



camden swiss cottage swimming

NEWSLETTER

SQUAD CATCH UP

JUNE 2016

Camden Swiss Cottage Masters win relay medal at Europeans

Camden Swiss Cottage Masters finished a hugely successful campaign at the recent LEN European Aquatics Masters Championships with a bronze medal in the women's 110 -119 years (combined age) 4 x 50m medley relay, in the very last heat of the very last race.

The event was held between 25th and 29th May at the London Aquatic Centre (LAC) at the Olympic Park.

Says Masters Squad member and a member of the medal-winning quartet Caroline Charpentier: "The meet was a bit of challenge as it was hugely oversubscribed. There were queues and even a few races after midnight – but all our swimmers kept a great positive attitude and team spirit."

Cont'd on page 4



Our European medallists, from left to right: Charlotte Humphreys, Sara Magrath, Celia Marcadal and Caroline Charpentier.

TWELVE CAMDEN SWISS COTTAGE SWIMMERS MAKE SUMMER NATIONALS

On 31st May the qualifying window for Long Course (50m) times for entry to the National Championships closed – and the great news is that 12 Camden Swiss Cottage swimmers have made the cut. Fourteen year old Leah O'Connell and 15 year olds Anne Tavierne and Alex Borisov will travel to Sheffield for the British Summer Championships in July, along with three relay teams: the girls 14-16 years old 4 x 100m freestyle squad, the girls 17 and over 4 x 100m medley team and the boys 17 and over 4 x 200m freestyle quartet.

Finishing within the next fastest 20 times means the following swimmers have made the ASA Summer Nationals: Lauren Brantley, Natalia Kaczmarczyk, Ally Larson, Julia Murphy, Anne Tavierne, Alex Borisov, Alex Kapanadze, George Kapanadze, Benji Moore, Alex Panteli and Stanley Ramsay.



Some of our national qualifiers, from left to right: Stanley Ramsay, Leah O'Connell, Ann Schmitt, Julia Murphy, Alex Borisov, Lauren Brantley, Benji Moore and James Slade.

Huge congratulations and good luck to them all.

Age Groupers Race Tough at Regionals

Camden Swiss Cottage's younger swimmers, aged between 11 and 14, faced their biggest challenge of the season so far with the London Swimming Regional Age Group Championships, held at Crystal Palace over two weekends in May.

Our busiest swimmer was Alexis Lambropoulos (12) who made six finals for Swiss Cottage, just missing out on a number of podium finishes before claiming silver in a strong performance in the 200m freestyle.

Julia Murphy (13) won triple bronze in the 50m freestyle, 50m breaststroke and 200m Individual Medley, while Gabriele Giovannoni (12) showed great endurance to take two bronzes – in the tough 1500m freestyle and 400m Individual Medley events.

Ella McEver (11) claimed an impressive bronze in the 200m breaststroke despite competing against swimmers a year older than herself. Ella also took fourth in the shorter 100m event. Other bronze medallists were Marliese Rittenhouse (13) and Lauren Brantley (14), who both powered to their medals in the 100m butterfly.

Making finals for Camden Swiss Cottage and finishing in the top 8 in a very tough field were Brandon Biss (11), Lyelle Kahaner (12), Alexis Lambropoulos (12), Alexander Chen (12), Gabriele Giovannoni (12), Murphy (13), Rittenhouse (13), Amir Castronovo (13), Lauren Brantley (14), Clementine Butler Brown (14) and Ally Dill (14).

Camden Swiss Cottage also claimed a further medal when the 14-16 years men's quartet of Graham Brantley, Mika Fitzpatrick-Suen, Joseph Wildisen and Alexander Borisov clinched silver in the 4 x 200m freestyle relay.

Says Head Coach, Matt: "I wanted to congratulate everyone who swam at the Regionals and to thank coaches Gerry, Kylie, Scott, Michelle and Tom for their support too.

It was great for me to see our younger swimmers making finals and claiming medals – it shows great progression through the programme.

For me, the team spirit within this group of athletes is really standing out. Keep up the good work!"



Some of our Regional finalists from left to right: Ally Dill, Amir Castronovo, Lauren Brantley, Alexis Lambropoulos, Marliese Rittenhouse, Brandon Biss, Ella McEver, Lyelle Kahaner, Alexander Chen and Clementine Butler Brown.

COACHES' CORNER

Coaches' Corner is a regular feature we're introducing to give our coaches the chance to focus on different aspects of your swimming. In this issue, Matt looks at Long Course Swimming.

'We are always looking for the opportunity to train Long Course (50m Olympic pool size). Regular Long Course training for any swimmer is an ideal situation. However, we also have to make sure that we are maximising the current pool time available to each squad before we try to expand our programme further.

By making sure the criteria is being met within each squad, adding Long Course training will complement what we already do.

What I believe will help you all is **racing more Long Course meets**. We need to understand that racing Long Course and Short Course (25m pool) are both very different. They require different race plans and tactics, which is why we have personal best times for both disciplines.

We will continue to seek Long Course training and please make every effort to attend with any sessions we do secure. However it is more important that you are fulfilling the criteria outlined for the squad that you are part of. By doing this both your Long and Short Course performances will improve.'

CAMDEN SWISS COTTAGE SWIMMERS MEET EUROPEAN AQUATICS STARS

Due to the generosity of a Camden Swiss Cottage member, the club was able to offer a number of free tickets to our swimmers for the 2016 LEN European Aquatics Championships, held at the London Aquatics Centre in the Olympic Park.

Ella Podurgiel (12), who trains with our JAGS squad was one lucky recipient and she recounts her visit for us here:

“Thanks to the kindness of a fellow member, my Dad and I were able to go to a morning heats session of the European Swim Championships at the LAC. What a great day! We sat next to coach Gerry who gave us some great insight about many of the international swimmers, as well as discussing a bit of technique and strategy.

We saw some fabulous Team GB swimmers, including Hannah Miley, Siobhan-Marie O'Connor, Ross Murdoch, Andrew Willis, Georgia Davis, Abbie Wood and Jazmin Carlin, as well as local swimmer, Ekaterina Avramova, who is coached by head-coach Matt Heathcock's father Dave at Ealing. Ekaterina (representing Turkey) swam a fantastic 100 back of 1:00.82 in the heats and seemed really excited.

The best highlight of my morning though was meeting Ruta Meilutyte of Lithuania - the 100 breaststroke champion from the 2012 Olympic games in London. Breaststroke is my favorite stroke, and I couldn't believe that Ruta won her Olympic gold medal when she was only 15!!!”

Other lucky members to get tickets included SAGS swimmers Emile Barou and Yann Divet, JAGS swimmer Antoine Divet and Stage 8 swimmer Maya Divet, who met French stars Alain Bernard, Camille Lacourt and Florent Manaudou.



Olympic and European champion Ruta Meilutyte of Lithuania with Ella Podurgiel at the European Championships in London.



Maya Divet, Yann Divet, Florent Manaudou, Antoine Divet and Emile Barou at the European Championships in London.

KEYRING FUNDRAISER

Building on the great success of the Bake Sale at the Club Gala Julie McEver, mother of Ella in JAGS, has very kindly undertaken another fundraising initiative, creating great Camden Swiss Cottage aluminium keyrings.

Get your orders in now (see right for details) and never lose your swim bag again!

CLUB FUNDRAISER

CSCSC Aluminium Keyrings

£12 each



Name
Surname



camden
swiss cottage
swimming

*They make great
swim bag name tags!*

If interested, please email Julie McEver (jamcever@gmail.com) with your order details. She will need the following information: the swimmer's name for each keyring, decision about name on 1 line or 2 or if preferred the CSCSC logo on both sides with no name, contact details for the individual who will be paying. The cost is £12 per keyring and will be added to your account. This is a one time promotion. Final deadline for orders is 1 July, 2016.

EUROPEAN MASTERS CONT/D

Continued from front page:

The bronze medal relay team comprised Celia Marcadal on the first backstroke leg (33.32), Sara Magrath racing breaststroke (39.02), Charlotte Humphreys on an impressive fly leg (30.07) and Caroline Charpentier bringing it home on the freestyle length (31.03) to give a total time of 2.13.44.

Charlotte Humphreys also raced strongly in her individual swim with a 5th place in the 100m butterfly, just 0.5 of a second off the podium.

Many of the 31 Camden Swiss Cottage Masters performed well, including Maida Shivik and Claudio Corallo, and despite some of our swimmers being injured they still swam so as not to let their teammates down in our 9 relay quartets.

Around 10,000 swimmers from all over Europe attended the event with many swims of an exceptionally high standard. Well done to all of our European Masters!



UPCOMING FIXTURES

M11 Junior League Round 3

26th June 2016
Selected team to be notified

Portsmouth Northsea End of Season Meet

16-17th July 2016 Level 3
Mountbatten Centre, Portsmouth

ASA Summer Nationals

1st- 5th August 2016 Level 1
Ponds Forge, Sheffield

London Open Water Championships

10th July 2016
Surrey Docks Watersports Centre

British Summer Championships

26th-31st July 2016 Level 1
Ponds Forge, Sheffield