

*CASC Sponsored Swims
Summer 2007*

Money, which has been raised, will be split three ways, to CASC, Chase & the Royal Marsden hospital.

CHASE

Is a hospice care unit for children who are not expected to reach their 19th birthday.

ROYAL MARSDEN HOSPITAL

Based in Sutton and cares for people with many forms of cancer. Money is always needed in early detection and finding new treatments & cures.

Around £1000 has been raised by our swimmers, which is an excellent achievement. In the new season a representative from both of the above charities will be presented the cheques from Phyllis Grout and myself.



The 2007 ASA National BAGCAT & Youth Championships held at Ponds Forge Sheffield.

CASC took two swimmers this year to the Summer Nationals, Alice Hogan and Jordan Richards.



The BAGCAT'S

Alice had qualified in two events; the 100m Back & Free whereby she swam two PB's in the Backstroke (the 50m split!) and came overall 29th. In the Freestyle Alice swam a LC PB and came 32nd. In addition to this the top ten 11yr girls were invited to take part in the girls 11yrs 1500m Free, Alice was ranked at 19th, a super achievement from her at the gruelling distance. Alice will take a lot from her first Nationals, the excitement at competing alongside the best girls of her age in the country, confidence and mental strength.

**You can be whoever you want to be
You can do whatever you want to do
BUT you will not achieve your goals unless you
TRY!**

The Youth Champs

Jordan Richards has had a fantastic year since joining CASC proving that dreams really do come true for those who work hard. Jordan has hit his NQT no less than 5 times this year and naturally went into the Championships brimming with confidence. Jordan swam a LC PB in the 50m Free in a time of 25.23 secs, which

ranked him 18th in the 17yr old age group and 39th in the 17/18 yr age group.

C.A.S.C. takes this opportunity to congratulate once again both Alice and Jordan. This should spur on many others at CASC to achieve their goals. For both of the above their goals were to score a NQT, others it can be a Surrey QT or a London QT or to qualify for a licensed meet. No matter what your goal is stick to it and believe in yourself and you never know your dreams may come true like Alice and Jordan's.

*Know what you want + go for it
Make a goal + make it happen
I cannot give you a NQT or a
Surrey time YOU & YOU alone
must make it happen!*

July's winner of the Jack Petchey Certificate Award went to?



www.jackpetcheyfoundation.org.uk

Josh Hampson – Silver Squad

Pam has informed me that Josh has trained extremely well and is progressing through the squad at a fast pace. Congratulations Josh on your achievements and may this continue into the new season. Well done from all the coaches here at CASC.

C.A.S.C. Masters riding high



July has been a busy month for our Masters and two major competitions took place last month, the Surreys and the Long Course Nationals.

At the Surreys at Haslemere, CASC Ladies finished in overall 5th place with the Men in 2nd making a combined placing of 4th best club in Surrey. To top this off three prolific Masters swimmers won the Victor Ludorams (top scorer in a ten year age group). They were: Frances Penwarden, Sue Stewart & Laurie Dodds. A result that was unmatched by any other club in Surrey.

Two Masters Swimmers travelled to Manchester for the LC Nationals. Frances Penwarden claimed an astonishing 4 silvers in her age group and Lee McClaren became National Champion in the 50m back. These are some fantastic results and congratulations on having yet another stellar year.

CASC 06/07 Season sears to new heights

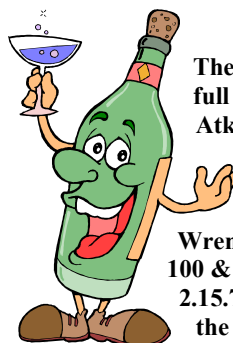


Overall our swimmers have recorded a total of 2880 PB's, which is a wonderful achievement by the swimmers and the coaching team.

July's PB Tally

Haslemere Summer Open – 39
Time Trials Di & Plat – 7
Time Trials Bronze – 51
Time Trials Silver – 45
ASA Nationals – 4
Total in July – 146

CASC Girls shine at the Haslemere Summer Open



The Freestylers were out in full force with Rebecca Atkinson, Hannah Avins and Rosie Leverton all PB'ing in the freestyle events. Catherine

Wrench took silvers in both the 100 & 200m Free (1.02.98 & 2.15.73) just being pipped to the post by a Brighton swimmer. Kit Parrish swam

an awesome fly leg in 1.17.30 showing she is now getting back to her best after illness.

Breaststroke specialist Sarah Walcott took the Woking girls by surprise by nearly claiming gold in 1.22.18. Marissa Nurse, Sally Parker, Urma Cox, Lizzy Speddings and Izzy Trompetas all PB'd as well.

The boys were equally strong with fine performances coming from our younger swimmers, Joshua Cresswell, John & Chris Parkins, Jacob Cross and Anthony de Souza. Further success came from Ben Dubben, William Epps, Matt Grout, Karl & Hiro Harazawa, Tom Parker and David Scott.

Big thank you goes to:

Lynn Elvin – our CASC swim school administrator for doing such a sterling job this last season

Theresa Browne – for continuing to do a great job in monitoring the success of our youngsters in the teaching classes

All Squad reps that help Debbie and myself tremendously

To our new pool hire co-ordinator Rachel Wootton

Debbie Parrish & Phyllis Grout for all of their ongoing hard work at CASC

All the teachers & coaches at CASC – without their continued hard graft we would not be where we are today which is riding a wave of success
To all parent volunteers who help out on club night, galas, club champs, Octopus & Speedo.

Thank you again

Club Champs 2007

As you will all be aware of the letters will be arriving shortly with all details listed clearly on the forms. Please bear in mind that our club champs from 2007 will become a licensed meet at level 4 (a fantastic job from Debbie Parrish in getting this done) and therefore all times achieved can be used for entry into the Surrey Championships 2008.

For all competitive squads, the club champs are compulsory and anybody not competing must write to me (chiefcoach.casc@yahoo.co.uk) and explain their reasons as to why they will not be able to take part.

For the top squad the 200m Fly, 400m Free & IM, 800m & 1500m Free are all compulsory. Any absentees from the top squad from the above events will be required to explain their reasons.

I wish you all good luck for this year's Champs, a record number of club records were set last year so we will be hoping for yet another stunning result. Any problems with the completion of the forms please contact your squad coaches. If anybody needs his or her PB times also feel free to contact either Debbie Parrish or myself.

Surrey Championships 2008

CASC had a wonderful result this year at the Championships and we were very close to beating rivals such as Woking and Leander. Some qualifiers let us down and I am calling on all parents (who after all pay the entry fees) for this not to happen again. CASC wishes to climb the ladder and improve on last year's position of 7th. This is only possible if all our qualifiers take part in all events for which they have qualified. All swimmers who have qualified in any event (be it 1 or 18 events) must take part without exception. I would appreciate being informed as well as Debbie Parrish if any swimmer is not taking part in their events. **Let's get higher and assert ourselves as a threat to other Surrey clubs. We were the 3rd best club in Surrey at 200m Breaststroke and the 4th at the distance freestyle.**



Punctuality

ATTENTION to all squads & teaching classes

Please arrive 5-10 mins before your session/class is scheduled to begin.

Late arrivals may not be permitted to enter the pool at the coach/teacher's discretion.

ADVERT – SWEET SHOP

The new season is nearly upon us and our swimmers have no sweet shop!!!!

If any willing parent would like to take this job on please contact any of our squad reps or a committee member.

Thank you

PARENTS & SWIMMERS

Laura Manaudou

French swimming star Laura Manaudou, the World & Olympic Champion, was sacked from her swimming club in Italy according to Eurosport.

Marco Durante, President of her Italian club said she was sacked due to her disrespectful behaviour towards her new coach. In an interview in L'Equipe her coach said: "If Laura wants to work hard I can help her do great things but if she's not ready to work hard, I'm not the right coach".

So even Olympic Champions can behave poorly towards their coach!

Our last Season in a nutshell

**Surreys 2007 – CASC finish in 7th place
– best ever result.**

**London Regionals – best medal haul
and highest number of qualifiers.**

**2 National qualifiers – first girl in over
20 years.**

**Complete dominance of the 4 rounds of
the 2007 Croydon Boroughs.**

**A total of 2880 Personal best times
recorded in our season from all of our
swimmers in the squad system.**

**I think you will all agree a wonderful
year of results for our club and its
swimmers.**

**But we should not settle for just that.
We should all aim higher and strive for
even better results in the upcoming
season.**

**We start off at the Brighton Sprint
Open at the Prince Regent and CASC
takes nearly 60 to this new licensed
meet. We wish all our swimmers the
best of luck.**

Roll on the new season.

**Have a great Summer holiday and see
you on the 1st!**

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