

# **Croydon Amphibians scoop their 3<sup>rd</sup> Top Club Trophy since September 2007**

C.A.S.C. swimmers travelled to Crook Log pool at Bexleyheath for the annual Beckenham Rising Stars meet. The coaches had high hopes of our swimmers claiming the top club trophy. With a total of 64 Personal Best times (Pb's) being achieved and a total of 60 medals won and a further 33 x 4-6<sup>th</sup> placings we stormed to victory to win top visiting club.



Some of the more outstanding swims came from the following swimmers:

Hannah Avins 200m Free 2.31.40, Lewis Franks 50m Fly in 29.16, Tobias Fox 50m Back 33.77, Hik Harazawa 100m Fly in 1.03.96, David King 50m Free 26.12, Dylan Nurse 200m IM 3.38.76, Kit Parrish 50m Fly 33.25, David Scott 50m Fly 31.79, Adina Walford 50m Free 31.75, Joe Walkling 50m Free 26.14, Georgia Wallis 50m Fly 36.88, Catherine Wrench 50m Free 29.44, Neil Wylie 100m Brst 1.17.45.

A wonderful start to our season with three top club victories, a national qualifier and excellent strength in depth showing through our squad system. Well done to all who took part and to

our officials who helped out at the competition. After Christmas the New Year begins with our swimmers targeting the Surrey Championships in early spring. Watch this space.

## **PB Tally for December**

C.A.S.C. PB Sheets are looking better and better

Guildford Open	31 PB's
Time Trials Gold, Plat & Di	49 PB's
Speedo A & B 3 <sup>rd</sup> Rounds	33 PB's
Rising Stars	64 PB's

**Total – 177 PB's**

Running total since September 2007 is – 1284

## **December's winner of the Jack Petchev Certificate Award went to:**



[www.jackpetchevfoundation.org.uk](http://www.jackpetchevfoundation.org.uk)

**Nikhil Patel – Junior Masters**

Congratulations to Nikhil for his excellent attendance, his commitment to training and his progress in Junior Masters. Keep up the hard work Nikhil. Well done.

## **CASC Swimmers – Social newsflash!!!!!!!!!!**

**LASERQUEST – Sat 26<sup>th</sup> January 2008**

Starts at 6pm at City Limits the Colonnades along Purley Way.

## What Is Laser Quest?

Laser Quest is a live, interactive game similar to "paintball" where players get to wear what we call a "pack", which resembles a parachute harness that slips on over the shoulders.

A laser gun is used by a player to "shoot" at other players and the system is software driven. A computer keeps track of who shoots who and adds and subtracts points accordingly.

**Open to all squads.**  
**Price is £5.95 per person for two games.**  
**Confirmation and chq payable to CASC**  
**is needed by**  
**Tuesday 15<sup>th</sup> January.**  
**Please hand to Rachel or Squad Reps.**  
**To contact Rachel, tel or text 07956**  
**165618 or**  
**Email:**  
**rachel.swimming@btinternet.com**

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## Speedo League – 3rd round for Teams A & B

### Team A – Spa at Beckenham Pool

What a night, what a result, what an atmosphere. As the CASC banner was being waved at the end of lane 4 and the wonderful support and encouragement from whips, Fiona Scott and Kimiko Avins, no wonder our swimmers performed brilliantly. CASC dominated the entire evening from start to finish. Out of 50 races we were placed in the top three 39 times. Our swimmers were aware this was not the group we wanted to be in. We missed the top 6 teams by 2 points on the night of the 2<sup>nd</sup> round so we were out to show to all that we made a mistake in the 1<sup>st</sup> round and we would cement our position as one of the best clubs in the Division 1 East. The Team amassed 14 PB's, 20 1<sup>st</sup> places, 9 2<sup>nd</sup> places and 10 3<sup>rd</sup> places. We won 11 out of 18 relays. From events 44 – 49 we took a clean sweep in the relays.

### The 1st places went to:

Boys 9-11yrs 4 x 50m Free Relay  
Boys 9-11yrs 4 x 50m Medley Relay

Boys 10-11yrs 50m Fly – Karl Harazawa  
Boys 10-11yrs 50m Free – James Bachen  
Girls 13/U 4 x 50m Medley Relay  
Girls 13/U 4 x 50m Free Relay  
Girls 13/U 100m Brst – Sarah Walcott  
Boys 13/U 4 x 50m Medley Relay  
Boys 13/U 4 x 50m Free Relay  
Boys 13/U 100m Fly – David Scott  
Girls 15/U 4 x 50m Medley Relay  
Boys 15/U 4 x 50m Free Relay  
Boys 15/U 4 x 50m Medley Relay  
Boys 15/U 100m Back – David King  
Boys 15/U 100m Free – Joe Walkling  
Boys 15/U 100m Brst – David King  
Ladies Open 100m Free – Alice Schroeder  
Ladies Open 4 x 50m Medley Relay  
Ladies Open 6 x 50m Free Squadron  
Mens Open 100m Back – Andrew Browne

### Swims of the night went to the following:



Hiro Harazawa – 100m Brst – 1.25.53  
David King – 100m Brst – 1.15.47  
David Scott – 100m Fly – 1.08.25  
Joe Walkling – 100m Free – 58.74  
Tom Parker – 100m Free – 1.04.62  
Amelia Machugh – 50m Fly – 40.49  
Karl Harazawa – 50m Fly – 36.76  
Andrew Browne – 100m Back – 1.05.29  
Hannah Bloxome – 50m Brst – 45.66  
Boys 15/U Team – Neil Wylie, David King, Matt Grout & Joe Walkling 5 out of 6 wins.

### Swimmers of the night

Hik Harazawa & Rebecca Mulcahy (Club Captains) as both had very bad colds, swam hard and did not let their team mates down on the night

### **Results from 3rd round**

<b>CASC A</b>	<b>228</b>
Orpington O'Jays	181
Erith A	166
Southend on Sea	166
1066 Swimmers	164
Atlantis	144

## End of 2007 League position in Div 1 EAST

- 1) Olympos Marlins A (Promoted)
- 2) Sevenoaks (Promoted)
- 3) Chelmsford
- 4) East Grinstead
- 5) Hastings Seagulls
- 6) Woking
- 7) CASC A

I would like so say thank you to all the mums & dads who have helped on poolside either as an official or as a poolside helper during the three rounds this year.

### Team B – Whitgift School Pool

CASC hosted the 3<sup>rd</sup> and final round of the 2007 Speedo League for Division 2's 3<sup>rd</sup> group at Whitgift School. Our swimmers swam their hearts out, came 2<sup>nd</sup> on the night and were beaten by Sutton Atlantis by 1 point. 19 new SC PB's achieved which was an excellent result. Six first places, 14 second and 14 third place finishes as well. Out of 50 races we were placed in the top three 34 times.

### The 1st places went to:

Boys 13/U 4 x 50m Medley Relay  
Boys 13/U 4 x 50m Free Relay  
Girls 15/U 4 x 50m Free Relay  
Girls 15/U 4 x 50m Medley Relay  
Rachel Browne – Girls 15/U 100m Fly  
Rebecca Atkinson – Girls 15/U 100m Free

### Swims of the night went to the following:

Rebecca Atkinson – 200m IM – 2.46.82  
Tom Grout – 100m Brst – 1.28.53  
Marissa Nurse – 100m Fly – 1.23.86  
Adina Walford – 100m Free – 1.15.47  
Cian Hodge – 100m Free – 1.10.64

### Swimmer of the night

**Rebecca Atkinson**

Huge thanks to Diane Gamble & Karen Parker for their sterling efforts for this year's teams and organising the officials. Also to Pam and Theresa for supporting and managing the B team this year. Thank you to everybody who has kindly helped the coaches and the swimmers in this year's League.

### Results from 3rd round

Sutton Atlantis	200
<b>CASC B</b>	<b>199</b>
Edenbridge	185
Erith B	163
City of Rochester	149
Larkfield	142

## End of 2007 League position in Div 2 East

### **CASC B Team – 16<sup>th</sup> 2007**

Pam said: "Congratulations to everyone who took part in the Speedo League at Whitgift on Saturday. It was a very NOISY and exciting competition. CASC came second by the narrowest of margins, just one point. A big thank you especially to those young and not so young swimmers who stepped in at the last minute and swam events in addition to their own. The score line would have looked quite different without you".

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## Surrey County Age Group Championships 2008

### Schedule of Events

#### Session 1 at Aldershot Sat 9<sup>th</sup> Feb 2008

**Event 1** – Female 800m Free  
**Event 2** – Male 1500m Free

#### Session 2 at Aldershot Sun 10<sup>th</sup> Feb 2008

**Event 3** – Female 1500m Free  
**Event 4** – Male 800m Free

## Session 3 at Guildford Sat 16<sup>th</sup> Feb 2008

- Event 5 – Male 400m Free
- Event 6 – Female 400m IM

## Session 4 at Guildford Sat 16<sup>th</sup> Feb 2008

- Event 7 – Male 200m IM
- Event 8 – Female 200m Free
- Event 9 – Male 200m Back
- Event 10 – Male Skins Medley
- Event 11 – Female Skins Free

## Session 5 at Guildford Sun 17<sup>th</sup> Feb 2008

- Event 12 - Female 400m Free
- Event 13 – Male 400m IM

## Session 6 at Guildford Sun 17<sup>th</sup> Feb 2008

- Event 14 – Female 200m IM
- Event 15 – Male 200m Free
- Event 16 – Female 200m Back
- Event 17 – Female Skins Medley
- Event 18 – Male Skins Free

## Session 7 at Guildford Sat 1<sup>st</sup> March 2008

- Event 19 – Male 200m Brst
- Event 20 – Female 200m brst
- Event 21 – Male 100m Fly
- Event 22 – Female 100m Fly

## Session 8 at Guildford Sat 1<sup>st</sup> March 2008

- Event 23 – Male 100m Back
- Event 24 – Female 100m Free
- Event 25 – Male 100m IM

## Session 9 at Guildford Sun 2<sup>nd</sup> March 2008

- Event 26 – Female 200m Fly
- Event 27 – Male 200m Fly
- Event 28 – Female 100m Brst
- Event 29 – Male 100m Brst

## Session 10 at Guildford Sun 2<sup>nd</sup> March 2008

- Event 30 – Female 100m Back
- Event 31 – Male 100m Free
- Event 32 – Female 100m IM

## Session 11 at Guildford Sat 8<sup>th</sup> March 2008

- Event 33 – Female 9-13 50m Back
- Event 34 – Male 9-13 50m Fly
- Event 35 – Female 9-13 50m Fly
- Event 36 – Male 9-13 50m Back

Event 37 – Female 9-13 50m Brst

Event 38 – Male 9-13 50m Brst

## **SHORT BREAK**

Event 39 – Female 9-13 50m Free

Event 40 – Male 9-13 50m Free

## Session 12 at Guildford Sat 8<sup>th</sup> March 2008

- Event 41 – Female 9-11 4 x 50m Free Relay
- Event 42 – Female 12-13 4 x 50m Free Relay
- Event 43 – Male 9-11 4 x 50m Free Relay
- Event 44 – Male 12-13 4 x 50m Free Relay
- Event 45 – Female 9-11 4 x 50m Medley Relay
- Event 46 – Female 12-13 4 x 50m Medley Relay
- Event 47 – Male 9-11 4 x 50m Medley Relay
- Event 48 – Male 12-13 4 x 50m Medley Relay

## Session 13 at Guildford Sun 9<sup>th</sup> March 2008

- Event 49 – Female 14+ 50m Back
- Event 50 – Male 14+ 50m Fly
- Event 51 – Female 14+ 50m Fly
- Event 52 – Male 14+ 50m Back
- Event 53 – Female 14+ 50m Free
- Event 54 – Male 14+ 50m Free
- Event 55 – Female 14+ 50m Brst
- Event 56 – Male 14+ 50m Brst

## Session 14 at Guildford Sun 9<sup>th</sup> March 2008

- Event 57 – Female 14-15 4 x 50m Free Relay
- Event 58 – Female 16+ 4 x 100m Free Relay
- Event 59 – Female U16 4 x 100m Free Relay
- Event 60 – Male 14-15 4 x 50m Free Relay
- Event 61 – Male 16+ 4 x 100m Free Relay
- Event 62 – Male U16 4 x 100m Free Relay
- Event 63 - Female 14-15 4 x 50m Medley Relay
- Event 64 - Female 16+ 4 x 100m Medley Relay
- Event 65 - Female U16 4 x 100m Medley Relay
- Event 66 – Male 14-15 4 x 50m Medley Relay
- Event 67 - Male 16+ 4 x 100m Medley Relay
- Event 68 - Male U16 4 x 100m Medley Relay

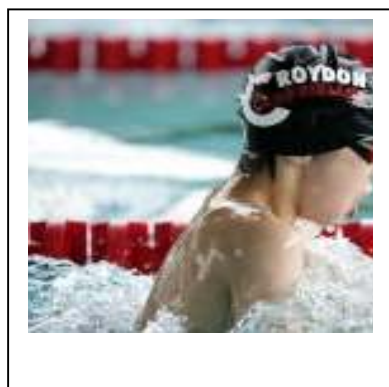
**NOTICE for all Parents at  
CASC**

Please promote our wonderful Swimming Club throughout your child's school.



Learn how to become a  
County Champion at  
C.A.S.C.

**CROYDON AMPHIBIANS** is the largest competitive swimming club in the Borough providing elite coaching and teaching practices for beginners (aged 4 upwards) through to national swimmers.



Our teaching classes are situated at schools and leisure centres in the Borough

and whether you are a beginner or improver we would be delighted to hear from you.

For further details please contact:  
Lynn Elvin (CASC Swim School Co-ordinator)  
Tel: 07952 183338

Email: [info.cascswimschool@yahoo.co.uk](mailto:info.cascswimschool@yahoo.co.uk)  
[www.croydonamphibians.com](http://www.croydonamphibians.com)

**SURREY COUNTY  
CHAMPIONSHIPS  
2008**

C.A.S.C. QUALIFIERS 2008

Brothers Hiro and Karl Harazawa (highlighted in yellow) have achieved all their QT's in their respective age groups. Well done to all the swimmers listed below.

**Hiroki Harazawa – 18 events**

Hikaru Harazawa – 17 events  
Tobias Fox – 16 events  
Alice Hogan – 15 events  
David Scott – 15 events  
Neil Wylie – 15 events  
David King – 14 events  
Joe Walkling – 14 events  
Hannah Avins – 12 events  
Tom Parker – 12 events

**Kahoru Harazawa – 12 events**

Ciaran Kavanagh – 11 events  
William Epps – 10 events  
Andrew Browne – 9 events  
Rebecca Mulcahy – 8 events  
Catherine Wrench – 8 events  
Katherine Parrish – 8 events  
Alice Elvin – 8 events  
Daniel Lawton – 8 events  
Dylan Nurse – 8 events  
Kane Nurse – 8 events  
James Mulcahy – 7 events  
Alice Schroeder – 6 events  
Rosanna Raynor – 6 events  
Izzy Trompetas – 5 events  
Sarah Walcott – 5 events  
Georgia Wallis – 5 events  
Hannah Bloxsome – 5 events  
Jon Barron – 5 events  
Lewis Franks – 5 events  
Rebecca Atkinson – 4 events  
Erica Barron – 4 events  
Amelia Machugh – 4 events  
James Bachen – 4 events  
Jon Parkins – 4 events  
Glenn Pearson – 4 events  
Clara Agyekumhene – 3 events  
Nicola Pearson – 3 events  
Adina Walford – 3 events  
Sarah Botting – 3 events  
William Marston – 3 events  
Anthony de Souza – 2 events  
Matt Grout – 2 events  
Josh Hampson – 2 events

Rachel Browne – 1 event  
Rosie Gamble – 1 event  
Natasha Godwin – 1 event  
Abigail Haffenden – 1 event  
Rosie Leverton – 1 event  
Sally Parker – 1 event  
Maddie Steer – 1 event  
Nik Byrne – 1 event  
Matthew Brooks – 1 event  
Sam Curry – 1 event  
Ben Dubben – 1 event  
Benen Hodge – 1 event  
Cian Hodge – 1 event  
Alex Nash – 1 event

League. We travelled to weekend tournaments to Ponds Forge Sheffield on two occasions, Walsall, Crawley & Crowborough. Using a squad of 21 players we finished in the runners up spot in a division of 8 teams. We played 14 games, winning 10 and losing 4, with competition coming from teams such as City of Birmingham (The League Winners) who we beat 12-10 during the final weekend, Newcastle, Cambridge and Ealing. The runner up spot was good enough to win promotion to Division 3 for next year's competition.

### The Squad consisted of the following players:

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## Guildford Open

### Last Chance Meet 2007

CASC came 7<sup>th</sup> in the top club standings at the level 1 meet. We had 31 new SC PB's, 4 golds, 6 silvers, 7 bronzes & 35 4-8 placings.

### The best swims of the meet were from the following swimmers:

Andrew Browne – 50m Back – 29.92  
Hik Harazawa – 200m IM – 2.20.97  
Hiro Harazawa – 200m Brst – 3.01.22  
David King – 100m Back – 1.05.82  
James Mulcahy – 200m Free – 2.20.48  
Catherine Wrench – 100m Free – 1.03.45  
David Scott – 400m IM – 5.35.52  
Kit Parrish – 50m Fly – 33.23  
Karl Harazawa – 400m IM – 6.19.08

### Swimmer of the meet

**Karl Harazawa**

200m & 400m IM

### Hadley Potter (Goalkeeper)

Brennan Heath  
Kevin Steele  
Nat Snook  
Tim Keating  
Barry Danielson  
Ivan Drinkwater  
Matt Hardwick  
Tristan Heath  
Garry King  
David Payne  
Jon Cannon  
Mark pepper  
Jack Sheperd  
Alan Stitt  
Nick Shute  
Stuart Harwood  
Dan Bedford  
Michael Bradford  
Dragan Jotic  
Luke Penfold

### Coach – Chris Martin

Well done to all the players and coaching staff.

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## CASC Water Polo

### Promotion to the National League

I now have the full report regarding this excellent achievement from our players. Please see below:

During October to November 2007 the Croydon Amphibians National League Squad had been playing in Division 4 of the National Water Polo

I wish all swimmers the best of luck for January 2008! If you have any queries relating to coaching matters please feel free to email me.

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