



November 2019

# NEWSLETTER

## Lisa Bates Selected for Team GB Tokyo 2020



Lisa Bates has been selected to coach at the 2020 Tokyo Olympics with team GB.

Lisa is one of eight coaches who have been selected to work with swimmers in team GB.

This will be Lisa's second Olympic experience, having fulfilled the same role at Rio in the 2016 Olympics .

Lisa's fantastic achievements are a shining example of how hardwork and dedication can get outstanding results

Congratulations Lisa.

## CWSC & YMCA Partnership

Chelsea and Westminster Swim Club have joined in a new partnership with Tottenham Court Road YMCA .

This partnership will provide more pool time and opportunities for CWSC swimmers.

Tottenham Court Road YMCA have recently refurbished their 25 metre pool and it is the 'newest pool in London'.

We look forward to commencing sessions at this pool.



Tottenham Court Road YMCA pool

## CWSC - 'Highest improving Club of the year'



British Swimming Official Stats show CWSC are up there to achieve 'Highest Improving club of the year 2018-2019.

Every time a our swimmers raced at the British National Championships, their results were graded against progression or regression %

A huge well done and thank you, firstly to the swimmers committing so much to deliver such fantastic results, and also to all of those who continually invest in them. It's a really positive move forward and progression for the club.

Let's keep this going!

Lisa Bates

## Athelete's spotlight



Hanna Elmarini (Kensington site, black hats) has been nominated because she attends 3 times a week and is never late. She is always happy to train. She shows an exemplary attitude and asks questions, which aid the whole group's understanding of the technique and stroke being taught.



Isabella Sherman (Queens Park site, yellow hats) has been nominated because she has near perfect attendance, is very eager to learn and leads the yellow hats lanes with a positive and can do attitude. She has also developed her skill of holding streamline with every length.

# Message from the committee

The season has only just started, and our swimmers are already amazing us with their achievements - numerous personal bests, medals and club records. These achievements haven't gone unnoticed, with several CW swimmers now on the Swim England talent pathway. A fantastic start to what promises to be another really exciting year.

Away from the pool things have been just as busy. We welcomed just over 100 new members to the club; held our first awards evening at the end of September; and, as reported elsewhere in this newsletter, opened a new site in Tottenham Court Rd.

Looking ahead, we will be implementing the new governance which was approved at the AGM in July. We are also in the process of setting up a sub-committee to lead on fundraising to develop our bursary programme, as well as to enable us to continue to give our swimmers the best training environment to support them in achieving their full potential. Please let us know if you would like to be involved.

I hope you enjoy the newsletter!

Sofia Marcel Whittles  
chair@cswimming.com



# Swim meets and Galas



## Arena League, first round

CWSC achieved a close 2nd place to Ipswich in the first round of the Arena League. It was difficult to highlight key swims, as all of the swimmers raised their attitude and game for the purpose of the team.

## Middlesex Development Series

There were many great early season swims.

Phillip Boico-Hands set a new 14-15 year old short course club record.

Daniel Jazebi attended his first external event. He had great focus in his 6 events, especially his 200m freestyle.

Maya Al Faisal had an outstanding swim in the 100m freestyle, taking 5 seconds off her personal best.

## Nova (Nottingham)

CWSC displayed great resilience and did a superb job.

Zoe Musial and Aryaan Din achieved huge PBs in the 100m freestyle.

Jarvis Parkinson broke club records in 50m fly, 50m freestyle, 100m freestyle and 100m fly.

Edward Whittles smashed club records on 50 fly, 50 breast, 50 freestyle, 200 breast, 200 IM, 200 freestyle and 200 IM.

Kamran Din, Betsy Griffith, Lanre Pratt and Henry Gray showed strength and consistency in their performances.

Veronica Venuti broke club records in 100m and 200m backstroke and 800m freestyle.

Victoria Bumovich showed persistence in her performance.

Damjan Kisic and Johnny Rudd achieved showed strength and achieved good results.

Eddie Robinson and Joseph Lyon had a great start to the season.

# Coaches Corner

Welcome everyone to CWSC Monthly Newsletter! Each month this newsletter will include a coach's corner with some tips from one of the CWSC coaching staff, to help with your training.



This month's selected coach is Alexander MacDonald, who is the Assistant Head Coach and Head of Development. Alexander coaches the Regional Performance Squad along with helping to oversee the development of the Teaching and Competitive Squads in CWSC.

He was a national level swimmer back in Canada and has been with CWSC for the past three seasons.

Alexander's helpful tip with training is - 'Always make sure you come into every session with a positive mind set and make sure you are thinking about the technical side of your strokes/ skills during every



# Swimmer's spot

**Naomi Welter swims with Gold Squad and has written this month's swimmer's spot**

My favourite stroke is butterfly because it feels fast and looks effortless. It is the most beautiful stroke to watch and the most fun to swim. The first few lengths of a long distance butterfly swim feels like you are literally flying.

My favourite event is the Individual Medley because I love swimming all four strokes. IM's are fun because everyone has a best stroke and there is an element of unpredictability, because you never know what the other swimmers best stroke will be. 200 IM is my absolute favourite because, in my opinion, it is the ultimate test of the best swimmer. It tests all four strokes and the swimmer's endurance. There is also lots of room for improvement in this event, as you get feedback from all four strokes and can improve on them.

I recently received 'The Most Enthusiastic Swimmer' award for Gold Squad. I was really honoured, because there are so many enthusiastic and hard working swimmers in the squad. Before swimming and during land training I am always really bubbly and boucy because I really look forward to our training sessions. I love to see my team mates, friends and Geoff; and I love to swim. I also won an award this summer for my achievements as a Los Angeles County Junior Lifeguard. This was only possible because of my training with CWSC.

I teach Blue Hat swimmers when I volunteer on Sunday mornings and the three tips I give to the budding swimmers are: 1) It is beneficial to learn all strokes well and not specialize in one at an early age. 2) It is good to be able to sprint and swim distances. And finally - 3) Winning a medal is really fun, but knowing your training and hard work has paid off and swimming a new Personal Best time is more rewarding.

session. Remember:- *'Good swimmers do what they are told and Great swimmers do what they aren't told',* meaning they are always implementing the feedback/ development points that their coaches have provided to them.'

## Must see links:

<https://uk.teamunify.com/team/reczzcawsc/page/member-info/code-of-conduct1>  
<https://www.swimmingresults.org/individualbest/>

## Dates for your diary

**2nd November 2019 - London Swimming Winter Championships, at LAC**

**9th November 2019 - Arena League Round 2**

**10th November 2019 - NUEL Winter Invitational Meeting, at Eastham Leisure Centre E6 2RT**

**16th November 2019 - Development Meet, red orange, yellow, blue and black hats, at The Queen Mother SW1V 1EL**

**22-24th November 2019 - Wycombe short course County and Regional Qualifier, at Wycombe Leisure Centre BKM HP11 1TJ**

**24th November 2019 - London ROAR squad social, tickets only**

## Nutrition

### The magic refuel window

It is essential for swimmers to eat and drink something immediately after each training session.

Ideally this should be within 20 minutes of completing their workout.

This should include some form of protien with carbohydrates. For example:- Low fat milkshake; fruit smoothie made with milk or yoghurt; a bowl of cereal with milk; tuna sandwich; a sports recovery bar or drink.

