



# NEWSLETTER

CSCSC SQUAD CATCH UP

APRIL 2015

## Camden Swiss Cottage Swimmers 'speed' at Spring Development Meet

Camden Swiss Cottage swimmers performed strongly at the Middlesex Spring Development Meet, held over two weekends in March at the Southbury Road pool in Enfield.

Times faster than the January County qualifying mark were awarded with much sought-after 'Speeding Tickets', while swimmers just outside those times in the 'Time' category were awarded medals.

Racing to Speeding Tickets were Scarlet Bureau, Celeste Chhibber, Kate Driscoll, Natasha Gerhardstein, Ella McEver, Clara Mee, Annelise O'Connell, Leon Aziz, Brandon Biss, Louis Levinson, Alexander Chen, William Chen, Gabriele Giavannoni, Keith Mara, Alexander Pama, Theodore Pliner, Patrick Wilson, Anna Cvetojevic, Florence Ellary, Nathalie Lustig, Edie Ramsay, Nora Rotman, Anna Sinko-Urbe, Amir Castronovo, Danny Markov, Lauren Brantley, Clementine Butler Brown, Isabelle Chen, Amelia Sargent, Gabriel Duval, Konrad Georgescu, Pavle Stamenkovic, Emile Barou, Nirav Tomasi, Celine Markantonis, Ennis Barnett, Alexander Borisov, Ella Harvey, James Costello and John-Antonio Argyriadis.



*Emilie Pelling, Middlesex Development Meet 2015*

## Latest News

Regional Times Deadline – 6 April, 2015  
All entries will be electronic so please email CSCSC with your times.

Entries are now open for the Windsor L3 Meet and the Middlesex LC Meet. The club closing dates are listed below, incomplete or postal entries will NOT be accepted. Please make cheques payable to CSCSC or a bank transfer can be made. Please direct any queries to your squad coach.

- Windsor L3 Meet:  
Entries close on 8 April, 2015
- Middlesex Long Course Meet:  
Entries close on 14 April, 2015

### Save the Date

M11 Round One: 26 April, 2015  
Team selected by coaches, Ages 9-12

Cont.

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Winning gold in the 'Time' category were Kate Driscoll, Ella Podurgiel, Matthias Alvarado, Leo He, Nathalie Lustig, Danny Markov, Pavle Stamenkovic, Tucker Moran, Olivia Troyer, Ennis Barnett, Charlie Fraser-Allen, Joseph Wildisen, Ella Harvey, Helene Schlichter, James Costello and Ender Dervisoglu.

Silver medals were won by Sofia O'Connell, Brandon Biss, William Chen, Troy Harris, Nirav Tomasi, Patrick Wilson, Danny Markov, Nathalie Lustig, Malika Uppal, Pavle Stamenkovic, Saphia Gaunt, Emile Barou, Olivia Troyer, Helene Schlichter, Charlie Fraser-Allen, Ender Dervisoglu and Gabriel Barnett.

Claiming bronze were Leon Aziz, William Chen, Antoine Divet, Alexander Pama, Patrick Wilson, Yasmin Biss, Anna Cvetojevic, Emilie Pelling, Amir Castronovo, Ben Quellmann, Gabriel Duval, Tucker Moran, Saphia Gaunt, Juan Garcia Rodenas, Pavle Stamenkovic, Ben Wildisen, Sophie Nimmo, Helene Schlichter, James Costello and Gabriel Barnett.

We don't have the space to mention everyone, but there were lots of excellent Personal Best Times and all our younger swimmers gained some really valuable racing experience. Well done everyone!



Starting this month, CSCSC swimmers will get 10% off the full price of any purchase at MailSports.co.uk, by entering the discount code CSCSC1103 at checkout. As part of their affiliate program, a further 5% will then revert to CSCSC for future purchases of swim gear and equipment for the team. Just click on the MailSports logo on our homepage, which will direct you to [www.mailsports.co.uk](http://www.mailsports.co.uk). Happy shopping!

## Masters Corner



Camden Masters delivered a great performance on the 2014 T30 challenge, which involved swimming as far as possible in 30 min. No less than 17 swimmers from the club participated! National rankings revealed 4 podium swims in their respective age group: Thibaud Pierre (24) 2<sup>nd</sup> with an impressive 2480m, Jessica Thorpe (29) 3<sup>rd</sup> with 2175m, Chris Hopton (39) 2<sup>nd</sup> with 2340m, and Pete Jaggs (59) 3<sup>rd</sup> with 1995m. Combined swims from 4 swimmers led to 1<sup>st</sup> place in the male 72+ team with a new national team record of 9330m (Pierre, Elan, Hopton, Muthumala), 2<sup>nd</sup> place in the female 110+ team (Thorpe, Ogilvie, Charpentier, O'Hagan), and 3<sup>rd</sup> place in the male 160+ team (Jaggs, Muldoon, Beak, Woodhams). A great result for the club, well done everyone!

On 28/02 the BWSC Masters Open meet was held. Despite being the only swimmer from Camden, Chris Hopton delivered an impressive performance, winning a medal in each of his 6 races: 2 golds (50 & 200 free), 3 silvers (50 & 200 back, 100 fly) and 1 bronze (100 IM). Congratulations Chris!

Upcoming is the Easter Egg Meet (12<sup>th</sup> April at 5.30pm) in our local Swiss Cottage pool. Swimmers from any level and helpers welcome, so save the date and come for a great evening of fun, swimming, and chocolate!



## What to eat during swimming competitions

When preparing to compete at a swimming competition you need to pay careful attention to nutrition. Here are some tips about what to eat during swimming competitions.

### The day before

When competition time comes round, you'll have plenty on your mind. So the day before the event keep exercise to a minimum – if anything at all – and eat meals and snacks high in complex carbohydrates. You need to keep those glycogen stores topped up.

1. Drink fluids little and often to stay properly hydrated.
2. Eat little and often – every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.
3. Avoid big meals or over-eating in the evening – this will almost certainly make you feel uncomfortable and lethargic the next day.
4. Try to stick to familiar foods. Curries, spicy foods, baked beans and pulses (unless you are used to eating them) can cause gas and bloating, so avoid eating anything that may cause stomach discomfort the next day. It's best to stick to foods that you are familiar and compatible with!

### The morning of the event

Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods – cereal with milk, porridge, banana with yoghurt, some fruit or toast with jam. If you're really struggling, try liquid meals such as milkshakes, yoghurt drinks or a smoothie. It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

### Snacks between heats

Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again. High fat and simple sugar foods will do you no favours in competition. Instead search out complex carbohydrates again. If you can't stomach anything solid try sports drinks, flavoured milk or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles. The list below offers great food options to be snacking on in and around training for a competition. Remember to keep eating healthy foods from your regular diet though, such as fresh vegetables, nuts and fruits.

- Water, diluted fruit juice with a pinch of salt or a sports drink
- Pasta salad
- Plain sandwiches e.g. chicken, tuna, cheese with salad, banana, peanut butter
- Bananas, grapes, apples, plums, pears
- Dried fruit e.g. raisins, apricots, mango
- Smoothies
- Crackers and rice cakes with bananas and/or honey
- Mini-pancakes, fruit buns
- Cereal bars, fruit bars, sesame snaps
- Yoghurt and yoghurt drinks
- Small bags of unsalted nuts e.g. peanuts, cashews, almonds
- Prepared vegetable crudités e.g. carrots, peppers, cucumber and celery

# Q & A: Nuala Muir-Cochrane

by Caroline Charpentier



Nuala Muir-Cochrane

**CAROLINE**- Most of us Masters swimmers know you as a very dedicated morning swimmer, but when did your swimming career start and what were your greatest achievements as an elite swimmer?

**NUALA**- I swam for Leeds, all the way from their Learn to Swim programme to their top squad, winning age group Nationals on my main events, 400 and 800 free, my best time was 4:19 and 8:49. I first swam for team England the 400IM in an age group international meet against Germany and France at the Barnet pool, which had then just opened in 1977. I made team GB as a junior in the 1978 European Juniors in Florence and as a senior in 1979-1981. I left Leeds in 1982 when I started Uni, then had a 12-year break from swimming.

**CAROLINE**- So I guess this 12-year break ended when you joined Camden? What has your experience with the club been like?

**NUALA**- Well, I joined Swiss in 1995 originally to work as assistant director to Dave (Hobbs). My main tasks in the job were to look after the Learn to Swim programme and coaching of the Development and Intermediate (now JAGS and SAGS) squads. I also joined the Masters as a swimmer, mainly to meet people as I was new in London. At the time I swore I would never race again, but got convinced quite quickly and started competing with Masters within a year of joining the club. I currently still hold over 15 GB Age group masters records and many club records.

**CAROLINE**- What's your best memory with the club?

**NUALA**- It's a hard question as I obviously have many good memories of all those years in the club. Maybe one I can think about right now is Dave Hobbs giving me technique tips during my swim across the Channel in 2008. I can still vividly picture him in the support boat telling me "how about you try and lift your elbows a bit higher?" and trying his best to take my mind off the enormity of the swim I was doing.

**CAROLINE**- Could you tell us a bit more about your role in the club now?

**NUALA**- Sure, I am the Aquatics Manager and my role in a nutshell is to manage the operations, quality, and efficiency of the Learn to Swim programme, which involves 3500 children and 70-80 part time teachers across 6 sites. A few years ago I also took on a volunteer role to get the club Swim21 accredited. This accreditation is really important to maintain over the years as it proves that the club is a safe environment in terms of equality, children welfare, coaches and teacher's qualifications, and governance. It also gives the club more funding opportunities.

**CAROLINE**- Great, and to finish a couple of fun facts, do you have a favourite swimming set?

**NUALA**- Not sure, but last year I celebrated my 50<sup>th</sup> birthday swimming 50x50 on 50'. It was a fun one!

**CAROLINE**- How about any other hobbies or passions outside of swimming?

**NUALA**- I love photography. Also, if you ever want to see my soft side, bring me a dog, I love to walk dogs and have been known to dog sit in my spare time!



Nuala Muir-Cochrane, Channel Swim 2008

## KUDOS!

In Sept last year, CSCSC in partnership with GLL set up the Learn to Swim programme at Camden's newest sports centre, Pancras Square Leisure. The scheme started with just four swimmers but has since grown to over a 100 swimmers with four teachers. Great job by the lead teacher, Kylie, and her team of Erenik, Mia and Scott.

## UPCOMING FIXTURES



### Portsmouth Northsea Meet

Date: 2-5 April 2015

Age: 9+

Level: 1

Venue: Mountbatten Sports Centre

### Beckenham Easter Long Course

Date: 3-5 April 2015

Age: 10+

Level: L1

Venue: Crystal Palace

### Ealing Spring Development

Date: 18-19 April 2015

Age: 10+

Level: L3

Venue: Northolt Leisure Centre

### Crawley Spring LC Meet

Date: 18-19 April 2015

Age: 10+

Level: L1

Venue: Crawley K2 Leisure Centre