



# WEEKLY UPDATE

FRIDAY 29<sup>TH</sup> JANUARY 2016



# TRAINING CHANGES

## JANUARY

### **SATURDAY 30TH JANUARY**

- ALL SQUADS AT PARKSIDE AND ABBEY CANCELLED DUE TO CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS.

### **SUNDAY 31ST OF JANUARY**

- ALL TRAINING WILL RUN AS PER THE NORMAL SCHEDULE.



# GALA ENTRY

- THE FOLLOWING EVENTS ARE **OPEN FOR ENTRY**. FULL DETAILS AND INFORMATION CAN BE FOUND ON THE CLUB WEBSITE [HERE](#).
- IF YOU HAVE ANY DOUBTS ABOUT WHAT YOU SHOULD ENTER, SPEAK TO YOUR COACH

GALA	VENUE	DATE	INTERNAL DEADLINE	TARGET SQUAD
<b>UEA City of Norwich Easter Long Course Meet</b>	Sportspark, UEA, Norwich	25 <sup>th</sup> – 27 <sup>th</sup> March 2016	8pm, Monday 8th Feb 2016	Top, A, B + Senior
<b>Lincoln Vulcans L1 Long Course Open Meet</b>	Ponds Forge, Sheffield	16 <sup>th</sup> & 17 <sup>th</sup> April 2016	8pm, Sunday 21st Feb 2016	Top, A, B, Senior and Masters
<b>CoCSC Mini Meet</b>	Parkside	5 <sup>th</sup> March 2016	8pm, Friday 12th Feb 2016	C Squad and below
<b>April Last Chance Regional Qualifier</b>	Parkside	8 <sup>th</sup> – 10 <sup>th</sup> April 2016	12.00 midnight, 2nd March, 2016	All squads
<b>CoCSC Mini Meet</b>	Parkside	4 <sup>th</sup> June 2016	8pm, Friday 13th May 2016	C Squad and below
<b>Jeanne Barker July Open</b>	Parkside	10 <sup>th</sup> July 2016	8pm, 1st June 2016	All squads

<b>Account Name:</b>	City of Cambridge Swimming Club
<b>Sort Code:</b>	20 - 17 - 19
<b>Account Number:</b>	030***** If you need the full info please email swimmers@cocsc.org.uk

Please make sure your payment accompanies your entry, either by BACS or cheque



# CoCSC APRIL OPEN MEET

**SAVE THE DATE**



- Our next club hosted open meet will be the **April Last Chance Regional Qualifier**, held at Parkside from 8<sup>th</sup>–10<sup>th</sup> April. The entry pack and full meet details can now be found on the club website: <http://www.cocsc.org.uk/april2016meetpage.html>
- All swimmers who qualify are encouraged to enter. If you have any queries regarding suitability for this meet, please speak to your coach.
- **Our internal deadline for entry is 2nd March, 2016.**







SAVE THE DATE

# CoCSC MINI MEETS 2016

- ✓ SAT 5<sup>TH</sup> MARCH
  - ✓ SAT 18<sup>TH</sup> JUNE \*
  - ✓ SAT 17<sup>TH</sup> SEP
  - ✓ SAT 19<sup>TH</sup> NOV
- \* This date is rescheduled from the original entry pack, due to a clash with the new date for the County Development Championships.
  - The Mini Meet Grand Prix are a series of competitions at Parkside pools and are open to all CoCSC swimmers who are in C squad or below. **All swimmers in these squads should enter these events**
  - All info and the entry pack is found here <http://www.cocsc.org.uk/minimeet.html>





# CLUB NIGHT – JANUARY 2016

**MANY THANKS TO EVERYONE WHO CAME ALONG TO PARKSIDE THIS WEEK FOR OUR FIRST CLUB NIGHT**

- Well done to the swimmers who received the awards (pictured here with Club president Christine and Coach Simon)



- Best Attendance – Elena Bello
- Most Improved – Katie Hammond
- Most Punctual – Grace Middleton
- Most Supportive Team Mate – Lauren Hall
- Hardest Land Trainer – Luke Taylor
- Consistent Best Effort – Henry Duncan



# COUNTY CHAMPS 2016 – WEEKEND 1

## CoCSC TOOK AN IMPRESSIVE MEDAL HAUL AT THE FIRST WEEKEND OF THE CAMBRIDGESHIRE COUNTY SWIMMING CHAMPIONSHIPS

- **CoCSC came away with 25 gold medals, 16 silver medals and 24 bronze medals.**
- Leading the team in the medals tally was 12-year-old Cameron Wolstencroft who won an impressive six golds, and just behind him was 14-year-old Matthew Titman, who received four golds.
- Leading the girls' category, Jasmine Seamarks came away with three golds. One of the club's up-and-coming prospects Christopher Williamson came away with two gold medals in the 200m individual medley, and 200m backstroke. 11-year-old Polly Fish came away with two gold medals in the 50m butterfly and 100m breaststroke, whilst fellow 11-year-old team mate, Eloise Parton, won gold in the 200m breaststroke.
- Regional medallist Oliver Cashin won gold in the 100m breaststroke, dominating the final with an impressive victory, while Imogen Bloomfield received two gold medals in her first county championships for her new club.
- In the 16 years plus age group, Tom Sarah won two golds in the 400m freestyle and the 100m breaststroke, Lauren Hall received a gold for her performance in the 50m backstroke, and Agatha Malikova won gold in the 50m butterfly.





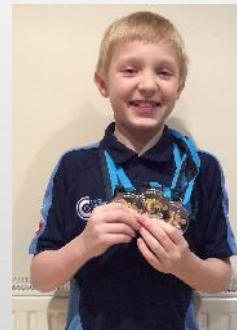
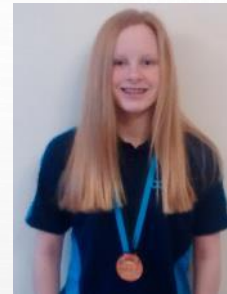


# COUNTY CHAMPS 2016 – WEEKEND 1

## COCSC IN THE NEWS



## MORE OF OUR MEDALLISTS







# COUNTY CHAMPS 2016 - WEEKEND 1

## CoCSC IN THE NEWS

22 Youth Sport
Swimming
Youth Sport 23

### Lightning strokes

**REPORT** **Marc Beyerler**  
**PHOTOS** **Keith Hoppell**

City of Cambridge Swimming Club hosted the first weekend of the 2015 Cambridge County Championships at Parkside Pool, with clubs across the area coming away with healthy medal hauls.

The boys claimed 29 gold medals, with 16 silvers and 24 bronzes.

Leading the way in the medals tally was 12-year-old Cameron Woodhouse who won six gold medals, five just behind was 14-year-old Matthew Thomas who won four.

Up and coming talent Christopher Williamson was two gold medals in the 200m individual medley and 200m backstroke.

Swimmer Isaac led the girls' races with three gold medals, while Polly Fish, 11, won two gold medals in the 50m butterfly and 100m breaststroke.

Team mate Eaker Patten, who 11, won the 200m breaststroke.

Regional medalist Oliver Cashin won gold in the 100m backstroke, while Imogen Broadbent, taking part in her first county championship for the club, picked up two gold medals.

In the over-16 age group, Tom Sarah won gold in the 100m breaststroke and 100m backstroke, Lauren Hill won gold in the 50m backstroke, and Agatha Mallick won gold in the 50m butterfly.

Avonmouth head coach Simon Mudge said: "I'm very pleased with how the meet is going so far. The number of City of Cambridge swimmers qualifying for the championships has increased, and we have more swimmers in the final this year, which shows we're progressing as a club."

So even Swimming Club enjoyed some good results, with James Quinn winning the under-12 100m breaststroke, 200m individual medley and 100m butterfly.

ODY FH, 16, won the open age group 200m individual medley and 50m butterfly, and set a personal best on his way to winning the 200m backstroke.

Bethan Endicott won the under-12 50m and 100m butterfly, while Peter Todd claimed wins in the 100m butterfly and 100m breaststroke.

Other swimmers from the club who won medals or recorded personal bests were Lucas Drew, Brandon McDonald, Georgia Spencer, Emma Fitz, Sophie and Sara Innes, Matt Hill, Irl Hick, Joe Doually, Fran Crocker, Fran Taylor, Catherine Whitworth, Ellie Roberts, Emily Gallagher, Seb DeSena, Ellis Calonge, Charlotte Finn, Joe Short, Louise Todd, Cathy Thomson, Amy Chalmers, Luke Truitt and Lara Lewis.

Huntingdon Pool has had 13 girls and eight boys competing at the championships, winning three gold medals, one silver and one bronze.

Toby Newman, 16, won particularly impressively, winning three golds in the 50m butterfly, 100m freestyle and 400m freestyle, Jessica Mansfield, 15, claimed silver in the 50m butterfly, while Ciara Norman produced a superb display to win bronze in the 200m backstroke.

"This has been a cracking start to the county championships for our club, and reflects the hard work and dedication that the swimmers and coaching team have put in to get here."

City of Cambridge took 15 swimmers to the event, winning four gold medals, five silvers and nine bronzes.

Area Trainer and County Coach/leader achieved East Region Championship qualifying times, while personal bests were also recorded by Cass Taylor, Tapping, and George Spence.

The championships resume in Whittney on January 30, before concluding at Parkside Pool, Cambridge, on February 7.


**Quinn meets world champ**

17-year-old swimmer James Quinn enjoyed a fantastic opportunity to meet with world champion Adam Peaty at a recent training camp in Chile.

Quinn is the county record holder in the 100m, 100m and 200m backstroke for 13-year-olds, and is one of the fastest in the country for his age.


He attended the world record training camp, which was run by Mel Marshall, Peaty's coach at City of Derby Swimming Club. He focused on specific stroke technique, with the swimmers divided into pairs in one of the lanes. Quinn did not have a partner so was joined by Peaty, who took the 100m backstroke at the world championships.





Quinn is an up-close view of one of the country's most talented swimmers, inspiring him to achieve greater heights.



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Go to [www.cambridge-swimming.co.uk](http://www.cambridge-swimming.co.uk) and click on 'Buy a photo' to see our gallery.



# DERBY SC LONG COURSE LEVEL 1 MEET

## AN IMPRESSIVE PERFORMANCE FROM CoCSC IN SHEFFIELD – Report from coach Simon Morley

- City of Cambridge SC attended the 2016 City of Derby Open Meet, held at Ponds Forge, Sheffield on 16 & 17 January and took 20 athletes to compete against some of the best teams in the country. Overall, our results were very positive, in and out of the pool: 85% of our athletes did personal best times.
- Our older athletes were fantastic leaders, leading the younger, less experience athletes through dryland warm ups, and, even protecting them in the busy pool warm ups. I was impressed by the team spirit over the course of the weekend. Lauren Hall was a great role model for the younger swimmers and by the end of the meet, our youngest athlete, Matthew Monie was as vocal as she was, cheering on every single athlete.
- Outside of the pool, the parents and swimmers had a great team social, where the parents got an opportunity to watch their kids eat their own weight in pizza. On a snow-filled night, I think it was a great evening where the parents got to socialise outside of the pool and became a little closer. I enjoyed learning a little bit more about each family.
- At an end of a three-week stretch working with some of the older athletes while James was on leave, it was a great way to finish my time with them.







# VISIT FROM THE COUNTY PRESIDENT TO OUR DISABILITY SQUAD



Our County President, Terry Pauley, paid a visit to Parkside in January to watch our Disability Squad in training.





# GB TRANSPLANT TEAM TRAINING WEEKEND



CoCSC Masters Squad swimmer, Liam Barnett, is also part of the GB/NI Transplant Swim Team that recently brought home 61 gold medals, 25 silver medals and 8 bronze medals as well as 23 new World Records in the recent World Transplant Games in Argentina.

The team is an inspirational group of athletes who have all undergone some kind of transplant – including liver, kidney, heart and bone marrow.

Liam organised a training camp for the team on 24<sup>th</sup> and 25<sup>th</sup> January in Cambridge in preparation for their next major events: the European Transplant Games in this year in Helsinki and the World Transplant Games in 2017 in Malaga.

County President, Terry Pauley, paid a visit to Parkside to watch the team train led by their coach and former assistant coach at CoCSC, Jeremy Latham. Coach Simon was also in attendance to give the team extra support and guidance in training.





# EUROPEAN CHAMPIONSHIPS –TICKETS



- Europe's most exciting aquatics event, the European Championships, will take place in the iconic London Aquatics Centre in May 2016.
- This event offers a great opportunity to see some of Europe's top swimmers in action before they head off to Rio for the 2016 Olympics.
- If anyone would like tickets, they are available to purchase directly from the venue, subject to availability: <http://euroaquatics2016.london>





## DON'T FORGET...

- DON'T FORGET TO SUPPORT THE CLUB BY BUYING YOUR KIT / SWIMWEAR BY CLICKING THE PROSWIMWEAR LOGO ON THE CLUB WEBSITE AT [WWW.COCSC.ORG.UK](http://WWW.COCSC.ORG.UK).
- The club receives a small commission on orders placed via the club website and links.
- COCSC EMAIL DISTRIBUTION LIST: TO UNSUBSCRIBE FROM THIS LIST SEND AN EMAIL TO [SWIMMERS@COCSC.ORG.UK](mailto:SWIMMERS@COCSC.ORG.UK)