



# camden swiss cottage swimming

## NEWSLETTER

CSCSC SQUAD CATCH UP

SEPTEMBER 2015

### ALEX WINS TWO MEDALS AT ENGLISH NATIONALS

Camden Swiss Cottage swimmer Alex Borisov (14) raced outstandingly at the recent English Summer Championships to achieve two podium finishes. He took a fantastic silver medal in the final of the Men's 14 years 100m breaststroke in an impressive time of 1.12.57, just four tenths of a second behind the winner. Alex also clinched a brilliant bronze in the shorter 50m sprint event, touching in 33.50 and improving on his heat qualification time of 33.97.

Alex also competed in the British Summer Championships, finishing in 14th position in the Men's 14 years 200m breaststroke in 2.38.07. In the same competition, Isobel Moffatt (17) put in a fantastic performance to make the 50m butterfly final with a time of 28.65. Moffatt clocked 29.25 in the final to finish in 10th position.

Back at the English Championships, Alex Panteli (17) made the final of the Men's 16/17 years 200m butterfly, finishing in a great 5th position in 2.11.41 while Natalia Kaczmarczyk (15) touched in 10th position in the final of the Women's 15 years 100m freestyle sprint in 1.01.16.



### WELCOME BACK

We would like to welcome back all of our swimmers and parents. We hope you all had a great summer. The season kicked off this week with a lot of sun kissed, cheeky smiles all excited about the new swim season. Our new kit will be arriving within the next week or two so if you haven't ordered yours please find the order form on our new website. You will also find the discount code and a link to the CSCSC mailsports page to pick up any new squad training items that are needed. If you haven't yet, please register your CSCSC account on our new website, as the success of everything that the TeamUnify platform offers, depends on everyone participating. It only takes a minute so please register ASAP.

Good luck to everyone in the new season. See you at the pool!

Cont.



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Stanley Ramsay (16) was unlucky to finish just outside the final in 11th position in 2.14.30, as was the Men's 17 years and over 4 x 200m freestyle team of James Slade, Peter Schlichter, Alex Panteli and George Kapandze, who also finished just one place outside of the final in 8.09.86.

A total of 10 Camden Swiss Cottage swimmers qualified for either the British or English Summer Championships this year. The fastest 24 swimmers in the UK were invited to compete at the British event, with the next 20 fastest in each age group invited to swim in their respective home nation's competition. Both events took place in August at the Ponds Forge International Sports Centre in Sheffield, with 270 other swimming clubs from across the UK competing.



## JUDGE 1 COURSE

The club needs more volunteers and especially lots of qualified officials. We have recently been rejected from swim galas due to our inability to supply judges and are at risk of losing our ability to swim in the National Arena and M11 Leagues. At present, we've only 4 qualified judges at CSCSC and nearly 250 age group swimmers! We have a severe need for judges whose children swim at level 3 meets.

To make it easier for our Club to train judges, we've arranged for a Judge 1 course to be held at Swiss Cottage starting soon. Please contact Tom Watson ([cscscteagmmanager@btconnect.com](mailto:cscscteagmmanager@btconnect.com)) to let us know you are interested!

Please get yourselves qualified so our children can keep racing. This is a great way to gain a skill and get actively involved with your club and the world of swimming.

Your club needs you!

## WELCOME TO CSCSC!



We are pleased to welcome Gerry Gillespie as CSCSC's new full-time Assistant Head Coach.

Gerry began swimming at an early age and swam at Irish Nationals, competing in freestyle, backstroke and butterfly in both 50m and 100m events. He has also medalled in a number of ASA Masters National events.

Gerry has been teaching and coaching for over 20 years and has significant experience with young swimmers. He has an excellent track record improving swimming performance with his teams; as Head Coach at Brent Dolphins for the past 5 years, he has successfully improved the performance of the club each year. He redesigned the competitive structure to provide motivation and high, clear standards for the swimmers. In addition to his UK experiences, Gerry also swam and coached in Germany where he learnt new approaches to swim instruction that he has integrated into his coaching.

# Masters Corner

While most of you have been on holiday from swimming, the Masters have had a superb Open Water season thus far this summer bringing home medals in every event entered!

**Brighton Pier to Pier 18 July** - Although the weather was warm, the sea was extremely choppy due to some strange weather patterns on the coast. This made the 1km swim from Brighton's old pier to new pier yet another great challenge for 15 CSCSC Masters.



Masters Swimmers, Brighton Pier to Pier

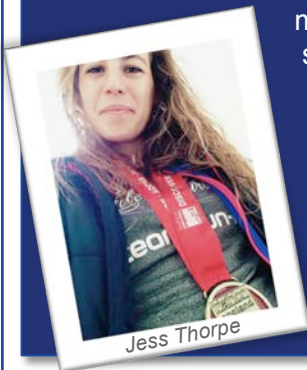
Nuala Muir-Cochrane managed to retain her trophy for fastest female veteran, and there were excellent performances all round, especially for those trying open water for the first time! Well done to: Chris Hopton, Justine Gosling, Jason Williams, Sara McGrath, David Josephs, Naoko Fader, Tamsin and Pete Jaggs, Elizabeth Knowles, Charlotte Woodhams, Nicola Sutherland, Adrian Morton and Hilary Johnson.

**The Samsung Cross Continental Challenge, Istanbul, 26 July** - This unique event is the only one that connects two continents, swimming 6.5km from Asia to Europe across the Bosphorus strait. 12 Masters and one former member were part of nearly 2000 competitors who took up the challenge this year negotiating tricky currents and a very strong head wind.

Nuala Muir-Cochrane took gold in her age group (50-54) with a time of 1:11.21, Elizabeth Knowles (55-59) silver in 1:22.20, Chris Hopton (40-44) bronze in 1:12.18 and Chris Bumby, former member, bronze (30-34) in 1:12.34. Other results: Jason Williams 5th (35-39) 1:12.42, Lucy Ogilvie 6th (35-39) 1:17.23, Martin Woodhams 10th (50-54) 1:18.52, Justine Gosling 20th (30-34) 1:31.27, Brendan Massam 58th (44-49) 1:33.57, Anthony Thresh 56th (50-54) 1:35.20, Charlotte Woodhams, 19th (19-24) 1:38.56, Nicola Sutherland 19th (50-54) 1:39.00, Hurriyet Giray 7th (55-59) 1:40.51.

**ASA National Masters Open Water Championship, 2 August** - Four intrepid masters travelled up to the Rother Valley Country Park to race in this beautiful lake surrounded by stunning countryside. The water was a cool 18 degrees with an air temp of around 17 degrees and a stiff breeze, but nothing could deter the steely Swiss Masters from swimming into medal winning positions.

Jess Thorpe won gold in the 1.5km (30-34yrs) in a time of 21.59.13. Nuala Muir-Cochrane also won gold in the 3km (50-54yrs) in 45.31.50, Chris Hopton won silver in the 3km (40-44yrs) in 42.53.70 and Pete Jaggs brought home bronze in the 3km (55-59yrs) in 50.24.80.



## CSCSC PARTY

The CSCSC party will be held on September 12 in Highgate Orchard. Anyone wishing to help please contact

[cscscsteammanager@btconnect.com](mailto:cscscsteammanager@btconnect.com)

Sign up to help out on the day. It's a great chance to meet fellow members and have all squads meet up in one place for once. All are welcome!

## UPCOMING FIXTURES



### Barnet Masters Sprint Meet

Date: 6<sup>th</sup> September, 2015  
Age: 18+      Entry: Closed  
Venue: Barnet Cophall

### Maxwell Level 2 Meet

Date: 3 - 4 October, 2015  
Age: 9+      Entry: Due 11 Sept.  
Venue: Aqua Vale, Aylesbury

### Middlesex Winter Development

Date: 3 - 4 October, 2015  
Age: 10+      Entry: Due 7 Sept.  
Venue: Southbury Road, Enfield

### Barnet Cophall 100m Open Meet

Date: 4<sup>th</sup> October, 2015  
Age: 9+      Entry: Closed  
Venue: Barnet Cophall





camden  
swiss cottage  
swimming

PRESENTS

2015

# SWIM CLUB PARTY

Location: Orchard behind Highgate Mallinson



Get to know your coaches and other teammates.

All squads from Development to Masters are invited.

Families are welcome.

Bring a dessert and a drink to share.

Land relay races and a scavenger hunt.

[WWW.CAMDENSWIMMING.CO.UK](http://WWW.CAMDENSWIMMING.CO.UK)