



Newsletter
March 2022

CWSC shine at the SE London Summer Championships



SE Summer Championships, regional meet, took place at London Aquatics Centre and K2 Leisure Centre, Crawley.

CWSC age group swimmers swam with skill and determination, collecting a multitude of personal best times and medals over the two weekends.

The competition was fierce, as the best of the SE region lined up to race. CWSC swimmers conducted themselves with maturity and were a fantastic representation of our club.

It was evident that our swimmers were swimming their way to success by utilizing their race processes and drawing on the skills gained in their training.

The CWSC team supported each other throughout the two weekends of the race meet, and the camaraderie and friendship bonds that have been built were truly evident.

Shout outs go to Clare Jenkins and Indigo Spence for achieving British Champs times.

SE London Summer Championships

Outstanding swims also from: Eddie Robinson; Luke Pryce Jones; Ben Podurgiel Veronica Venuti and Olivia Zobek.

The fifteen and over age group will swim at the London Aquatic Centre on 30th April in the Youth Weekend.



Star Athlete



Coach Maddy has selected Frederica Ostlund as this month's Star Athlete. Frederica really enjoys swimming and has made great progress since joining CWSC. Frederica always listens and takes in instructions from the coaches. Well done Frederica!

PSC

Putteridge National Qualifier



Our CWSC swimmers traveled up to Luton to attend the Putteridge National Qualifier. Times were slashed and personal bests were abundant!

Swimmer's raced tough and reaped the rewards of their training.

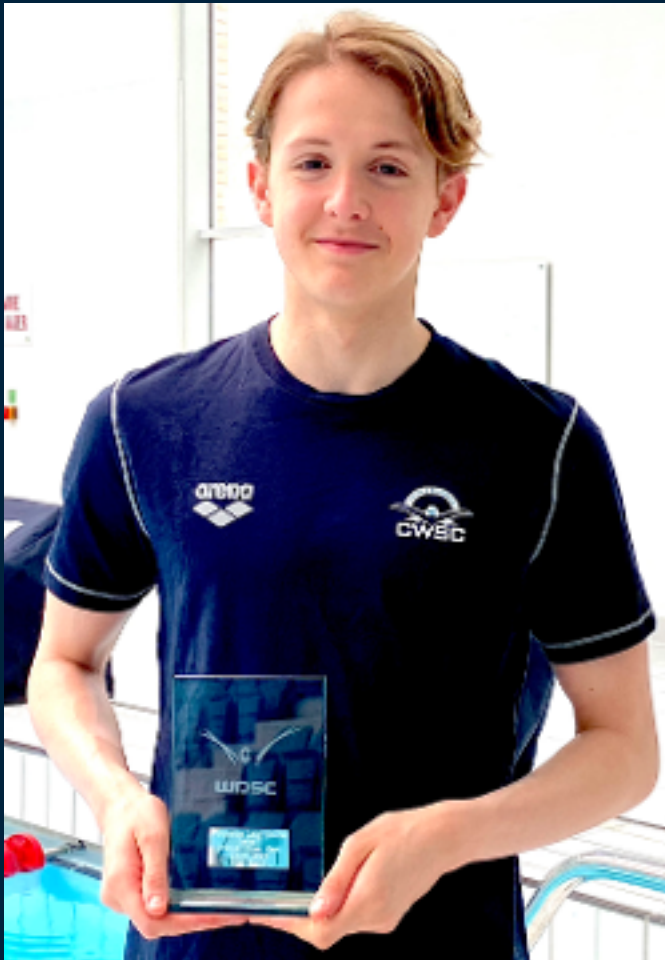


A massive well done to all of our CWSC swimmers. Special shout outs go to Zara North and Kaplan Eler.

Also, a big thank you to our coaches and the parents who volunteered and made the swim meet possible.

LCPM
Wycombe Long Course
Premier Open Meet

CWSC at Wycombe



Edward Marcal Whittles won top male swimmer award

National Performance attended Wycombe Long Course Premiere Meet. They achieved personal bests on what were already phenomenal times. We wish them well for the British and English Championships this summer.

Coach Greg Capper



CWSC would like to welcome Greg Capper to our club as Head of Development. Greg will primarily be working with AD squads and black hats, and he will lead on all engagement, direction and communication for the above squads

Greg began his coaching career in 2010. He is a qualified senior coach (level 3) and a swim teacher (level 2); and he also coaches at County, Regional and National skill/development camps.

Greg's age group swimming career includes National Individual and League performances for his club. Greg says "those days define me still today". Greg also swam as a Master and, on one occasion, achieved a European relay record with some of his swim buddies.

Greg has also had a successful career in IT and Project Management, which peaked in 2012 when he managed the IT services at one of the venues for the London Olympic Games.

Greg's favourite quote is:-

The greatest failure of all is the failure to try (William Ward)

Greg's coaching philosophy is:-

To try or to strive

Greg's aim while coaching our swimmers is "to guide people to be the best they can, and for them to enjoy the journey."

Greg would also like to thank everyone at CWSC for the very warm welcome he has received, and would especially like to thank the AD swimmers for "impressing" him so much!

Coach Greg Capper

coachgc@cswimming.com

Coach John Watson



CWSC would also like to welcome John Watson to our club.

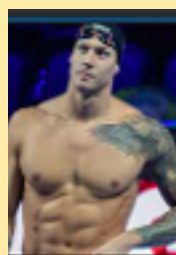
John will be the Lead Physical Preparation Coach and will primarily be working with Advanced Development Regional Performance and National Performance.

John has previously represented British swimming as their Strength and Conditioning Coach at The Bath National Training Centre (NTC); and he has also represented Irish swimming as Head of Performance Support and Strength and Conditioning Practitioner.

CWSC are excited to have John as part of our team and look forward to benefiting from his expertise.

Swimming links

(On YouTube)



Caeleb Dressell 50 Free in 17.63

Interview with Caeleb Dressel

Caeleb Dressel 100 free under 40

Caeleb Dressel 100 butterfly

May's meets

Apr

30

2022

2022 SE London Summer Championships - Youth Weekend

30 April 2022 - 02 May 2022 Event Category: External Meet - Qualifying Times

May

07

NUEL SC National Qualifier

07 May 2022 - 08 May 2022 Event Category: External Times

May

08

MCASA May Open Meet

08 May 2022 - 22 May 2022 Event Category: External Qualifying Limits