

Croydon Amphibians SC

Chief Coach's Newsletter

Well Done!!!!

On 24th April this year's C.A.S.C. Surrey Squad had their photo taken for the Croydon Advertiser. All looked very smart in the new matching club uniform.



Congratulations!!!!
Both Jordan Richards and Alice Hogan have scored their first ever National Qualifying Times. At the Bexley Open Jordan captured his very first open meet crown in his first open meet for C.A.S.C. since joining last October in the 50m Freestyle in a time of 25.27 secs (well inside the NQT standard). A fabulous result.

A week later and further history was made at our club when 11yr old Alice Hogan travelled to Reading for the annual Easter Meet and came away with the title but more importantly took her maiden NQT in the 100m Backstroke in 1.15.52!! An incredible moment for Alice and her family and a wonderful time to boot. Alice also becomes the first girl for C.A.S.C. to score a national time in over 25 years!!!! Brilliant result.

London Regionals Youth & Bagcat Championships to be held at Crystal Palace.

C.A.S.C. Swim School

We are very excited here at CASC to be implementing for the first time the National Plan for Teaching Swimming. A certificate and badge award scheme that should prove to be very successful amongst our younger swimmers.



Many thanks to Lynn Elvin and Theresa Browne for working closely with me on this.

This season is going from strength to strength with C.A.S.C.'s team for this year's Regionals exceeding over 30 swimmers which is another record set by our swimmers. The "Youth" competition takes place on 5/6th May and the Bagcats on 2/3rd & 9/10th June. Let's wish the following swimmers a successful competition:

Rosanna R, Alice E, Rachel B, Lewis F, Andrew B, Rebecca M, Katy H, Matt G, Ciaran K, Fran H, Glenn P, Alice S, Hik H, Sam C, Jordan R, Sarah W, Daniel L, William E, James M, Hiro H, Toby F, David K, Tom P, Izzy T, Karl H, Ellie C, David S, Neil W, Kit P, Joe W, Alice H & Catherine W.

Both Hiro and Karl Harazawa have amassed the maximum amount of London qualifying times in their respective age Groups which is a wonderful result. Well done to both boys and to all who have qualified for the prestigious Regionals.

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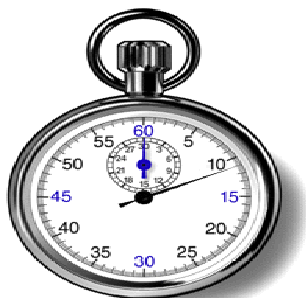
**We have a sponsor - The Jack
Petchey Foundation. A first for our
club.**



This Awards Scheme will without doubt do wonders for our swimmer's self esteem. Many thanks to Phyllis Grout, Bob Kavanagh and Mary Mangan for making this possible.

URGENT CALL FOR TIMEKEEPERS

At C.A.S.C. we are in need of more and more willing volunteers. In order for the smooth running of our club we rely on parents giving up their valuable time to help us in running time trials and club galas.



I as well as my coaching team and the committee are calling on all members who would be willing to take their A.S.A. timekeeping exams. Once qualified you will be able to help us with the Club Champs, Croydon Boroughs and time trials. At the last parent's meetings I had a few parents approach me but please contact either myself or Karen Parker (competitions secretary) for more info.

C.A.S.C. Website

Our new website officer is Oggi Cox and we are in the process of modernising and updating. If you have any ideas for our website please feel free to either contact myself or Oggi.

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Fund Raising Ideas

The more the merrier!!!! If anybody has any suggestions please contact Bob or Phyllis.

COMPETITIONS

Bexley, Reading, Crawley, Octopus, O'Jays, Littlehampton, Croydon Boroughs Gala 2 & Haslemere.

In the last month we have had many Open meets and club galas. But as always our swimmers performed to their max and have come away from these events with a heap of brand new PB's.

*Bexley – 44
Reading – 36
Crawley – 28
Octopus – 23
O'Jays – 16
Littlehampton - 5
Croydon Boroughs Gala 2 - 62
Haslemere – 53*

Our grand total of PB's reads as of 26.04.2007

2203

Reminder again to all Squads

It is compulsory to bring with you a bottle to each session plus the following:

*Float
Pull Buoy
Long fins
Hat
Goggles (spare)
Hand paddles (top squad only)
Drag shorts (top squad only)*

C.A.S.C. Swim Shop

The following new CASC kit is on sale every Tuesday from Kanae Harazawa. Prices are as follows:

CASC Hat - £5.75 each
CASC Hat – with name on – 3 for £23
CASC shorts - £12.50
CASC Polo shirt - £12.50
CASC Hoodie - £17.50