

CONGRATULATIONS

With one more weekend to go to the conclusion of the Surrey Championships 2006, Croydon Amphibians look to be having one of their best showings in recent years. All swimmers who have swum so far have proven that we as C.A.S.C. can compete with the best clubs in Surrey and walk away with plenty of medals and ribbons. In fact at the end of Sunday's session at Crystal Palace C.A.S.C. swimmers have amassed 25 medals and 64 ribbons so far. Also many swimmers have achieved the coveted London qualifying times so well done.

GOLD	3
SILVER	8
BRONZE	14
4TH	6
5TH	10
6TH	19
7TH	12
8TH	18

The Development Gala 2006

For 2006 this was a new addition to the Surrey programme and without doubt it was a fantastic competition for all of our swimmers. C.A.S.C. swimmers came away with 46 medals and 31 ribbons which was a fantastic achievement. All swimmers who took part should be really proud of their accomplishments. Plenty of PB's were achieved; many swimmers actually achieved the Surrey qualifying times so well done to everyone.

GOLD	18
SILVER	18
BRONZE	10
4TH	11
5TH	6
6TH	7
7TH	5
8TH	2

WELL DONE TO ALL SWIMMERS. Keep the hard work up. Remember: "perfect practice makes perfect". Concentrate in training on all your push and glides, stroke technique, starts & turns and most importantly listen to your coaches. All these things will make you a more accomplished swimmer.

Thanks also go to Penny, Joanne, Debbie and Kanae for assisting me on poolside and making every weekend run so smoothly.

The last weekend is only a few days away now so let's finish this year's Championships with a bang and show the other clubs that next year we will be even faster, stronger and more determined to claim even more medals and Ribbons.

Swimmers, if I believe you can do it then so should you.

See you at the pool,

Chris Hatton
Chief Coach C.A.S.C.