



# NEWSLETTER

CSCSC SQUAD CATCH UP

MARCH 2015

## Camden Success at 2015 County Championships

Camden Swiss Cottage swimmers powered to a host of great results at the last weekend of the Middlesex Championships, with a packed programme comprising distance races, 50m sprints and relay events.

Julia Murphy (12) continued her great form to make an impressive clean sweep of every 50m race in the her age group - winning the 50m fly, 50m backstroke, 50m breaststroke and 50m free. Julia then teamed up with Anna Podurgiel, Lauren Brantley and Drew Dill to take gold in the girls 12/13 200m free relay.

Anne Tavierne (14) also showed brilliant sprinting form to take gold in the 50m free and 50m back, whilst Alex Borisov (14) clinched gold the 50m breaststroke.

Maddy Hookway (16) completed a strong championships to take silver in the 16 and over 50m breaststroke while Natalia Kaczmarczyk (15) also clinched silver in the 50m free.

Charlie Fraser-Allen showed great stamina to take third place in the tough 1500m freestyle in a great PB time. Larissa Giles (12) also took a bronze in the 50m back as did Anna Podurgiel (13) in the 50m free. Lauren Brantley (13) powered to her bronze in the 50m fly with James Slade (16) also touching third in the 16 and over 50m back.



*Julia Murphy, County Championships 2015*

## Latest News

Entries are now open for the Ealing Spring Development Meet and the Crawley Level 1 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.

- Ealing Spring Development:  
Entries close on 2 March, 2015
- Crawley Level 1 Meet:  
Entries close on 16 March, 2015

Cont.



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The girls 16 & over 200m relay (Olivia Halsted, Erza Shala, Maddy Hookway and Indigo Mathews) took silver in their event. Meanwhile the club also showed their strength in the 12/13 years girls age group with the B team taking the bronze in the 200m free relay (Ally Dill, Isabelle Chen, Amelia Sargent and Clementine Butler Brown).

Top eight finishes, impressive in a strong county field, came from Yann Divet (12), Lauren Brantley (13), Drew Dill (13), Anna Podurgiel (13) Coco Brinkmann (13), Mika Fitzpatrick-Suen (14) and James Slade (16).

Our top swimmers are now back training hard as they begin the preparations towards the London Regional Championships in May.

## Good Luck, Guido!



As many of you know, Guido Cavaciuti's last coaching session at Camden HG was Thursday, 12 February. The farewell ended in high spirits, as Guido was presented with cards, cake and an Amazon voucher compliments of the membership.

Guido learned to swim at the age of 4 in our learn to swim programme at Highgate. After moving through the squads, he worked as assistant to the development squad lead and club squad lead at Highgate, eventually becoming lead coach of HG dev, and head teacher of HG learn to swim. As a coach and teacher, he's been an integral part of the CSCSC team since 2008.

Guido is leaving us for an exciting position with Warner Bros. Studios where he will be working on the remake of 'The Jungle Book'. We wish him great success in all his future endeavours and will continue to think of him as part of the CSCSC family!

## Masters Corner



Thanks to everyone who came to our first social of 2015 at the Washington Pub in February and made it such a great success! From now on we will aim to organise a monthly social, hoping to keep this positive vibe going. In the meantime, feel free to get in touch with us for any issue or suggestion, information about joining the Masters, competing, getting involved with the club or simply if you have ideas for our future social events!

Your Masters Reps,  
Elizabeth ([elizabethknowles@btinternet.com](mailto:elizabethknowles@btinternet.com)) and  
Caroline ([caroline.charpentier1@gmail.com](mailto:caroline.charpentier1@gmail.com))

## Letter from the Chair

A big thank you to all the swimmers, parents, coaches, staff and volunteers who donated their Sunday evening to meet & greet our new head coach Matt Heathcock. We are excited and proud to have someone of Matt's calibre and swimming heritage join the Camden team and look forward to working together. We have been heartened by the sterling efforts beyond the call of duty of Sandy Clayton and Nuala Muir-Cochrane during recent times and by all the teamwork of the staff and coaches. These efforts have been supported by what is now a full committee of passionate volunteers with a diverse range of skills including operations, finance, communications, IT and management. The committee has engaged and focussed on a number of key areas and initiatives including a communications task force of Byrna West, AJ McEver, Ann-Marie Halsted, Claire Butler Brown and Caroline Charpentier, established to enable more efficient communication of news and developments among members; Chris Moran and the work he is doing relating to the implementation of the TeamUnify web platform, bringing about administration efficiencies and integrating multiple functionalities for swimmers, coaches, parents and administrators through a dedicated systems environment; Tom Costello and the work he is doing to enhance the financial reporting process; Yumi and her husband Dorian Lowell, who kindly provided his views gratis to conduct an initial review of the club's constitution; and Caroline Hookway, for her loyal devotion to the club in numerous roles over the years including judge, welfare officer and committee member to name but a few, continuing to provide stalwart stewardship. Volunteers are key to the continued operation of the club and we urge all members to get involved. Also, anyone with experience and skills in human resources please come forward as this is a current requirement.

-Andrew Panteli, Chairman



Natalia Kaczmarczyk, Sissel Anderson, Izzy Moffatt, Matt Heathcock (Head Coach), Maddy Hookway, Alex Panteli, Andrew Panteli (Chairman)

## CSCSC Awards Announced

Swimmers and parents alike had a great opportunity to meet our new Head Coach, Matt Heathcock, at a special Meet and Greet session held at Swiss Cottage Leisure Centre on Sunday 8th February. Matt answered questions and gave an overview of his thoughts about our direction as a club. He also handed out some of the club's awards to swimmers for their performances in 2014. The full list of CSCSC 2014 award winners are as follows:

Most Outstanding Male	James Slade
Most Outstanding Female	Izzy Moffatt
Male Best Backstroke - Top	Peter Schlichter
Female Best Backstroke - Top	Anne Tavierne
Male Best Backstroke - Intermediate	Lia Trimarchi
Female Best Backstroke - Intermediate	Austin Harris
Boys Best Backstroke - Development	Brandon Biss
Girls Best Backstroke - Development	Edie Ramsay
Male Best Breaststroke - Top	James Slade
Female Best Breaststroke - Top	Maddy Hookway
Male Best Breaststroke - Intermediate	Alex Borisov
Female Best Breaststroke - Intermediate	Anna Podurgiel
Boys Best Breaststroke - Development	Coco Brinkmann
Girls Best Breaststroke - Development	Ella McEver
Male Best Butterfly - Top	Alex Panteli
Female Best Butterfly - Top	Issy Moffatt
Male Best Butterfly - Intermediate	Graham Brantley
Female Best Butterfly - Intermediate	Lauren Brantley
Boys Best Butterfly - Development	Callum Carlisle
Girls Best Butterfly - Development	Natasha Gerhardstein
Male Best Sprint Freestyle - Top	James Slade
Female Best Sprint Freestyle - Top	Natalia Kaczmarczyk
Male Best Sprint Freestyle - Intermediate	Abel Sinko-Urbe
Boys Best Sprint Freestyle - Development	Danny Markov
Girls Best Sprint Freestyle - Development	Allie Gruber
Male Best 400+ Distance Swim - Top	Stanley Ramsay
Female Best 400+ Distance Swim - Top	Indigo Mathews
Male Best 400+ Distance Swim - Intermediate	Charlie Fraser-Allen
Female Best 400+ Distance Swim - Intermediate	Olivia Halsted
Boys Best 400+ Distance Swim - Development	Gabriele Giovannoni
Girls 400 + Distance Swim - Development	Anna Cvetojevic
Male Best I.M. - Top	Brendan Comyn
Female Best I.M. - Top	Indigo Mathews
Male Best I.M. - Intermediate	James Costello
Female Best I.M. - Intermediate	Sisel Anderson
Boys Best I.M. - Development	Ben Quellmann
Girls Best I.M. - Development	Nora Rotman
Open Water	Charlie Fraser-Allen

# Q & A: Matt Heathcock

by Ally Dill and Drew Dill



Drew Dill, Matt Heathcock, Ally Dill

**DREW-** What is your image of a perfect swimmer?

**MATT-** It's somebody that is dedicated, who works hard, who has a bit of character about them, smiling, wants to be challenged, can communicate really well, who's open to suggestions and open to trying new things. For me, that would be an ideal athlete to work with.

**DREW-** As a swimmer, did you enjoy land training and did you train hard?

**MATT-** I had my moments. I worked as hard as I could for my ability. I'm sure the coaches who coached me would say there were a few times that I probably didn't train as hard as I should have done. I was quite fortunate in that I swam in clubs and environments where the ethos was to train hard and that's what we did.

**ALLY-** Who is your role model?

**MATT-** In life it's my parents. It's my mum and my dad. They brought me up and made me the man I am today. They are my role models.

**DREW-** If you could meet your twelve year old self what would you say?

**MATT-** I'd say to myself, "Be nicer to my younger brother". That would be the first thing because I was pretty tough on him growing up. Second of all, I would tell myself what the lottery numbers are so I could win the lottery. And I'd probably give myself more advice on how to talk to girls better as I got older.

**ALLY-** Have you learnt anything important from past mistakes?

**MATT-** In life, yes, but we won't go into too much of that. As a swimming coach, yes. I can openly say, when I first started coaching, that I was a coach that wore my heart on my sleeve, which was quite vocal. Sometimes I spoke before I thought things through. And I suppose growing, getting older and learning from those things that I may have said, which I shouldn't have done, I've learned to be a lot calmer on poolside in certain situations.

**ALLY-** What's your biggest fear?

**MATT-** My biggest fear is letting down my friends and family. I would never want to do that.

**DREW-** When did you decide to grow a beard and why?

**MATT-** So, this is an ongoing joke but basically my dad can't grow a beard...at all. So, I grew one just because I could. Just to prove a point and it kind of stuck because apparently it's quite fashionable now to have a beard.

**ALLY-** What's your most embarrassing moment?

**MATT-** I'll never forget I was 21, I was on poolside at one of my old clubs when I was an assistant coach. The swimmers had not done a particularly good job in training and I was pretty frustrated with them. After speaking to them in a louder voice, should I say, I kicked a kick float that was on the pool side away from them. And as I kicked it, I slipped and landed on my bum in front of all of the swimmers and all of the parents in the balcony. So that was probably my most embarrassing moment as a swimming coach.



The club is seeking one or two volunteers to fill the role of Welfare Officer. The Welfare Officer must be a club member and cannot be related to an employee or a member of the committee. If you are at all interested please contact us at [secretary@camdenswimming.co.uk](mailto:secretary@camdenswimming.co.uk)

## UPCOMING FIXTURES



### Middlesex Spring Development Meet

Date: 1<sup>st</sup> March, 14-15 March 2015

Age: 10+ Level: 3

Venue: Southbury Road, Enfield

### Portsmouth Northsea Meet

Date: 2<sup>nd</sup> April 2015

Age: 9+ Level: 1

Venue: Mountbatten Sports Centre

