



CASC return from the famous Club La Santa sports complex situated in Lanzarote in awesome form. A whole week of Long Course training (4hrs daily) has resulted in the 20 swimmers returning to the club fitter, stronger and ready for competition. Below are just a few photos for the newsletter. A full photo display can be found on the club notice board.



(One of those very very very long Butterfly sets on 200's. Congratulations on all those that completed the 15 x 200's Fly)



(A great shot of the team)



With such a successful trip to CLS this year we have decided to return back in October half term next year. The criteria is on the notice board for all members to see. I would like to say a big thank you to Bob and Phyllis for accompanying the team to Lanzarote and acting as poolside helpers and managers. Debbie our team leader was a credit to us all and all the swimmers and myself would like to say a big thank you for all the hard work in organizing this trip. I can't wait for next years. Thank you for all the lovely photos presents and cards. It was a great trip and next year's can't come soon enough.



The famous race where David Scott won and Rosie Leverton capsized mid race. And we have it on video!

A safe and secure sports complex meant that all the swimmers could do a variety of different sports from tennis, badminton, squash to beach volleyball and kayaking.



Who could forget
the theme song
for Club La
Santa!!!!

Here are the
words to sing
along to and also
the web link to
listen to it.

http://www.clublasanta.com/files/filer/music/cls_song.htm

*There's a place that you always can go to
And there's places not so far away
You just jump on a plane
We are waiting for you
And we long to make your dreams come true*

*Take your time cause you're not in a hurry
You'll have plenty of choices to make
U can swim u can jump
Take a surf
Have some fun
U can have yr greatest holiday*

*Club La Santa La Santa La Santa Sport
Everybody loves to go
To Club La Santa La Santa La Santa Sport
No matter if yr young or old
You'll never be alone
In La Santa
La Santa Sport*

*In the evenings yr never get lonely
There is always a lot u can do
Meet some friends on the beach
U can dance all night long
Let the music play and turn u on*

*Take the chance
You will never regret it
Come along bring yr whole family
Stay a week maybe 2
We are waiting for u
And we long to make yr dreams come true*

*Club La Santa La Santa La Santa Sport
Everybody loves to go
To Club La Santa La Santa La Santa Sport
No matter if yr young or old
You'll never be alone
In La Santa
La Santa Sport*

*In Club La Santa La Santa La Santa Sport
All the children love to play
In Club La Santa La Santa La Santa Sport
No matter if yr young or old
You'll never be alone
In La Santa
La Santa Sport*

*Club La Santa La Santa La Santa Sport
Everybody loves to go
To Club La Santa La Santa La Santa Sport
No matter if yr young or old
You'll never be alone
In La Santa
Come to La Santa
Club La Santa
La Santa Sport*

I am pleased to announce that at the presentation disco in December you may hear from the CASC training camp team a live rendition. I will no doubt have a sore throat so that counts me out luckily! ;o) !

Speedo League – 1st round for Teams A & B

Team A – Haywards Heath Pool

CASC's A team travelled to Haywards Heath for the 1st round of the 2007 League. Overall 16 new PB's resulted in the team finishing third behind Chelmsford and Olympus Marlins A. Some excellent performances on the night. Here are just a few of them: Karl and Amelia's 50m Fly, David King's 100m Back, Sarah Walcott's & Hiro Harazawa's 100m Brst, the 15/U Boys Free relay, Rebecca Mulcahy, Izzy Trompetas, James Tamplin and Tom Parker for their 100m Back.

Results from 1st round

Chelmsford	224
Olympus Marlins A	222
CASC	171
Orpington O'Jays	166
Southend	141
Epsom	119

Team B – Crook Log Pool

Our B Team travelled to Crook Log pool in Bexleyheath for the 1st round. A much younger team than in previous years still came up with

the goods. 16 new PB's and some gutsy performances.

According to both Pam and Theresa James Mulcahy was the swimmer of the evening swimming up in relays in higher age groups and still managing his individuals. Many could learn from his fighting spirit!

Josh Hampson and Jon Parkins both hit their SQT in the 50m Back and 50m Brst respectively. The boys' 13/U Medley & Free relays swam very strongly with fine finishes. Congratulations to the following Breaststrokes for their fine swims: Andrew Browne, Rebecca Atkinson, Georgia Wallis and Tom Grout.

Results from 1st round

Dorking	236
Braintree & Bocking	221
Canterbury	181
Edenbridge	136
CASC	135
Erith	121

Good luck to both Speedo A & B Teams who will be competing in the 2nd round on the 10th November.

October's winner from Gold Squad is.....



www.jackpetcheyfoundation.org.uk

Thomas Grout

Thomas was the only member from Gold Squad who traveled to Club la Santa with the remainder of the team. He trained very well and has returned to CASC and produced some fine PB's at the club champs. Well done Thomas, keep the hard work up.



Congratulations to the following parents who have now passed their time keepers exams: Geoff Parker, Lois Pearson, Rachel Wootton, Edwin Lawrie, Peter Wrench, Kimiko Avins and Sally Dubben. Well done to Lesley Mulcahy who has passed her Chief Timekeeper exam.

PB Tally for October

CASC Club Champs Gala 2 (03.10.2007)	18
Crawley Early Bird (06-07.10.2007)	40
Speedo A Team 1 st Rnd (13.10.2007)	16
Speedo B Team 1 st Rnd (13.10.2007)	16
ISA Gala (17.10.2007)	2
Surrey Qualifier Meet (20-21.10.2007)	18
CASC Training Camp CLS (24.10.2007)	35
CASC Club Champs Gala 3 (27.10.2007)	91
CASC Club Champs Gala 4 (28.10.2007)	74

TOTAL for October is 310 PB's

Running total for new season - 615

CASC Gives back to the local community

Back in July our swimmers took part in a mass charity swimathon (check July's newsletter) and successfully raised over £1000. This was going to be split three ways with the bottom two charities and the third part to go back into club funds.

CHASE

Is a hospice care unit for children who are not expected to reach their 19th birthday. At the beginning of the month a representative from CHASE came to Whitgift school pool on club night (Tuesdays) and Phyllis Grout, myself and some of the swimmers presented a cheque for £400.



ROYAL MARSDEN HOSPITAL

Our second charity donation went to the 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. A second cheque for £400 was presented to the charity representative.



A special thanks to Phyllis Grout – our fund raising coordinator and club Treasurer – and to all of our swimmers and parents who took part in raising money for the above two charities.

C.A.S.C. Club Champs – Galas 2-4



CASC swimmers take the club champs by storm and many records tumble. (CASC Club Champ records can be seen on the news page of our website).

No 10 October 31st 2007 www.croydonamphibians.com
C.A.S.C. Chief Coach Chris Hatton
Email: chiefcoach.casc@yahoo.co.uk

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Gala 2 at Purley - 400m IM.

18 new SC PB's were set & two new winners of the 400m IM.

Mens Open 400m IM

Open – Hik Harazawa

Ladies Open 400m IM

Open – Rebecca Mulcahy

Gala 3 at the Spa at Beckenham – 50m Fly, 100m Brst & 200m Back.

Overall 91 PB's were achieved plus 3 new Club Champ records (NCCR) which was a wonderful result for all the swimmers and all the coaches. The winners were the following:

Boys 50m Fly

U10 – Kane Nurse
U12 – Karl Harazawa
U14 – David Scott
U16 – David King
Seniors – Barry Tonks

Girls 50m Fly

U10 – Ellie Danielson
U12 – Clara Agyekumhene
U14 Katherine Parrish (NCCR)
U16 – Rebecca Mulcahy
Seniors – Rosanna Raynor

Boys 100m Brst

U11 – Kane Nurse
U12 – Benen Hodge
U13 – Hiro Harazawa (NCCR)
U14 – Tobias Fox
U15 – Neil Wylie
U16 – David King
Seniors – Matt Roberts

Girls 100m Brst

U11 – Hannah Sharp
U12 – Aine O'Neill
U13 – Hannah Avins
U14 – Sarah Walcott (NCCR)
U15 – Rebecca Atkinson
U16 – Maddie Steer
Seniors – Rosanna Raynor

Mens Open 200m Back

Open – Hik Harazawa

Girls Open 200m Back

Open – Rosanna Raynor

Gala 4 at the Spa at Beckenham – 200m

Free, 100m Fly & 100m IM. Overall 74

PB's and an impressive 5 new Club Champ records (NCCR). The winners were the following:

Boys 200m Free

U13 – William Epps (NCCR)

U14 – David Scott

U15 – Neil Wylie (NCCR)

U16 – David King

Seniors – Hik Harazawa

Girls 200m Free

U13 – Alice Hogan

U14 – Izzy Trompetas

U15 – Catherine Wrench (NCCR)

U16 – Rebecca Mulcahy

Seniors – Alice Elvin

Boys 100m Fly

U11 – Karl Harazawa (NCCR)

U12 – James Bachen

U13 – Hiro Harazawa

U14 – David Scott

U15 – Neil Wylie

U16 – David King

Seniors – Hik Harazawa

Girls 100m Fly

U11 – Lizzy Speddings

U12 – NO WINNER

U13 – Alice Hogan

U14 – Katherine Parrish

U15 – Catherine Wrench

U16 – Rebecca Mulcahy

Seniors – Rosanna Raynor

Boys 100m IM

U11 – Karl Harazawa (NCCR)

U12 – Benen Hodge

Girls 100m IM

U11 – Lizzy Speddings

U12 – NO WINNER

Well done from all the coaches to all the competitors who made such a memorable weekend. Excellent performances and let's hope this continues into November's Club Champs.

CASC has a National qualifier already???



Early October saw CASC swimmers travel to the K2 pool at Crawley for the annual Crawley Early Bird competition. Jordan Richards qualified for the second season running at the 50m Freestyle in 25.59. An excellent achievement and the coaching team as well as the committee want to take this opportunity to congratulate Jordan for another stellar performance. Well done.



In October London Water Polo try outs for 94/95/96 age bands took place at Whitgift School. The following CASC swimmers have been accepted into the Region's development squad training programme:

**Tom Andrews
James Mulcahy
Ben Dubben
Hiro Harazawa**

A great result for the four boys above. Well done and good luck with the training.

Surrey Qualifier Meet at Elmbridge Pool

6 swimmers took part in this meet and between them captured 13 medals and amassed a total of 18 Personal Best times. Hannah Avins narrowly missed her SQT in the 200m free claiming silver but did achieve the qualifying times at both the 100m IM & 100m Free. Well done.

Benen Hodge was the star of the weekend winning 6 medals. Two golds came in the 100m Free & 50m back, followed by two silvers in the 100m back & 50m Brst. Also two bronzes in the 50m Fly & Free. An awesome weekend with a brand new set of PB's. Excellent performances Benen. Keep it up.

Cian Hodge also swam extremely well amassing three medals. Two silvers from the 100m & 200m Free and a further bronze in the 50m Free. Well done Cian.

Sally Parker only took part in the 50m Back and she claimed the silver medal. Dylan Nurse and Kane Nurse took part in the 50m Fly coming 4th and second respectively. Marissa Nurse took bronze in the 100m Back and a further 6th place in the 200m Free. Well done swimmers on some excellent swims and times. Keep all the hard work up.

Manchester beckons for Catherine Wrench

(Note: This is written by Catherine). On 26th and 27th October I went to Manchester to take part in the Inter-Divisional Schools Swimming Championships.

I arrived at Euston station early on Friday morning to meet up with the team representing Surrey and Kent Schools. I didn't know anyone but it became apparent on the train journey to Manchester that they had all swum in the



Nationals in Sheffield. HELP! That was just our team!

On arrival in Manchester we went straight to the Manchester Aquatics Centre to start our warm-up in preparation for the afternoon's gala. I was swimming in the Freestyle Relay today and individual Freestyle event on Saturday.

Our Freestyle team swam well finishing in 6th place, cheered on by our very noisy team. The top eight went through to the finals on Saturday.

We had an early start at the pool on Saturday. I swam the 100m Freestyle and, although it was not a PB, I was so pleased to be in the top eight enabling me to swim in the finals. My freestyle final was in the afternoon and I managed to improve my time (although still just out of my LC PB!) and finished 6th. Later that afternoon, we swam the Relay and finished in 7th place.



I really enjoyed the experience of taking part and made some new friends, some of which have warned me that they will be swimming against me at Guildford!

**CASC MASTERS
NEWS FLASH**

**CASC Presentation
Evening and Disco**



Frances Penwarden, Paul Hare, Matt Stone & Sarah Botting traveled to Sheffield for the annual ASA Masters Championships Short Course (26 – 28th October 2007). Matt opened up proceedings in the 45/49 age group 1500m Free where he claimed a bronze medal in a life time PB of 19.56.68. Breaststroke specialist Frances took bronze in the 50/54 age band for the 100m Brst in 1.26.07. Team mate Sarah came 8th in the 100m Brst (1.22.34) and 19th in the 50m Fly (33.88) in the 25/29 age band. A wonderful first day and it got better and better for the rest of the weekend.

Next day Sarah came 11th in the 100m IM in a PB time of 1.15.05 followed by a fantastic 5th place in the 400m IM in 5.51.85. Frances claimed a hard fought silver medal in the 200m Brst in 3.03.94. Paul Hare & Matt Stone both later competed in the same age group at the 100m Free. Paul coming 10th in 1.00.51 and Matt 21st in 1.06.47.

Last day ended with Frances claiming the national title in the 200m Fly event in a PB time of 2.57.85. Sarah finished her campaign with 7th place in the 50m Brst in 37.91.

A wonderful weekend and congratulations to all of you for such gutsy swims. Well done Pam on yet another awesome National Champs for the CASC Masters.

To be held at John Fisher sports ground, Limpsfield Road, Warlingham, Surrey on Sat 15th December 2007 – 8pm onwards.

This year we are fortunate enough to be able to present Jack Petchey Awards to a number of our swimmers. A representative from the London Region Jack Petchey Awards Scheme will be presenting the awards along with Phyllis Grout, CASC Jack Petchey Award Coordinator. These awards will be presented at 8.45pm and will be followed immediately after by the presentation of our CASC Club Championship Trophies by the Chief Coach.

ALL CASC trophies will not be presented before 9pm to allow myself and all swimmers who have been at the Beckenham Rising Stars meet during the day to be able to get home from Crook Log!

Huge thanks to Jan Franks for making this possible.

**CROYDON AMPHIBIANS
SWIMMING CLUB
CLUB CHAMPIONSHIPS 2007**

Licensed Level 4 Closed Meet

Dear members, Final dates for the club champs are as follows with some slight “venue” changes.

Sunday 11th November – 4pm for 4.15pm start at Whitgift pool. Events: 50m Free/100m Back & 200m Brst

Wednesday 14th November – 7.15pm for 7.30pm start at Trinity pool. (9.30pm finish). Event: 400m Free.

Saturday 17th November – 6pm for 6.15pm start at Whitgift pool. Events: 50m Brst & 200m Butterfly.

Wednesday 21st November – 7.15pm for 7.30pm start at Trinity pool. (9.30pm finish). Event: 800m Free.

PLEASE NOTE THAT ON THE 14TH & 21ST NOVEMBER DIAMOND, PLATINUM & GOLD SQUAD TRAINING IS CANCELLED DUE TO THE ABOVE EVENTS. SILVER AND JR MASTERS WILL TRAIN AT SOUTH NORWOOD FROM 7 – 8PM AND THEN MASTERS FROM 8 – 9PM.

I wish all swimmers the best of luck for November. If any parents have any queries relating to coaching matters please feel free to email me.

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