



WEEKLY UPDATE

FRIDAY 5TH FEBRUARY 2016



TRAINING CHANGES

FEBRUARY

FRIDAY 5TH FEBRUARY

- ALL SQUADS AT PARKSIDE CANCELLED DUE TO CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS; LEYS SESSIONS WILL RUN AS NORMAL

SATURDAY 6TH FEBRUARY

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

SUNDAY 7TH FEBRUARY

- ALL SQUADS AT PARKSIDE CANCELLED (AM AND PM); LEYS SESSIONS WILL RUN AS NORMAL

MONDAY 8TH FEBRUARY

- TOP SQUAD – NO AM SESSION



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
- WE HAVE HAD A FEW DATE CHANGES ON THE FIXTURES LIST NOW THAT COUNTY DEVELOPMENTS DATES HAVE BEEN CONFIRMED. MINI MEET ROUND 4 MOVES TO JUNE 18TH.

| GALA | VENUE | DATE | INTERNAL DEADLINE | TARGET SQUAD |
|--|--------------------------|--|---------------------------------|-----------------------------|
| UEA City of Norwich Easter Long Course Meet | Sportspark, UEA, Norwich | 25 th – 27 th March 2016 | 8pm, Monday 8th Feb 2016 | Top, A, B + Senior |
| Lincoln Vulcans L1 Long Course Open Meet | Ponds Forge, Sheffield | 16 th & 17 th April 2016 | 8pm, Sunday 21st Feb 2016 | Top, A, B, Senior & Masters |
| West Suffolk Spring Development Meet *****NEW MEET, SHORT CLOSING***** | Bury St Edmonds | Saturday 7 th & Sunday 8 th May | 8pm, Thursday 11th Feb | All Squads (age 9+) |
| CoCSC Mini Meet | Parkside | 5 th March 2016 6pm Warm-up for 6.30pm Start | 8pm, Friday 12th Feb 2016 | C Squad and below |
| April Last Chance Regional Qualifier | Parkside | 8 th – 10 th April 2016 | 12.00 midnight, 2nd March, 2016 | All squads |
| CoCSC Mini Meet | Parkside | 18 th June 2016 6pm Warm-up for 6.30pm Start | 8pm, Friday 13th May 2016 | C Squad and below |
| Jeanne Barker July Open | Parkside | 10 th July 2016 | 8pm, 1st June 2016 | All squads |

| | |
|------------------------|---------------------------------|
| Account Name: | City of Cambridge Swimming Club |
| Sort Code: | 20 - 17 - 19 |
| Account Number: | 0301**** |

Please make sure your payment accompanies your entry, Full bank info email swimmers@cocsc.org.uk



COUNTY CHAMPS 2016 – WEEKEND 2

ANOTHER IMPRESSIVE PERFORMANCE FROM CoCSC AT THE SECOND WEEKEND OF THE CAMBRIDGESHIRE COUNTY SWIMMING CHAMPIONSHIPS IN WHITTLESEY

- On Saturday 30th January, CoCSC went into the second week of the 2016 Cambridgeshire County Championships, full of confidence after a great first week of competition.
- After a busy day of swimming, CoCSC were able to add 33 more medals to their overall tally, with 13 golds, 10 silvers and 10 bronze medals in the age group heats and a further 12 medals in the finals, including 5 golds.
- Leading the way for the second week in a row was Cameron Wolstencroft with three gold medals in the 13 year old category alongside Matthew Titman, also with three gold medals, who dominated the 14 year old boy's age group. They were closely followed by Christopher Williamson, who came away with four medals in total (two gold and two silver), in the 11 year old category. All went on to get further medals in the finals.
- On the girl's side, Eloise Parton won two golds and a silver in the girl's 12 year old category, whilst Susanna Fraser had a strong outing winning two silvers and a bronze and the 16 & over age group. Both also got medals in the finals. Imogen Bloomfield had another great outing, winning gold in the 100m IM and a bronze in the 200m backstroke.
- CoCSC are taking a lot of momentum into the last weekend of the competition. Hopefully the athletes will build on their strong second week of competition and finish on a high note next weekend at Parkside Pools!
- Head Coach James Freezer said: *"The highlight of the meet was seeing the swimmers step up in the finals. We had three swimmers – Matthew Monie, Louis Byrne and Harry Robinson – who were all outside of the top three going into their final, and all came away with a medal. It really shows the guys are stepping up when it counts."*

Just some of our medallists...



Cambs
ASA



Please send us
your pictures!





NATIONAL ARENA LEAGUE 2016



The National Arena Swimming League is the UK's Premier Competitive Swimming League and is made up of 7 regions across England and Wales.

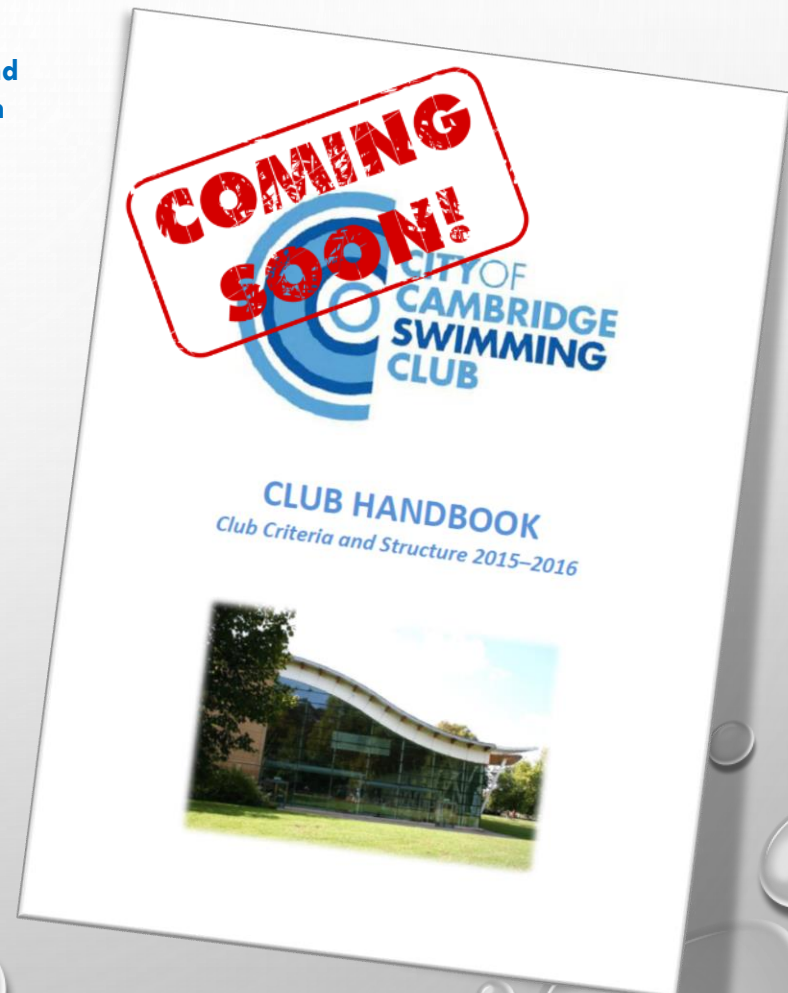
- CoCSC will be competing again in the Arena League in 2016 as part of the East Midlands region.
- This year we will be entering TWO teams to allow more of our swimmers a chance to represent the club.
- 2015's 'virtual gala' results have been released, where all the clubs taking part around the UK are input into a computer system to find the top ranking clubs – CoCSC finished 40th nationally, a great achievement which the coaches hope to improve on in future years. Results can be found here: <http://www.nationalswimmingleague.org.uk/home/2126-virtual-gala-result-2015>



CLUB HANDBOOK

The coaching team has developed a comprehensive club handbook for members, particularly new ones, to explain the club's squad structure and criteria. It also contains other useful information about open meets, team galas and useful swimming knowledge – coming soon!

- **Squad structure and criteria for**
 - Academy squads
 - Performance squads
 - Club squads
 - Masters squad
 - Disability squad
 - University squad
- **Useful Swimming Knowledge**
- **What Is an Open Meet/Gala?**
- **Team Galas**
- **Poolside conduct**
- **What should the swimmer eat and drink?**
- **Advice for parents**
- **Club code of conduct**
- **Executive Committee & volunteers**





CLUB CHAMPS RECORDS – UPDATE

Many thanks to Mark Titman for updating the Club Championships records for 2014 and 2015.

These will be uploaded to the Rankings section of the website: <http://www.cocsc.org.uk/rankings.html>

Many congratulations to the swimmers for achieving these records – certificates and prize money will be awarded soon!

BOYS – 2014

| NAME (age) | EVENT | TIME |
|----------------------|------------------|---------|
| Harvey Skellern (11) | 50 freestyle | 31:00 |
| Harvey Skellern (11) | 100 freestyle | 1:09:29 |
| Harvey Skellern (11) | 100 IM | 1:20:13 |
| James Williamson (7) | 50 backstroke | 1:07:02 |
| Harvey Skellern (11) | 50 backstroke | 36:59 |
| Harvey Skellern (11) | 100 backstroke | 1:19:81 |
| Harvey Skellern (11) | 200 backstroke | 2:45:68 |
| Oliver Cashin (12) | 400 IM | 4:48:47 |
| Zhiyuan Shao (8) | 50 breaststroke | 58:68 |
| Oliver Cashin (12) | 100 breaststroke | 1:22:39 |
| Luke Westwood (17+) | 100 breaststroke | 1:07:83 |

GIRLS – 2014

| NAME (age) | EVENT | TIME |
|---------------------|------------------|---------|
| Millie Emmans (14) | 400 freestyle | 4:41:69 |
| Lauren Hall (15/16) | 100 IM | 1:11:12 |
| Eloise Parton (10) | 200 butterfly | 3:41:36 |
| Lauren Hall (15/16) | 50 backstroke | 30:85 |
| Lauren Hall (15/16) | 100 backstroke | 1:06:04 |
| Lauren Hall (15/16) | 200 backstroke | 2:22:23 |
| Ciara Keegan (9) | 50 breaststroke | 51:40 |
| Ciara Keegan (9) | 200 breaststroke | 3:49:08 |
| Zara Keegan (11) | 200 breaststroke | 3:13:52 |



BOYS – 2015

| NAME (age) | EVENT | TIME |
|---------------------------------|------------------|---------|
| Jake Moxham (13) | 50 freestyle | 26:52 |
| Matthew Titman (14) | 50 freestyle | 26:10 |
| Harvey Skellern (12) | 100 freestyle | 1:01:05 |
| Jake Moxham (13) | 100 freestyle | 57:73 |
| Jake Moxham (13) | 200 freestyle | 2:08:64 |
| James Green (17+) | 200 freestyle | 1:58:27 |
| Harvey Skellern (12) | 400 freestyle | 4:40:89 |
| Cameron Wolstencroft (12) | 100 IM | 1:10:82 |
| Jake Moxham (13) | 100 IM | 1:09:50 |
| Jake Moxham (13) | 50 butterfly | 29:33 |
| Matthew Titman (14) | 50 butterfly | 27:11 |
| Mateo Valenzuela-Niedbalski (7) | 50 backstroke | 54:14 |
| Jake Moxham (13) | 50 backstroke | 31:73 |
| Matthew Titman (14) | 50 backstroke | 29:62 |
| Jake Moxham (13) | 100 backstroke | 1:08:13 |
| Matthew Titman (14) | 100 backstroke | 1:04:68 |
| Stirling Dempsey (8) | 50 breaststroke | 58:06 |
| Johnathan Weimann (9) | 200 breaststroke | 3:47:22 |
| Guy Semple (11) | 200 breaststroke | 3:22:10 |

GIRLS – 2015

| NAME (age) | EVENT | TIME |
|---------------------------|------------------|---------|
| Imogen Bloomfield (11) | 100 IM | 1:15:16 |
| Jessica Bloomfield (8) | 50 butterfly | 43:54 |
| Polly Fish (10) | 50 butterfly | 34:21 |
| Imogen Bloomfield (11) | 200 IM | 2:43:17 |
| Polly Fish (10) | 50 backstroke | 35:74 |
| Macy Dexter (9) | 50 breaststroke | 48:89 |
| Polly Fish (10) | 50 breaststroke | 38:37 |
| Imogen Bloomfield (11) | 100 breaststroke | 1:21:84 |
| Imogen Bloomfield (11) | 200 breaststroke | 2:56:77 |
| Zara Keegan (12) | 200 breaststroke | 2:54:10 |
| Lorena Prowse-Garcia (13) | 200 breaststroke | 2:57:25 |



CLUB KIT DEADLINE: **FRIDAY 19 FEBRUARY 2016**

- Orders for kit have now re-opened and an order form and price list can be found on the 'Club Shop' section of the website:

<http://www.cocsc.org.uk/shop.html>

- We are still waiting on the final price for the tracksuit this will be loaded by the end of the weekend.
- Please email your order using the form to kit@cocsc.org.uk and make payment by BACS transfer quoting 'kit and name of swimmer' and advise when sending.
- Alternatively you can give your kit order to Catherine Pearson or your coach if you wish to pay by cheque.





OPEN WATER DEVELOPMENT CAMP 2016



Open Water Development Camp 2016

Day 1: 5th March 2016, Basildon, Essex

*Day 2: 11th June 2016, Stanborough Lakes,
Welwyn Garden City, Hertfordshire*

The first regional open water development camp will be aimed at swimmers who have previously competed at the Regional Open Water Championships and are 12-18 years of age.

Swimmers will be expected to attend both days.



Cost for both days is £20 per swimmer

To receive an entry pack please email bookings@eastswimming.org

Closing date Friday 12th February 2016, bookings will only be confirmed once booking forms and payment have been received.

The ASA East Region is holding an open water development camp over two days in 2016.

Any swimmers interested in attending should contact the ASA direct.



LIAM BARNETT IN THE SWIMMING TIMES

HONESTY BOX

LIAM BARNETT
The gold-winning men's captain of Britain's World Transplant Games team describes the emotional rollercoaster surrounding the operation that gave him a second chance at life

If I could bring about change, I would... secure the future of the NHS in Britain. It means life or death to me and many people in my life. It is simply humanitarian to have access to free health care but it is taken for granted by many Britons.

Nobody knows this, but... I was nearly born in Australia. My mum was pregnant with me in Perth but decided to come home before having me, as she was homesick.

I wouldn't be where I am now without... my parents, Sharon and Gary, and my two brothers, Josh and Curtis. Their love and support over the years has been unfathomable.

The last concert or gig I went to was... Instrumental at the Terminal

I often dream about... travelling and where to go next. I love languages and dream to be fluent one day in Spanish or German. Places on my travel list include Machu Picchu (Peru), some of the Faroe Islands - because who do you know who has been there? I dream about living on a deserted island, the whole Bear Grylls or Castaway thing.

My heart was broken by... the many wonderful people I have known and lost while being part of the international transplant community.

In particular, the passing of a very special friend, Janet Coleman, broke my heart. Janet was the kindest, most joyous and funniest person you could ever meet. From Belfast, Janet was the Great Britain and Northern Ireland transplant swimming team manager.

We worked closely to enhance the professionalism of the swimming team and raise the profile of organ donation through our swimming.

Janet had had two kidney transplants and she was a great athlete herself. In September 2014, she was diagnosed with skin cancer something transplant recipients are fairly susceptible to due to the immunosuppressant medication we must take to stop our bodies rejecting our organs.

After all she had been through in life, I thought that if anyone cleared a clean bill of health, it was Janet and, with her fighting spirit, I was convinced that she would overcome the cancer. Sadly, it was too much and she passed away in May 2015.

As a tribute to her, many of the transplant swimmers wore her swim cap at the World Transplant Games in Argentina last August.

The last time I cried was... as I left the hospital ward after my transplant in August 2011. I think it was the first time I realised what had happened to me. How close I had come to death and how lucky I was to have a new liver and be alive. In that moment I thought about how quickly my life had changed. I had become



CoCSC Masters swimmers and captain of the GB Transplant Team was interviewed by *Swimming Times* this month.

He revealed that his ultimate indulgence is a cheeky Nando's with his CoCSC team mates!



20 WAYS TO BE AN AWESOME SPORT PARENT

@BelievePHQ

- Set an example
- Encourage Encourage Encourage
- Allow them to be a child and have fun
- Be a good listener
- Focus on process instead of winning
- Demonstrate positive body language
- Emphasise enjoyment
- Praise your child
- Be a role model
- Model good sportsmanship
- Support your child
- Assist early skill development
- Praise effort not talent
- Provide Constructive Criticism
- Don't force your child to play sport
- Attend games regularly
- Make sport fun
- Don't live your dreams through your children
- Refrain from game-time coaching
- Teach your child to learn from success and failure

ARE YOU AN AWESOME SWIMMING PARENT?





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.
- 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