



camden swiss cottage swimming

NEWSLETTER

JANUARY 2017

Camden swimmers fight hard for joint 5th overall in Arena League

Swimmers from Camden Swiss Cottage battled hard in three tough rounds to finish in joint 5th position of the Premier London Division of the national Arena League.

Racing amongst some of the best clubs in the south east, the team finished sixth on the night of the final round at Luton with 204 points, equal to fifth place Chelsea and Westminster (who took the fifth spot as they had more 1st place finishes). In the final standings of the London League, the club achieved joint 5th place with 38 points.

Ella McEver (11) swam strongly to take victory and maximum points in the 10/11 years 50m breaststroke in 38.77, adding a 3rd place finish in the 50m butterfly in PB of 33.34. In the same age group Brandon Biss also took 3rd in the 50m backstroke in 35.55.

Amir Castronovo (13) continued his good form with a 3rd in the 13 and under 100m breaststroke in 1.13.30, as did Julia Murphy (13) in the girls race in a new PB of 1.17.11.

Also taking 3rd place points were Oliver Wright (11) in the 50m breaststroke in 40.42, Marlie Rittenhouse (13) in the 13 and under 100m fly in 1.08.50, Jackson Olin (14) in the 15 and under 100m backstroke in 1.01.13 and Maddie Hookway (17) in the women's open 100m breaststroke in 1.14.34.

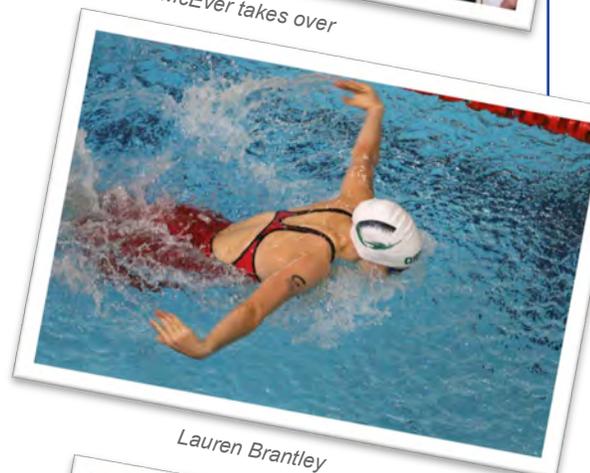
The boys 9-11 years 4 x 50m medley relay touched 2nd for vital points, while the boys 13 and under 4 x 50m free quartet and the men's 6 x 50m free team both claimed 3rd places.

Says Head Coach Matt Heathcock: "We had a great three rounds, getting quicker with each round. Team spirit was great from start to finish. I am pleased that we finished higher than last year, and I felt we were unlucky on the final night not to finish 5th.

"We do need to learn to step up when the racing gets tough but compared to 2015 we are moving forward (from a 7th place finish overall), and at a good speed."



Ella McEver takes over



Lauren Brantley



Amir Castronovo

CAMDEN SWISS COTTAGE SWIM- CAMPERS HAVE GOT TALENT!

In October half term a squad of 28 swimmers from Camden Swiss Cottage Swimming Club embarked on a journey to Pathos, Cyprus for a weeklong training camp. It was very successful and eventful, with Gerry winning the tanning competition.

Although some of us were sometimes late, everyone trained hard and Matt thoroughly enjoyed 'breaking' us, especially Alex B. We discovered Joseph's talent for dabbing press-ups and Philip's talent - singing 'Head, Shoulders, Knees and Toes'. On the last night, our first Talent Show took place. During this wonderful spectacle led by Matt (aka Simon Cowell), we were all astonished by the fact that we had some amazing single ladies among us who put their heart and soul into their performance, with very interesting costumes. An impressive synchronised swimming routine also took place, although as Gerry said, the lack of pointed toes was very disappointing.

Michelle, being the mum of the group, took very good care of us and always seemed to be 110% prepared. She even put war make up on us before training so that we stood a chance whilst in our battle against sunburn. Most escaped unharmed, although there were many goggle mark casualties (Marlie!).

All in all it was a great trip; everyone gained something and had fun. It wouldn't have been possible without our amazing, supportive and encouraging coaches - thank you so much!!

Reported by Lia Trimarchi



RESOLVE TO MAKE 2017 A GOOD YEAR!



As we start a new year, we thought we'd get together with our coaching team to give you a bit of inspiration for some New Year resolutions. They've also come up with some personal resolutions, so don't forget to keep checking on how they're getting on as the year progresses ...

Matt Heathcock, Head Coach: "A resolution I'd like all swimmers to make is to take yourselves out of your comfort zone in training and be willing to try new things.

Personally, I'm going to try and play more golf - I've only played three times since September. As I find it makes me more relaxed I'd recommend all swimmers encourage me on this one!"

Gerry Gillespie, Assistant Head Coach: "I'd love my swimmers to resolve to arrive 10 minutes early on poolside to complete their mobility work before the session starts.

On a personal front, I'd like to get back to the pool and do some more swimming myself. Watch this space!"

Michelle McCarthy, Lead Development Coach: "In 2017, I'd like all swimmers to remember each time they turn up for a session that 'how you train is how you race'.

Personally, I want to increase how much exercise I do – and maybe do a bit more in the pool, too."

Tom Watson, Team Manager and Coach: "For 2017, I'd like to see our swimmers spending less time on their mobile phones at swim meets and more time cheering on their teammates.

For myself, I'll be working on continuing to lose weight and also getting back in the pool to do some proper swimming again."

Introducing our New Committee

Thank you to all of you who attended our AGM in November. It was our best turnout for some years and it was really encouraging to see members getting so positively involved. As you know, our committee is run entirely by volunteers who give up their time freely. Stepping up for 2016/17 are:

Ann-Marie Halsted, Chairperson & Squad Rep Co-ordinator
Calvin Biss, Vice-Chairperson
Claire Butler-Brown, Secretary & Press Officer
Laurence Markantonis, Treasurer
Helen Cumber, Equity Officer
Robin Brantley, IT Officer & Volunteer Co-ordinator
Hilary Johnson, Welfare Officer
Myrom Kahaner, Welfare Officer

Since the AGM, Pinelopi Manousou has also joined the committee as Welfare Officer.

There are still opportunities to join the committee – particularly in communications and squad rep co-ordinator roles. If you are able to help us, please contact Ann-Marie at chair@camdenswimming.co.uk

Biographies of all the committee members – and contact email addresses - can be found on the committee section of the website.

RECORD NUMBER OF MIDDLESEX AGE GROUPERS

Congratulations to the whopping 63 swimmers who have made Middlesex County Age Group Championship times for the 13 and under championships, which will be held on the last weekend in January and the first weekend in February 2017. Last year we had 44, so this is a great achievement by you all.

Do note that on the second weekend of this event – 4th-5th February 2017 – we are planning to field A, B and C relay teams in each age group. So if you are in the 10 years, 11 years, 12 years or 13 years age group (age as at 31st December 2017) please save the date.

CONGRATULATIONS!

Congratulations to our ASA National Winter Meet qualifiers – Lauren Brantley (14), Alex Borisov (15) and Jackson Olin (14). The trio travelled to Sheffield for the culmination of the 25m short course season, putting their skills to the test against some of the very best in Britain including a number of Rio Olympians.

Jackson raced the 100m and 200m backstroke, Lauren the 50m fly (achieving a new best of 29.36) and Alex the 50m and 100m breaststroke, 200m butterfly and 400m IM (touching in a PB of 4.41.46).

Masters' Corner

Celia becomes National Champion

There were some strong swims from the 8 Camden Swiss Cottage swimmers who competed in the National Masters Short Course Championships at Ponds Forge in Sheffield held between 28th and 30th October. The team, pictured right, had a successful weekend with some great performances, including a national title for Celia Marcadel.

Celia won the 50m backstroke (31.64) in the 25-29 years category, and also touched 4th in the 100m backstroke (1.10.38) and the 50m free (27.75), 7th in the 100m freestyle (1.00.67) and 9th in the 100m IM and 400m freestyle (4.48.30). Fiona Kinsella (30-34 years) claimed the silver medal in the 200m butterfly and bronze in the 200m free (2.12.80) and also finished 4th in the 100m IM (1.10.71) and 100m butterfly (1.07.90), 5th in the 50m fly (31.05) and 9th in the 100m freestyle (1.02.29).

Other top 8 finishes were achieved by Zorika Adams, Claudio Corallo and Alun Sayce.

Fiona makes three Irish records

Further congratulations to Fiona Kinsella who, thanks to her splits and finish time at the Barnet Cophall 1500m meet, is now the Irish record holder for her age group (30-34 years) in the 400m, 800m and 1500m freestyle. Fiona's splits were an impressive trio of 4.46.48, 9.48.14 and 18.35.18.

The event, held on 26th November, also saw some strong swims from other Camden Swiss Cottage masters, with second place finishes from Jane Moran and Maida Shivik and third places for Elizabeth Knowles and Adrian Morton. Other intrepid Camden Swiss Cottages putting in the distance were Eugin Belin, Nicola Carniato, Haukur Heimisson, David Josephs and Kirk McGrath.

