



NEWSLETTER

CSCSC SQUAD CATCH UP

JUNE 2015

Camden Clinch 12 Regional Championship Titles

Camden Swiss Cottage swimmers finished their most successful London Swimming Championships in recent years with 12 title wins and a total of 36 podium finishes.

Julia Murphy (12) led the way, winning five gold medals. Julia powered to victory in the 50m, 100m and 200m breaststroke and the 50m and 100m freestyle. Showing great versatility she also clinched silvers in the 50m butterfly and 200m Individual Medley and bronzes in the 50m backstroke and 100m butterfly.

Fresh from a top ten finish at the British Championships in April, Anne Tavierne (14) showed more outstanding form to take two golds in the 200m and 400m freestyle. Anne also touched for silver in the 100m and 200m backstroke, and took bronze in the 50m freestyle, 50m backstroke and 400m Individual Medley.

Alex Borisov (14) had an impressive campaign showing his all-round strength to take titles in the 200m Individual Medley and 200m breaststroke. Alex rounded off the meet with silver medals in the 50m and 100m breaststroke and 400m Individual Medley.

Madison Hookway (16) continued her breaststroke dominance with golds in both the 100m and 200m events and silver in the 50m sprint. In the same age group, Indigo Mathews (16) powered to gold in the 200m butterfly.

Stanley Ramsay (16) moved up the rankings to take silver in the 200m Individual Medley and bronze in both the 100m freestyle and 200m backstroke. Other bronze medal winners for Camden were Ally Dill (13), Olivia Halsted (16), Natalia Kaczmarczyk (15), Alexander Kapanadze (17) and James Slade (18).



Joseph Wildisen, London Regional Championships 2015

Logo Update

Thank you for those that took the CSCSC survey and/or expressed helpful comments for the design process. We had over 200 votes with an overwhelmingly 85% of you voting in favour of a new logo. After confirming everything with the CSCSC committee we have decided to further develop logo 1 (the CS hybrid) or something similar, which was also the overall favourite among the membership narrowly beating out the Sailfish logo. We have now taken all of your comments and will be meeting with the designer soon to further develop the logo into something we will all be proud of. We understand that naturally some will be a little sad that their favourite wasn't chosen, but rest assured that we will do our best to deliver something that the whole team can get behind. New logo coming soon!

Save the Date

M11 Round Three: 28 June, 2015
Team selected by coaches, Ages 9-12

Cont.



Selection of Regional Finalists



Selection of Regional Finalists

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Relay silver came from the girls 14/16 years 4 x 100m freestyle team (Indigo Mathews, Natalia Kaczmarczyk, Anne Tavierne and Ann Sophie Schmitt) and the 4 x 100m medley team (Anne Tavierne, Madison Hookway, Indigo Mathews and Natalia Kaczmarczyk). The quartet of Stanley Ramsay, Alex Borisov, Hugo Lowell and Konstantin Kapanadze finished in 3rd on the podium in the 4 x 100m medley team.

Demonstrating Camden's ever-improving depth of talent, top ten final finishes also came from Larissa Giles (12), Marliese Rittenhouse (12), Lauren Brantley (13), Drew Dill (12), Anna Podurgiel (13), Ann Schmitt (15), Lia Trimarchi (15), Charlie Fraser-Allen (15), Bertie Newman (15), Sissel Anderson (16), Ella Harvey (16), Darcey Hookway (16), James Costello (16), Konstantin Kapanadze (16), Brendan Comyn (17), Hugo Lowell (17), Isobel Moffatt (17), Alex Panteli (17) and George Kapanadze (18).

The Regional Championships, which took place throughout May at Crystal Palace National Sports Centre and at the London Aquatics Centre at the Olympic Park, are the precursor to the summer's British and English Age Group Championships, which take place in August. With a new format this year, selection will be made on fastest time rankings, rather than qualification times. We will update you on who made the cut in the next issue.



We are very excited to announce that the Camden Swiss Cottage Swimming Club has licensed the foremost swim team management software application available today. TeamUnify is an intuitive and user-friendly application used to simplify the back office processes, facilitate communications with our members and consolidate swimmer data.

Each squad family and masters swimmer will have their own account which will help keep track of times, facilitate the Gala and Open Meet entry process and provide a financial snapshot of your account. TeamUnify will also host our website and provide a web portal to the swimming data which is important to you. There are mobile apps for both Android and iOS.

TeamUnify was developed in the US where it is widely adopted. It has been localized and rolled out to teams in Canada and Australia. The application is being localized for the UK and is targeted to have proper UK date formats, UK address formats and currency symbol available in the third quarter. The club will move to adopt monthly billing, rather than termly, as part of the implementation.

The club is currently in the process of consolidating swimmer data from a variety of sources in order to begin the configuration. The target rollout date for testing the new website and mobile access is 1 July. Look for more information about the Camden Swiss Cottage Swim Club rollout of TeamUnify in the near future!

MASTERS CORNER

Dorney Lake, Eton Swim 25th May 2015

By Neil Singer



If you have never tried an open water swim, you really ought to try a race at Dorney Lake, the Olympic Rowing venue. The facilities are excellent, the water clean and it is very well organised. For anyone slightly nervous there is no need to be; there are plenty of people in canoes to assist. Personally I prefer open water to galas – if you are tired, you can slow down for a rest. I find it more exhilarating and there is nothing nicer than passing people as they run out of steam.

I saw Hilary Johnson (one of the Club's new Welfare Officers) just after her 5k – she seemed full of energy still; I saw Lucy Ogilvie at the start of the 3k before she shot off into the leading pack; Unfortunately I didn't see Chris Hopton, but most probably he was finished and gone before I even arrived as his time was so fast.

Results as follows:

- Hilary Johnson (5k - 1:26:31): 1st in women 55-59 age group
- Chris Hopton (5k - 1:13:23): 2nd in men 35-39 age group
- Lucy Ogilvie (3k - 49:02): 2nd in women 35-39 age group
- Neil Singer (3k - 51:29): 3rd in men 50-54 age group

It's never too late to learn!

If you're one of the many people who would love to swim but don't know where to start, now is the time to take advantage of what Camden has to offer.



Melissa



Charlie

Did you know?

We run adult swim lessons in all four of Camden's leisure centres. These include the Kentish Town Sports Centre, Oasis Sports Centre, Swiss Cottage Leisure Center, and the brand new centre, Pancras Square Leisure.

Melissa's Story

"Swimming in the deep end used to scare and intimidate me, yet now thanks to Camden swimming lessons, I have overcome this fear. I am now a confident swimmer in the pool and sea at any depth.

After just a few sessions at Swiss Cottage Leisure Centre, I learned so much, including different strokes, proper breathing techniques, floating and more.

If you can't swim yet, I'd definitely encourage you to start lessons to help you enjoy a new healthy lifestyle."

Charlie's Story

"I signed up for the London Triathlon early last year, but I couldn't swim so I decided to have lessons. I was scared at first, as I hadn't had any lessons since being at school, and I had a fear of water then.

After receiving the lessons this gave me a lot of confidence and my technique and stamina have improved. The teacher (Karolina Soroko) I had really inspired me and has given me the confidence I need."

**Learn more about our adult learn to swim program at
www.camdenswimming.co.uk**



Keith Mara, Windsor L3 Open Meet 2015



Amelia Sargent, Windsor L3 Open Meet 2015

Windsor L3 Open Meet Results

Gold Medal Winners

Emile Barou (12) – 50m Freestyle
Brandon Biss (9) – 50m Backstroke, 50m Butterfly, 200m Freestyle, 100m I.M.
Ender Dervisoglu (14) – 50m Breaststroke
Keith Mara (10) – 50m Butterfly
Edie McGrath (9) – 200m Freestyle
Amelia Sargent (12) – 100m Freestyle
Oliver Wright (9) – 50m Breaststroke

Silver Medal Winners

Emile Barou (12) – 50m Backstroke, 100m Freestyle
Connie Bellass (12) – 50m Breaststroke
Brandon Biss (9) – 50m Freestyle, 100m Freestyle
Amir Castronovo (12) – 50m Breaststroke
Ender Dervisoglu (14) – 100m I.M.
Nathalie Lustig (11) – 50m Butterfly
Keith Mara (10) – 50m Breaststroke
Ella McEver (10) – 50m Breaststroke
Edie McGrath (9) – 100m Freestyle
Poppy Peters (9) – 50m Butterfly, 100m I.M.

Bronze Medal Winners

Connie Bellass (12) – 100m I.M.
Amir Castronovo (12) – 100m I.M.
Amelia Sargent (12) – 50m Backstroke, 200m Freestyle
Ender Dervisoglu (14) – 50m Backstroke, 50m Butterfly
Gabriel Duval (12) – 50m Backstroke, 50m Breaststroke
Josua Mara (9) – 50m Backstroke
Edie McGrath (9) – 100m I.M.
Emilie Pelling (11) – 50m Breaststroke

Dulwich Dolphins Sprint Meet Results

Gold Medal Winners

Brandon Biss (9) – 50m Butterfly
Gabriel Duval (12) – 50m Freestyle
Athena Lamproboulos (13) – 50m Butterfly
Keith Mara (10) – 100m I.M.
Rokowati Mara (12) – 50m Butterfly
Tucker Moran (14) – 50m Backstroke, 50m Breaststroke, 50m Butterfly

Silver Medal Winners

Brandon Biss (9) – 100m I.M.
Gabriel Duval (12) – 50m Backstroke
Cindy Gholami (9) – 50m Backstroke
Leo He (10) – 50m Butterfly, 100m I.M.
Alexis Lamproboulos (11) – 50m Freestyle
Keith Mara (10) – 50m Breaststroke, 50m Freestyle
Daniel Markov (11) – 50m Backstroke, 50m Butterfly, 100m I.M.
Edie McGrath (9) – 50m Butterfly
Tucker Moran (14) – 50m Freestyle

Bronze Medal Winners

Brandon Biss (9) – 50m Breaststroke
Yasmin Biss (11) – 50m Backstroke
Cindy Gholami (9) – 50m Freestyle, 100m I.M.
Leo He (10) – 50m Backstroke
Alexis Lamproboulos (11) – 100m I.M.
Athena Lamproboulos (13) – 50m Backstroke, 50m Freestyle
Rokowati Mara (12) – 100m I.M.

New Squad Rep Initiative

Parent Volunteers Requested

CSCSC is initiating a Squad Representative Program to foster two-way communication between swimmers and the Club.

Working closely with the Committee and CSCSC staff, squad reps will:

- Help to ensure transparent communication,
- Assist coaches and staff with disseminating information, and
- Act as a resource for swimmers and their families -particularly those new to CSCSC or the squad.

The Committee and staff are very excited about the opportunity to get more parents involved in the Club. This new program will be an integral part of the Club's focus to involve its membership more in understanding the vision of the Head Coach and to provide effective communication in ensuring this vision is achieved.

The Squad Rep program is expected to go live in September 2015. Representation from all squads [Club, Bronze, Silver, Gold, JAGS, SAGS, Top and Masters] is desired. If you are interested in representing your squad, please contact Elke Rittenhouse, the Squad Representative Coordinator, no later than 26th June at elke.rittenhouse@me.com stating the squad you would like to represent.



Camden Stars Win Again

Lead M11's Going Into Final Round

Camden Swiss Cottage's younger swimmers took their second consecutive victory in the latest round of the M11 Junior League, held at Basildon Sporting Village.

One of the strongest performers in the first round was on form again, with Gabriele Giovannoni (10) sprinting to victories in both the 50m freestyle and 50m backstroke, as well as swimming up an age group and taking a 2nd place in the 11 years 50m backstroke. Gabriele Giovannoni teamed with Antoine Divet, Leo He and Keith Mara to win the freestyle relay, and with Leo He, Keith Mara and Brandon Biss to win the medley relay.

Brandon Biss (9) also swam strongly individually to take a victory in the 25m backstroke and 25m freestyle, as did Oliver Wright in the 25m breaststroke in the same age group. Joined by Luka Cutler and Josua Mara, the 9 year old boys also powered to first place in their relay. Josua Mara also finished 2nd in his individual 25m butterfly.

Marliese Rittenhouse (11) was the club's other individual winner - taking first place in the 11 year old 50m backstroke, as well as second in the 50m freestyle. Marliese then teamed with Alexis Lambropoulos, Allie Gruber and Nathalie Lustig to take maximum points in the freestyle relay.

The exciting final race the 200m canon relay also finished with a victory for Camden - individual winners Brandon Biss, Gabriele Giovannoni and Marliese Rittenhouse were joined by Edie McGrath (9), Scarlet Bureau (10), Danny Markov (11), Konrad Georgescu (12) and Amelia Sargent (12).

Vital second places were achieved by Edie McGrath (9), Cindy Gholami (9), Allie Gruber (11), Konrad Georgescu (12) and Amelia Sargent (12). Keith Mara (10) took a valuable third in the 50m butterfly and Clementine Butler Brown (12) scored two third place finishes.



M11 team celebrate their second round victory



Michelle McCarthy takes a victory plunge

A highlight for all the swimmers at the end of the competition was the chance to throw coach Michelle McCarthy into the pool as part of the victory celebration!

As we head to the final round on Sunday 28th June in a very strong position, please make sure if you're picked you make yourself available to swim. Every point counts and we need our strongest possible team.

SAVE THE DATE

CSCSC Summer Picnic

Saturday 12 September

We have rescheduled the summer picnic to the 12th September to be held at The Orchard, directly behind Mallinson Sports Centre. It is our first picnic since 2009 and we would love to have a great showing from all squads. The timing is tentatively scheduled for 2:30 - 5:30, allowing Masters to join us directly after their Saturday training. More information will be forthcoming. Questions to Elke Rittenhouse (elke.rittenhouse@me.com or 07769 902647)

UPCOMING FIXTURES



Middlesex Masters

Date: 7 June 2015
Age: Masters Level: Masters
Venue: Barnet Cophall

British Masters Championships

Date: 12-14 June 2015
Age: Masters Level: Masters
Venue: Manchester Aquatics Centre

Darmstadt International

Date: 26-28 June 2015
Age: 12+ Level: 1
Venue: Dsw Freibad, Germany

Harrow End of Season Meet

Date: 27-28 June 2015
Age: 9+ Level: 3
Venue: Barnet Cophall