are my strongest races; and I have fun racing them too.

My most momentous moment was at a race in Wycombe. My coach, Marina, encouraged me to get 1.14 in my 100 fly. I was so surprised and overjoyed when I achieved this time; and I hope she was as well.

My advice to all of you is to *keep going; no matter how hard or rough it gets. Keep pushing because you can make it past your limit!*

My next step is to get all of the regional times and to reach NP. It will take lots of work, but *I believe anything is possible if you try.*

Swimming links

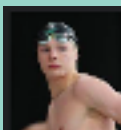
(on YouTube)



Best swimming finals at Tokyo 2020



6 best 50m races 2022



Duncan Scott 100IM record

10 Best Swim races of 2020

June's meets

Jun 11 2022	CWSC 2022 Mini Club Championships (Yellow & Blue Hats ONLY) 11 June 2022 Event Category: CWSC Internal Gala - Non Licensed  This part of the 2022 CWSC Mini Club Champs is for the Yellow & Blue Hats.
Jun 11 2022	CWSC 2022 Mini Club Championships (Red & Orange Hats ONLY) 11 June 2022 Event Category: CWSC Internal Gala - Non Licensed  This part of the 2022 CWSC Mini Club Champs is for Red & Orange Hats only.
Jun 17 2022	Team Bath National Prep L1 LC Meet 17 June 2022 - 19 June 2022 Event Category: External Meet - Qualifying Times   Date - Fri PM 17th Jun, Sat 18th Jun & Sun 19th Jun, 2022
Jun 24 2022	CWSC 2022 Club Championships 24 June 2022 - 26 June 2022 Event Category: CWSC Internal Gala - Licensed  Date - Fri PM 24th Jun, Sat 25th Jun & Sun 26th Jun 2022. Please see job sign up on events page, CWSC sign in