



Newsletter January 2022

City of Derby



Maya Eleni Orfanidis excels at City of Derby

CWSC Advanced Development, Regional Performance and National Performance descended on Ponds Forge International Swimming pool Sheffield, to attend the first Level 1 Long Course meet of 2022.

CWSC Swimmers raced tough and put their mark on British swimming. Well done to all our swimmers!

Swim England **Swimming** National Talent Pathway



Nick Finch Edward Marcal Whittles Henry Gray

Congratulations to Nick Finch, Edward Marcal Whittles and Henry Gray on their selection to **Phase 2 of Swim England's National Event Camps**.

The group of 15-16 year old athletes were selected based on their performances from the Festival of Swimming and the Swim England National Winter Championships.

A talented cohort of 100 swimmers and para-swimmers have been selected.

The athletes will experience a combination of: training sessions; educational workshops; physical screening; and an event specific camp to be held in Birmingham later this year. There will also be an opportunity to race at the Commonwealth Games Test Event at the Sandwell Aquatic Centre in May 2022



Edward Marcal Whittles was the joint winner of the Young Sports Personality of the Year at the 2021 'Active Westminster Awards' that took place before Christmas.

Congratulations Edward! The awards celebrate individuals and communities who contribute to making Westminster an active city for all. The club was also shortlisted for the Change4Life award.

Middlesex County Championships



Chloe and Jade at the Counties



The Middlesex County Championships took place over three weekends (29/01/22, 05/02/22, 12/02/22).

CWSC had 106 individual Middlesex County Qualifiers this year.

The Counties will be covered in next month's newsletter.



Star Athlete

Victoria Melanikova from yellow hats Holland Park has been nominated by her coach, Mario, because she is a good listener with a positive attitude towards swimming. She always pushes herself to achieve her best, and these are the reasons why she is an excellent swimmer



Star Athlete

Elodie Burgoyne from black hats Kensington has been nominated by her coach, Katia, because she has a positive attitude towards swimming and takes all feedback on board. She is focused in all of her training sessions and works hard. She is also a friendly team mate to her fellow squad members.

Lisa Bates, Director of swimming Message for the New Year



Dear Member,

On behalf of everyone at CWSC, I'd like to wish you the Happiest New Year.

The inconsistency through this past year has made each of our swimmers more determined and resilient. It's admirable how they have kept their focus - for such young people, they have certainly shown great maturity and have acquired unique coping mechanisms. Such traits will see them go far in our sport and in life.

I cannot thank the staff and committee members enough for helping to guide the club through the pandemic, and giving the swimmers some stability - it has strengthened the CW network and built a camaraderie that is incomparable. When the country started opening up, CW had a cohort of volunteers immediately prepared to commit endless hours to provide our swimmers opportunities; enabling them to return to an environment similar to what they had known pre-pandemic **thank you everyone.**

Everybody has a different view of what success is. In competitive sport it is often result or outcome based. Navigating our way through the pandemic has taught us all to appreciate and value the journey and reflect on success differently. Two key traits which helped us come out of this pandemic thriving are - hard work and happiness. Having their sport taken away from them has brought a new level of drive and passion into their swimming. This has helped to create a culture of working hard and aiming for success within CWSC.

In September, our young swimmers hit the ground running with a superb 5th place finish in the National Arena League Junior Final. More recently, the whole of the CW team have once again qualified for the final of the Arena League which will be swum in March - the team is representative of Chelsea pathway swimmers, not swimmers that we have recruited in from external clubs/universities in order to acquire additional points. That is a huge achievement, especially for those swimmers who were competing as youth swimmers in the senior field.

From the start of this season, an abundance of club records have been smashed, broken and re-broken over the last 15 weeks. One event that was exceptional was this year's London Region Winter Championships. Our most successful to date - a total of 64 final swims, 14 GOLDS, 5 silver and 8 bronze medals displayed the intention of our team for this season. Our 15/u swimmers dominated the Championships with the age groups winning the regional total score by over 200 points. This outstanding achievement was led by Edward Whittles and Lavinia Ricca, who continuously bounced from race to race with no rest, collecting multiple personal bests and medals. They displayed the intention of our team for this season. Those two really set the stage for others NP and RP swimmers-



Lavinia Ricca

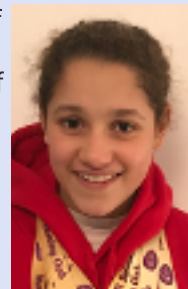


Edward Whittles

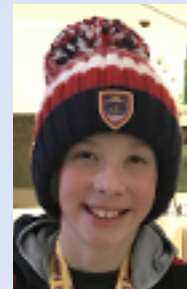
'only those who will risk going too far, can possibly find out how far one can go'.

Swimmers wanted a piece of the success. It was fantastic to observe the persistence of others in the group, such as Indigo Spence and Ben Podurgiel.

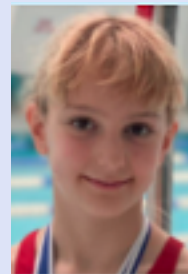
Whilst the direction was set through our performance squads, the other competitive squads were building momentum. Repeatedly we had the biggest presence at the Nuel meets where Advanced Development and Black Hat swimmers were competing tough and displaying great skills across the pool. It was amazing to see CWSC representation at all competitions and track the progress of the swimmers throughout all the weekends of racing at Nuel, Hitchin and Wycombe. Watching swimmers such as Maya Eleni Orfanidis, Michael Ares, Kaplan Eler and Joseph Augustine shine through has been exciting.



Indigo Spence



Ben Podurgiel



Maya Eleni Orfanidis



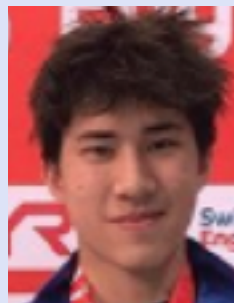
Michael Ares



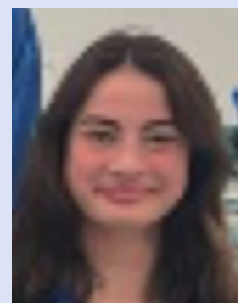
Kaplan Eler



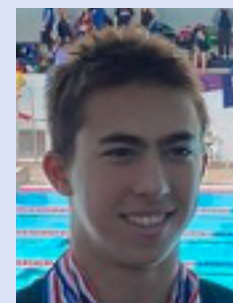
Joseph Augustine



Nick Finch



Imogen Sargent



Henry Gray

Swimmers then moved on to the National stage to race the Country's finest. Here, some really came into their own and flourished in such a competitive environment. Stand out swimmers were Imogen Sargent, who looked superb racing and pb'ing in every stroke. Two gents in particular had a fantastic champs - Henry Gray, being the fastest 15 yr old 200 fly swimmer Nationally and of course, Nick Finch. Nick, collected 2 golds and a silver - breaking the BRITISH JUNIOR RECORD in the men's 50 fly. Outstanding.

Just when everyone thought that they may have had enough swimming before Christmas, our AD, RP and NP squads led a tough campaign at Winchester. The first long course meet of the season is always the hardest - the transition from a 25m to a 50m racing pool never feels very nice. However, everyone embraced the challenge and once again the personal bests tumbled.

We are now in a new cycle of work and looking forward to new challenges

Can we all move it on again? Unquestionably, YES. 2021 was unique. Our swimmers have given it the best reason to be unforgettable - well done all.

Lisa Bates, Director of swimming



Coach's Tip



Alexander MacDonald is assistant head coach. Alexander has been involved in multiple aspects of swimming and aquatics for 15 years, including, coaching (equivalent level 3), club management and officiating. He also has a keen interest in nutrition and the important role it plays in the performance and development of athletes.

Alexander writes the following nutritional tip:- To consider the 3R's (refuel, repair, re-hydrate) of recovery after each session/ competition.

I have included links to some information around nutrition, and how to ensure you are considering what you are in-taking into your body.



Eat well to train well



3R's snack ideas



3R's of nutritional recovery

Swimming tips



Aimee Wilmott's top tips for race day



Turns, underwaters and breakouts



Working on underwater fly kick

Swimmer's spot



Zara wins first place in her age group in the City of Derby meet

Zara North swims with Advanced Development and is our CWSC featured swimmer this month. Zara has written the following:-

My favourite strokes to swim are both butterfly and freestyle. Freestyle is probably my best stroke because it is fast and can be swum over many different distances.

My favourite race is the 400m freestyle because you need to push yourself really hard, both physically and mentally. There is also lots of room to improve your time over this distance.

My best swimming moment is when I won first place at the City of Derby meet in my age group. The most fun event I have participated in was the Senior Arena League, as the atmosphere was amazing and I enjoyed racing as part of the CWSC team.

My advice to other swimmers is - always take coaches feedback on board, and always put maximum effort into your training, as that is what will pay off when you are racing.

I have also met lots of new people and made many friends through swimming.

Events and competitions

Feb 19	2022 Wycombe Dual Award (Level 3) Long Course Meet 19 February 2022 - 20 February 2022 Event Category: External Meet- Upper Qualifying Limits
Feb 24	2022 McCullagh International Meet 24 February 2022 - 26 February 2022 Event Category: External Meet - Qualifying Times
Mar 05	Enfield SS Level 3 Open Meet 05 March 2022 - 06 March 2022 Event Category: External Meet- Upper Qualifying Limits
Mar 11	2022 Wycombe Long Course L1 Premier Meet 11 March 2022 - 13 March 2022 Event Category: External Meet - Qualifying Times
Mar 12	2022 SE London Summer Championships - Age Group Weekend 1 12 March 2022 - 13 March 2022 Event Category: External Meet -