



camden swiss cottage swimming

NEWSLETTER

APRIL 2016

Camden swimmers strike gold in Belgium

A team of 22 Camden Swiss Cottage swimmers left Swiss Cottage on Thursday 17th March, headed for the three-day Grand Prix International de la Ville de Seraing in Liege, Belgium.

The team, accompanied by Matt, Gerry and Michelle, travelled by minibus to the East of Belgium, and checked into a nearby Ibis hotel.

The competition, held in a great 50m long course facility, was of a high standard reflected by the inclusion of Olympians from Italy within the programme. Other nations competing included Germany, Spain, Holland and the Czech Republic. Derwentside and Beckenham also represented Great Britain.

Racing began on the Friday evening and continued through to Sunday late afternoon, with separate heat and finals sessions.

Our swimmers more than rose to the challenge of this tough environment, with many competing abroad for the first time, and a number of strong Personal Best times were clocked.

Alex Borisov (15) claimed triple gold – winning the 100m breaststroke in 1.10.76, the longer 200m in 2.30.83 and the 200m IM in 2.20.15.

Ally Larson (16) struck gold in the 200m IM in an impressive 2.28.57 while an age group younger, Marlie Rittenhouse (13) claimed gold in her final too in 2.37.06.



Alex Borisov (centre)



Ally Larson (centre)



Marlie Rittenhouse (centre)



Lauren Brantley (14) had a successful weekend taking five medals home in all. She touched for three silver medals in the 100m and 200m butterfly and 100m freestyle, as well as claiming bronzes in the 50m butterfly and 50m freestyle.

Segev Gonen-Cohen took silver in the 200m butterfly, while Natalia Kaczmarczyk (16) scooped bronze medals in the 50m and 200m freestyle and 50m butterfly. Pavie Stamenkovich claimed bronze in the 100m butterfly as did James Slade in the 200m IM.

Swimmers finishing outside the medals but still achieving finals were Lauren Brantley, Isabelle Chen, Natalia Kaczmarczyk, Ally Larson, Marlie Rittenhouse, Emile Barou, Alex Borisov, Graham Brantley, Amir Castronovo, Yann Divet, Charlie Fraser-Allen, Alex Lezard, Benji Moore and James Slade.

Says Head Coach Matt: "It was great to see our swimmers getting experience of racing abroad at a quality meet. The trip was a great team-builder and I was impressed with how our swimmers coped with competing away from home and racing a heats and finals format."



Masters' Corner

A team of Camden Swiss Cottage Masters travelled to Swansea to compete in the Swim Wales Open Masters meet which was held on 5th and 6th March at the Wales National Pool. The team had a hugely successful weekend, demonstrating great team spirit and support for their fellow Camden Swiss Cottage swimmers.

Gold medallists were Tamsin Jaggs, Celia Marcadal, Nuala Muir-Cochrane, Maida Shivik, Chris Hopton and Carl Sheppard.

Taking silver were Caroline Charpentier, Elizabeth Knowles, Maida Shivik, Tamsin Jaggs, Danielle Lee, Massimiliano Gori, Chris Hopton, Martin Woodhams and Carl Sheppard.

Bronze winners included Hilary Johnson, Tamsin Jaggs, David Josephs, Anachie McLoughlin and Carl Sheppard.

There were a number of brilliant relay wins and team podium finishes – with Claudio Corallo adding to the medal tally as part of a relay quartet.



19 SWIMMERS MAKE REGIONAL TIMES AT HARROW

Camden Swiss Cottage swimmers headed to Barnet for the Harrow Regional Qualifier with a number of targets. For some, making Regional Qualifying times was the aim, whilst for others gaining valuable racing experience and a PB or two was the goal for the meet.

Both Marlie Rittenhouse (12) and Alexis Lambropoulos (11) carried out a clean sweep of gold in all four of their events. Marlie took victories in the 50m and 100m butterfly, 100m freestyle and 200m IM. Alexis won the 50m freestyle, 100m freestyle, 100m backstroke and 200m IM.

Benji Moore (14) took a massive 12 seconds off his entry time to finish first in the 200m butterfly. He also sprinted to further golds in the 50m and 100m distances, adding a fourth win in the 50m freestyle and rounded off a successful meet with a sub-60 100m freestyle – 59.78 – and a bronze medal.

Athena Lambropoulos (13) claimed gold in the 50m and 100m fly and 200m freestyle, as well as sprinting to a silver medal in the 100m freestyle. Nick Finch (9) swam strongly throughout his busy programme taking home 6 medals in total. He clinched gold in the 50m and 100m backstroke and 50m fly, silver in 200m freestyle and 200m breaststroke and bronze in the 100m freestyle.

Mika Fitzpatrick-Suen (14) produced some solid swims to take wins in the 100m freestyle (dipping under the minute barrier), 200m freestyle and 400m freestyle as well as taking a silver in the 200m IM.

Larissa Giles (12) claimed triple gold in the 50m freestyle, 50m and 100m backstroke, also touching for silver in the 100m freestyle.

Sharlize Abbas (11) showed great time improvements across all her swims, gaining two golds in the 100m and 200m butterfly and a bronze in the shorter 50m sprint. Danny Markov (12) also took home two gold medals – in the 50m butterfly and 50m freestyle, adding a silver in the 100m freestyle and bronze in the 200m freestyle.

It was good to see Camden Swiss Cottage swimmers dominate in the 9 year old girls category. Charlotte Shaw's medal tally was 5 – gold in the 100m butterfly and 50m backstroke, silver in the 200m freestyle and 50m breaststroke and bronze in the 100m breaststroke. Tianna Krok (9) won gold in the 50m and 100m breaststroke and bronze in the 50m backstroke. While Madeleine Liddell, also 9, took gold in the 100m backstroke and 200m breaststroke and silver in the 50m freestyle.

Gabriele Giovannoni (11) sped past his entry times in the 100m fly and 200m IM to clinch golds. Ella McEver (11) also claimed gold in the 200m breaststroke alongside silver in the 200m IM and 50m breaststroke. Edie McGrath (10) shaved considerable time off her entry times to also win a gold and two silvers, in the 100m butterfly and 200m IM and 50m butterfly respectively.

Max Quellmann (9) raced to victory in the 200m breaststroke, some 15 seconds under his entry time. Max also won silver in the 200m backstroke and added bronze medals in the 200m IM and 100m breaststroke.

Haziq Kyril (10) won the 200m backstroke, as well as taking bronze medals in the 50m fly and 200m freestyle. Eris Shala (14) claimed gold in the 50m breaststroke as well as two bronzes in the 50m freestyle and 100m breaststroke. Meanwhile Oliver Wright (10) powered to gold in the 50m breaststroke, finishing in second place on the podium in the 200m IM. Amir Castronovo (12) claimed gold with a 3 second improvement over his entry time in the 200m freestyle and Estella Grant (14) claimed victory in the 50m butterfly.

Silvers went to Garance Ferera (9), Ariella Leon (9), Isobel O'Rourke (9), Romilly Ashworth (10), Ella Podurgiel (10), Louis Levison (10), Alex Chen (11), William Chen (11), Leo He (11), Allie Gruber (12), Lyelle Kahaner (12), Emilie Pelling (12), Ben Quellmann (12), Isabelle Chen (13), Shaun Abbas (14), Ann Sophie Schmitt (15) and Segev Gonen Cohen (15).

Bronze medallists for Camden Swiss Cottage were Garance Ferera (9), Alexandre Pelling (9), Romilly Ashworth (10), Sofia O'Connell (10), Alice Wood (10), Luka Cutler (10), Alex Chen (11), Leo He (11), Alexander Pama (11), Connie Bellas (12), Lyelle Kahaner (12), Emilie Pelling (12), Jacob Boyden (12), Baptiste Rivoire (12), Isabelle Chen (13), Amelia Sargent (13), Emile Barou (13), Luca Pirie (13), Celine Markantonis (14), Shaun Abbas (14), Coco Brinkmann (14), Ally Larson (15), Filip Marjanovic (15) and Sorcha Owens (16).

Says Assistant Head Coach, Gerry Gillespie: "It was a good gala with plenty of medals picked up in all age groups. It was great to see so many swimmers from Gold & Silver Development Squads and the Club Squads competing. It was also pleasing that 19 swimmers achieved or improved Regional Qualifying or Consideration Times at the meet."

GETTING TO KNOW YOUR COMMITTEE: WHAT DOES OUR WELFARE OFFICER DO?



As you will be aware, our club is run by a committee of volunteers – without their input, the club simply wouldn't be able to function. From time to time we thought it might be helpful for you to understand more about our committee roles and the volunteers behind them. In this issue we're talking to Hilary Johnson (above right) who is our Welfare Officer.

Hilary, when did you join our committee, and why?

I joined last summer after responding to an email asking for volunteers for the Welfare Officer role. Many of the attributes and characteristics of a Welfare Officer are similar to those I use in my 'day job', both my daughters used to swim with the club and I swim with the Masters so it is a way of 'giving back'. Both my parents volunteered for my swimming club when I was young (Cambridge) so had set a good example!

What does the role of Welfare Officer involve?

The key elements of the role are to assist with the safeguarding and protecting of young swimmers and to implement the ASA Wavepower policy and procedures. There is a link to this document on the club website: <http://www.swimming.org/asa/clubs-and-members/safeguarding-children/> The role also involves helping to resolve situations that are causing upset to members (issues which are not directly training and competition related, where coaches are the right people to talk to).

Do you need any special qualifications?

No, although I did have to attend 2 courses run by the ASA: Safeguarding and Protecting Children workshop and a course called 'Time to Listen'. The attributes the ASA suggest as being important are: being a good communicator, a good listener, being approachable, tactful and discreet and being able to respect confidentiality. I'll let my fellow club members decide the extent to which I meet these!

When, why and how would a member contact you?

Anytime that they are unhappy with how they are being treated by another club member or when they observe behaviour that is outside either the Member or Parent Codes of Conduct; both of which are in the documents section of the club website. There is a Welfare Officer email: welfare@camdenswimming.co.uk which is also listed under The Committee section of the website.

What do you enjoy about your volunteer with our club's committee?

Getting to know and working with more people than I come into contact with just through my swimming, being able to support swimmers and help resolve situations that are causing concern and, within the Committee, working with a group of like-minded, committed and enthusiastic people.

Your Voice: Our Escalation Process

We want all our members and their parents to feel that they can have their voice heard within the Club and raise concerns or queries. To do so we ask that you follow this escalation process:

- For anything swim related such as schedules, behaviour, training, meets, etc always contact your child's coach in the first instance. It is best to contact your child's coach to book a meeting time; please do not try to discuss items poolside while the coaches are working.
- Contact the Head Coach if your child's coach is unable to assist you.
- Contact the Club's Team Manager regarding squad related issues and the Business Manager for any financial/account enquiries during office hours.
- Contact the relevant Club Committee member. For example, if you have concerns regarding your child's welfare, contact the Club's Welfare Officer. A full list of Committee members and positions is available on the Club website.
- If you feel the Club or a member of the Club is acting inappropriately with regard to the ASA/ Club rules, and you have already raised the issue all of the above parties, you can pursue further by contacting the Club Chairperson.
- Should you at this point still be dissatisfied, you can make a complaint on behalf of your child to the ASA. Details of how to do this are in the ASA Handbook, a copy of which can be read and downloaded from the ASA British Swimming website www.britishswimming.org.

Redbridge Medalists

Congratulations to the following medalists from the London Borough of Redbridge Last Chance Regional Qualifier, held over the Easter Weekend:

Gold

Sharlize Abbas (11), Alex Chen (11), Edie Ramsay (12), Danny Markov (12), Nirav Tomasi (12), Emma Cvetojevic (14), Athena Lambropoulos (14), Mika Fitzpatrick-Suen (14), Ally Larson (15), Shaun Abbas (15) and Joseph Wildisen (15).

Silver

Nik Markov (9), Louis Levison (10), Sharlize Abbas (11), Alexander Pama (11), Nirav Tomasi (12), Clementine Butler Brown (13), Emile Barou (13), Emma Cvetojevic (14), Athena Lambropoulos (14), Ennis Barnett (14), Mika Fitzpatrick-Suen (14) and Ally Larson (15).

Bronze

Jocelyn Sellar (9), Nik Markov (9), Haziq Kyril (10), Alexander Pama (11), Hugh Sellar (11), Lyelle Kahaner (12), Edie Ramsay (12), Iris Ramsay (12), Nirav Tomasi (12), Isabelle Chen (13), Emile Barou (13), Athena Lambropoulos (14) and Shaun Abbas (15).

CONGRATULATIONS!

Congratulations to the following three parents who have qualified as much-needed ASA Judge Level 1 (J1) officials for our club:

Robin Brantley (mother of Graham and Lauren), Marija Franulic (mother of Lia and Hillary) and Srdjan Marjanovic (father of Filip).

We are really grateful to each of them for volunteering their time to train. Their qualification means all of our swimmers will be able to race at meets as we have to provide officials for every competition we attend.

If you would like to find out more about helping out our club and becoming a J1 official (it's easy, fun and you'll learn a lot) please contact Robin Brantley at volunteer@camdenswimming.co.uk

Half Term Development Camp a big success

The Development Squads from Swiss Cottage and Highgate spent two days of the February half term at a Training Camp at Mill Hill School. The programme was exceptionally busy with an 8.15am start and 3.15pm finish, and comprised two pool sessions, land training and team talks. The four pool sessions focused on each stroke, with emphasis on skills and technique. Video was taken of all swimmers.

On the first day the squads were given a talk by Katie Ambridge on nutrition, featuring a team game on identifying the correct food to eat both before, during and after a meet. On the second day Head Coach Matt Heathcock presented a motivational talk which included advice on goal setting. Both talks were well received by the swimmers and Michelle was impressed to see them asking further questions.

The camp was exhausting but fun as well - and some swimmers even went training in the evening!

UPCOMING FIXTURES



Middlesex Spring Development Meet

16th-17th April 2016, Level 3
Southbury Road, Enfield

Team Luton April Long Course Meet

16th-17th April 2016 Level 1
Luton Sports Village

Leeds National Qualifier

22nd-24th April 2016, Level 1
John Charles Centre for Sports, Leeds

Camden Swiss Cottage Novices Club Champs

24th April 2016, Level 4
Camden Swiss Cottage Sports Centre

M11 Junior League Round 1

24th April 2016
Southbury Road, Enfield

Middlesex Long Course

14th-15th May 2016, Level 1
University of Surrey