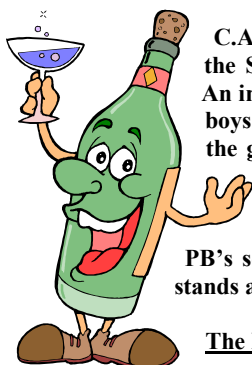


SURREYS 2007



C.A.S.C. finished with its highest position at the Surreys in 7th with a total of 585.5 points. An improvement of 168.5 points from 2006. The boys stand in overall 6th place in Surrey with the girls just behind in 10th. Overall a total of 37 medals, 3 golds, 15 silvers & 19 bronzes with a further 110 4-8 placings. A brilliant result. After adding up all the PB's set over this year's Championship the total stands at 230!!! Well done to all the swimmers.

The BAGCAT standings

C.A.S.C. had 6 swimmers reaching the top 8 of their individual age group.

ALICE HOGAN – 3RD
 KARL HARAZAWA – 6TH
 ELOISE CROWTHER – 7TH
 DAVID KING – 7TH
 WILLIAM EPPS – 7TH
 HIRO HARAZAWA – 8TH

2007 Championships also saw 10 CASC swimmers win their very first Surrey County medals. Congratulations go to the following swimmers:

Hik Harazawa – 3 silvers & 2 bronzes
 Fran Hayward – 4 silvers & 2 bronzes
 Karl Harazawa – silver 200m Brst
 Rosanna Raynor – silver 50m Back
 Neil Wylie – bronze 200m Brst
 Ciaran Kavanagh – bronze 50m Back
 Daniel Lawton – bronze 50m Free
 Stephanie Scott – bronze 1500m Free
 Catherine Wrench – bronze 1500m Free
 Alice Hogan – bronze 100m Free

3 swimmers with multiple medal success

Sam Crowther – CASC Record of 9 medals – 3 golds, 3 silvers & 3 bronzes
 Francesca Hayward – 4 silvers & 2 bronzes
 Hik Harazawa – 3 silvers & 2 bronzes
 Katy Hogan – 1 silver & 3 bronzes



Distance Freestyle & 200m Breaststroke 2007 Surreys

This year CASC took its strongest contingent of Breaststrokes and distance Freestylers to the Championships. Below are two tables illustrating just how strong we have become at these events in comparison with the best clubs in Surrey. Note at the clubs that we are in front of and just behind.

Distance Freestyle both girls & boys 800/1500m Free

CLUB	GOLD	SILVER	BRONZE	TOTAL
Kingston	8	5	5	18
Haslemere	3	6	1	10
Leatherhead	4	1	4	9
Leander	2	4	2	8
C.A.S.C.		1	7	8
Guildford	2	2	1	5
Elmbridge	2	1	1	4
Woking		4		4
Farnham	2			2
Epsom	1		1	2
Box Hill			1	1

200m Breaststroke for both girls & boys

CLUB	GOLD	SILVER	BRONZE	TOTAL
Guildford	4	5	3	12
Kingston	3	3	3	9
C.A.S.C.	1	3	3	7
Leatherhead	3	2	1	6
Leander	1	3	2	6
Woking	3	1	1	5
Haslemere	2		2	4
Wandsworth	1			1
Redhill		1		1
Godalming			1	1
Elmbridge			1	1

We have had a fantastic result this year with the Surreys. I would like to personally thank all my team of coaches and teachers at CASC but more importantly to all of the swimmers. You are a delight to coach (most of the time) and I would not want to coach anywhere else. Keep up this hard work. We have the Regionals coming up and then the Nationals. Good luck to all.

A BIG THANK YOU

The annual dinner dance was very successful and an enjoyable evening was had by all who attended it. Thanks to Lynn for organising the event.

Reminder of parents meetings

To be held once every 3 months at Whitgift in the viewing gallery. (Dates and times may change so wait for details)

*Di / Plat – Tues 17th April @ 8.30pm
Gold – Thurs 19th April @ 6pm
Silver – Thurs 19th April @ 6pm
Bronze – Tues 17th April @ 6.30pm
Challenge – Sat 21st April @ 11am
JR masters – Fri 20th April @ 8pm*

PB Tally for CASC Swimmers

*The total amount of PB's registered on the squad PB sheets since September 06 to the current day is now **1980***

C.A.S.C. Squad Fees

Diamond & Platinum - £65

Gold - £63

Silver - £50

Bronze - £45

JR Masters - £48

Challenge - £30

FAO 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)*

Punctuality

*I appreciate work commitments and traffic may cause some of you to arrive late to training, however, this is almost starting to become acceptable. If you are late to a session please inform your coach as to the reason why. At Crystal Palace on Mondays and Fridays we seem to be the only club turning up late. **This does not happen at Beckenham, Leander or Bromley so a big effort please in arriving 5 mins prior to the start of every session.***

COMPETITIONS

Please note we have many important competitions coming up so I would like as many of you as possible entering them.

We have new a new black Hoodie, shorts and shirts that Kanae sells every club night (Tuesday) at Whitgift. Please make sure you have them especially when we have group photos taken. The 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

C.A.S.C. Sweet Shop

Thanks goes to Jacqui Crowther for running our sweet shop. We have amassed well over £300 for club funds.