



## Newsletter October/ November 2023

Swim England Regional Club of the Year 2023  
Swim England National Silver award Club of the year 2023  
Active Westminster Club of the Year 2023  
CWSC & Millfield International Meet 2023  
Guildford Level 2 Winter Meet 2023  
Black Hats Duel in the Pool 2023/ Middlesex County Development Camp 2023  
SE London Regional Development Camp 2023



# Congratulations CWSC



CWSC win Club of the Year at SE Winter Championships for last season. It is such an honour to receive this award in recognition of our swimmers hard work. Good job team!

## Regional Awards 2023

CWSC also won the short course Swim England London Winter Championships 5-6th November 2023, London Aquatic Centre.

There was fast swimming and an impressive points tally. Great job team!

[Link to Swim England's Regional Awards 2023](#)

[Link to SE London Winter Championship 2023 results](#)

## Westminster Club of the Year 2023

ACTIVE  
WESTMINSTER  
AWARDS  
2023



This is an amazing achievement for our remarkable team. Active Westminster is such a prestigious award. We are swimming the Borough proud, across the board. A huge well done to all of our members

[Link to Active Westminster's award winners of 2023](#)

Swim England  
National  
Awards  
2023



The awards are made to recognise the vast contribution made by organisations and individuals in all aquatic sport.

Congratulations to CWSC on their silver award for Swim England's National Club of the Year.

These awards given to 'some truly incredible people and organisations'

[Link to Swim England's National Club of the Year](#)





Derwentside asc



Mount Kelly



Morpeth asc

Swimmers travelled from across the country to Millfield to compete at the CWSC & Millfield International Meet 21-23rd October 2023.

Our swimmers raced against National and International competition and had an incredible start to the season. Many personal best swims were gained and medals won. Our team also broke a total of 36 club records!

A massive thank you goes out to everyone who made this meet possible!

[Link to CWSC instagram](#)

[Link to CWSC & Millfield International results](#)



## Guildford Level 2 Winter Open 2023



CWSC swimmers competed at the Guildford level 2 Winter Open Meet 18-19th November 2023, Surrey Sports Park. Our swimmers smashed things up at Guildford. Special shoutouts go to the following swimmers for achieving national qualifying times: Aslan Eler, Angelo Nnaji and Eric Lesesene. Shoutouts also to MJ Stafford Davies and Maya Orfanidis for very fast swimming!

[Link to CWSC Instagram page - Guildford L2 Winter Open](#)



## Black Hats Duel in the Pool



A massive shoutout to our Duel in the Pool swimmers. Lots of smiles and fast swimming over the weekend!







A small team of exceptionally talented swimmers and coaches were selected to join to join the Swim England London Regional Development Camp. Congratulations to Daniel, Enzo, Delilah, Ben and Annalise on being selected. It was a great day of learning and sharing knowledge!



## National Arena League

London Division  
Round 2

### CWSC storm to victory

CWSC stormed to victory, once again, at round 2 of the National Arena Swimming League 09/11/2023. Well done to our swimmers and thank you to our volunteers and support crew!

[Link to Arena League results](#)  
[Link to CWSC instagram page](#)

### 10 THINGS THAT REQUIRE ZERO TALENT

- Being On Time
  - Making An Effort
  - Being High Energy
  - Having A Positive Attitude
  - Being Passionate
  - Using Good Body Language
  - Being Coachable
  - Doing A Little Extra
  - Being Prepared
  - Having A Strong Work Ethic
- From Champion Minded, by Alistair Mc Craw

Posted on Instagram by Director of swimming - Lisa Bates



[Link to:- 10 things that have nothing to do with talent](#)



## Middlesex County Development Camp



Congratulations to Innes, Kaplan and Isabella on being selected for the Middlesex County Development Camp! Olympic swimmer, Anna Hopkins, gave a presentation and advice to our swimmers.

### Team Events December 2023 -January 2024

Dec 02 2023	2023 Yellow and Blue Hats Holiday Gala, 2nd December 2023
Dec 02 2023	NUEL SC Late County Qualifier 2-3rd December 2023
Dec 07 2023	2023 Orange Hats Holiday Gala 7th December 2023
Dec 07 2023	2023 Red Hats Holiday Gala 7th December 2023
Dec 09 2023	CWSC December Duel in the Pool, 9th December 2023
Dec 09 2023	National Arena League (London) Round 3, 9th December 2023

Dec 16 2023	WCPSC Winter Sparkler 16-17th December 2023
Jan 27 2024	2024 MCASA weekend 1 27-28th January 2023
Feb 03 2024	2024 MCASA weekend 2 3-4th February 2024

[Link to Christmas and New Year swimming dates](#)

Please see the TU team events page for full details