



NEWSLETTER

CSCSC SQUAD CATCH UP

MAY 2015

Young Stars Race Camden to First Round M11 Win

Camden Swiss Cottage's youngest swimming stars stormed to victory in the first round of this year's M11 Junior Swimming League at Basildon's Sporting Village Pool. Swimming in Division One of the League against tough opposition, Camden produced a great team effort to win with 293 points, ahead of Kent's RTW Monson on 252 and Dulwich Dolphins on 247.

One of the team's youngest racers, promising 9 year old Brandon Biss, took the first individual win of the day with a decisive victory in the 25m freestyle. Brandon also helped his team-mates (Josua Mara, Luka Cutler and Oliver Wright) to grab double victory in the 9 year old freestyle and individual medley relays. Gabriele Giovannoni (10) also swam strongly to win both his individual events - the 50m backstroke and 50m freestyle.

Brandon and Gabriele then helped the 8 x 25m cannon relay to victory in an exciting finish against Thurrock, teaming with Edie McGrath, Scarlet Bureau, Marliese Rittenhouse, Danny Markov, Julia Murphy and Konrad Georgescu.

Other vital individual wins came from Marliese Rittenhouse (11) and Julia Murphy (12) with close second place finishes from Keith Mara (10), Marliese Rittenhouse, Danny Markov (11) and Clementine Butler Brown (12).

Claiming victories in relays were two freestyle teams - the 10 year old boys (Antoine Divet, Leo He, Keith Mara and Gabriele Giovannoni) and the 12 year old girls (Amelia Sargent, Clementine Butler Brown, Larissa Giles and Julia Murphy).



Brandon Biss, M11 First Round 2015

Latest News

Entries are now open for the ASA London Last Chance Meet (for national qualification). 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.

Last Chance Meet:
Entries close on 7 May, 2015

Cont.



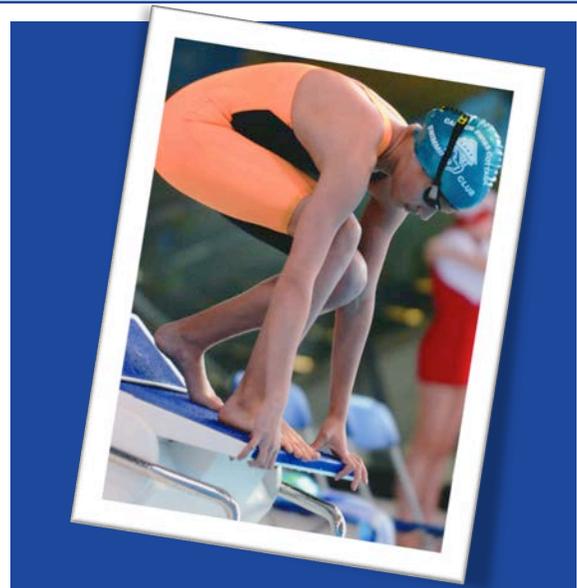
Marliese Rittenhouse, M11 First Round 2015

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The boys 10 year old medley foursome came second (Brandon Biss, Keith Mara, Leo He and Gabriele Giovannoni), as did the 11 year old 4 x 25m freestyle team (Charlie Pliner, Ben Quellman, Gabriele Giavannoni and Danny Markov), the boys 12 year old 4 x 50m freestyle team (Konrad Georgescu, Emile Barou, Antoine Divet and Danny Markov) and the girls 12 year old 4 x 50m medley squad (Clementine Butler Brown, Julia Murphy, Amelia Sargent and Larissa Giles).

Alongside those already mentioned, also gaining vital points with 3rd place individual swims or as part of a relay team were Cindy Gholami, Poppy Peters, Margaritta Zatta, Ella McEver, Alexis Lambropoulos, Nathalie Lustig and Allie Gruber.

Says Coach Michelle McCarthy: 'This was a great team effort with some brilliant swims and I was proud of how all the Camden swimmers supported each other. What we need to do now is build on this performance and keep our focus - we've still got two rounds to go.'



WAY TO GO LARISSA!

CSCSC's own Larissa Giles took home 1st place at the British Schools Modern Biathlon Championships. Around 500 competitors from England, Wales and Scotland took part in regional competitions from which individuals could qualify for the Championship that took place at the Olympic Park on Saturday, 28 March. The top 140 competitors in each age category raced for the championship. The under 12 age group combined a 50m swim and 800m run. In that group, Larissa finished 2nd in the swim portion with a time of 30.15 and 7th in the run with a time of 2:44.41. Her combined score placed her securely in overall first place. Well done, Larissa!



Masters Corner

The 8th Easter Egg Meet took place on 12 April in our very own Swiss Cottage pool. Around 30 swimmers from Camden Swiss and Cally Masters came to showcase their swimming talents and win well deserved chocolate eggs.

There were some great performances (including a masters club record by Sara Magrath on the 200 fly 25-29 age group, awaiting approval) in an even

nicer atmosphere! Thanks to Elizabeth, Wojciech, Stephanie and Caroline for the organisation, all the volunteers for their precious help, and let's hope this may become a club wide event (rather than Masters only) in the years to come!

SAVE THE DATE – The next gala will be Middlesex Championship taking place in Barnet on 7 June, 2015. Entries close on 22 May. Come for a day of swimming and fun, with some unique 4x25 relays, so no excuse!



All About Ásbjörg

By William and Alex Chen



Celebrating her recent appointment as Lead Highgate Development Coach, William and Alex Chen sat down recently to learn all they could about Ásbjörg Gustafsdottir in a little Q & A.

Alex- How do you feel about your new position as Lead Highgate Development coach?

Ásbjörg- I feel very good about it. I look forward to it!

Alex- Do you use a strategy when teaching swimming to children?

Ásbjörg- Of course! To begin with, right now, we are working heavily on developing technique. We will be moving more to an emphasis on technique as well as continuing endurance training.

William- Why did you choose swimming as a sport?

Ásbjörg- My mom was a handball player at a national level, junior national, and junior national football. She played both sports and her knees, or joints and everything were pretty much ruined. She wanted us to be in some sort of sport, to be involved, but didn't want us to ruin our joints or do anything that would impact our future. So I swam partially because swimming is a sport that's not going to completely wreck your body, at least if you do it properly, by the end of your career.

William- Who is your favourite swimmer?

Ásbjörg- Jakob Jóhann Sveinsson. The only reason I would choose him, he's not really my favourite swimmer as I really don't have a favourite swimmer, is just that he would probably inspire most people because he swam at an Olympic level for 12 years. He's probably the most ambitious person I've ever met. He would not miss a practice for a 6 year period. If he was sick, he would still go. Fever and everything. Dripping nose and whatnot. He would always go to practice.

Alex- Were you naturally good at swimming when you first started or did you have to practice a lot?

Ásbjörg- I was really, really tall and even though my technique was absolutely atrocious to begin with, I went fast. So yes, within a year I was the fastest one in Reykjavik in breaststroke. I was a head taller so I had an advantage.

William- Do you always feel nervous before races? How do you control your nerves?

Ásbjörg- Yes, I do feel nervous. Sometimes I would sit down with my music, concentrate and picture my swim beforehand, especially if it was a very important one. Calm down, imagine my dive, every single turn, my whole swim and usually if I did that, I would swim a lot faster.

William- What does it take to win nationals?

Ásbjörg- Ambition, dedication and hard work.

Alex- Do you have any hobbies apart from swimming?

Ásbjörg- Frisbee golf. It's so much fun. I also like volleyball, I like reading and watching my Sci-Fi television shows. Lots of stuff really...

In Memory of Susan Halter

By Nuala Muir-Cochrane

Susan was 87, lived in Crouch End, and swam in the 1948 Olympics. She was a Masters swimmer. She was swimming daily, training and competing until three months ago. Susan was a truly treasured member of Camden Swiss Cottage Swimming Club as a swimmer, teacher and friend. She was greatly admired by all and was a true inspiration. We so often overheard her mentioned in conversations which began "There is this incredible woman...". The very fact that she was competing right up until the moment when she couldn't is so telling of what a superb swimmer she was. Few people live life to the extent that she did. We will miss her smiling face as well as her competitive spirit and loving nature.



Susan started swimming competitively with Camden Swiss Cottage as a Masters swimmer in 1990 when she was 63 and a granny! By chance she was early for an appointment in the Swiss Cottage area and popped in to look at the pool and saw some, not so young, people training. She spoke to the coach, Julian Farrant, and asked him "What are all these adults doing?" Before she knew it Julian entered her in the Southern Counties Masters at Crystal Palace. She raced her favourite 50m and 100m backstroke. Her first big competition as a Masters swimmer was the Masters World Championships in Rio, Brazil. Susan travelled the world competing in nearly every continent often winning medals in her age group, and always making time for sightseeing.



Tributes have been pouring in from all over the world, including current and past members and friends she met through swimming:

Dave Hobbs- *Susan Halter was clearly an inspirational woman and full of the love of swimming. She will be sadly missed but leaves behind so many wonderful stories of her swimming life. RIP*

Tamsin Jaggs- *Thank you for sharing this very sad news, so shockingly sudden for her family. I have heard from countless ex club swimmers and Masters from all over the country, with lovely comments about her character and her competitive spirit. She will continue to inspire us to swim throughout our lives.*

Jess Thorpe- *(Who competed with Susan at Crawley which turned out to be Susan's last swimming competition) One of the most inspirational women I've ever meet. Let's hope we're all racing at her age.*

Carole Sparkes- *The people you meet in your life have an impact on you in some way or another. I feel very privileged to have come across Susan Halter at Swiss Cottage Swimming Club in London.*

Simon Wayne- *She was one of those people who are much more than they seem.*

The things about Susan I will always remember are her beaming smile, her deep love of swimming, her enthusiasm, thoughtfulness and empathy she showed every single time we spoke.

Sleep well great lady, sleep well.

SAVE THE DATE

Camden Swimming Summer Party Sunday 7 June

We would be grateful for parents and/or swimmers to volunteer their time to organise a memorable afternoon for our squad and masters swimmers. Please also consider prize donations for a raffle. If you are able to help with venue, music, food, prize donations and/or can assist with general organisation kindly send an email to cscsteammanager@btconnect.com.
Thank you!

UPCOMING FIXTURES

Windsor L3 Meet
16 May, 2015
Venue: Maidenhead

M11 Round 2
17 May, 2015
Venue: Basildon

Middlesex LC Meet
16-17 May, 2015
Venue: Luton

Dulwich Dolphins Meet
24 May, 2015
Venue: Trinity Sports Club