

C.A.S.C.

## **CROYDON AMPHIBIANS SWIMMING CLUB**

Swimmers and parents at CASC give their views on our club's performance at this Year's County Championships.

What a year to be Captain!!!

Well done to all CASC swimmers who took part in the Surreys. We had some fantastic results including lots of medals but every swimmer who pulled on their CASC hat played their part in the Club having a great competition and giving some of the stronger clubs - we all know who - a fright. !!

Many of you were competing in your first Surreys and I remember what a big deal it was to first work hard for the qualifying time and then want so much to swim well. I hope you were all pleased with your swims and will be back for the London Regions in the summer.

A couple of our more experienced swimmers got their NQT's - well done David King and Hiro Harazawa!!! We wish you good luck for when you take on the best in the country this summer.

Oh, and the coaches...better not forget them! Our achievements in the pool are also their achievements so well done to them.

Happy Easter everyone.

Rebecca Mulcahy (Club Captain)

.....

**I think the surreys went really great. I got 9 PBs out of 9 races, got a medal, came high in the overall BAGCAT points and as a team we did fantastically well. Well done coach!!!!**

**Will Jackson**

.....

**Chris, I just wanted to say well done for this weekend you have shown us that with lots of hard work we can achieve medals. As a CASC parent I was very proud to be part of CASC. Please keep up the good work.**

**Caron Epps**

C.A.S.C. Chief Coach – Chris Hatton

C.A.S.C.

I have just heard that CASC has been placed 6th overall at this year's Surrey County Championships. This is a fantastic achievement for the club.

I have had the pleasure of attending the championships for many of the events and have witnessed some amazing swims. On behalf of the CASC committee I would like to say a huge well done to all CASC competitors. I would like to say a huge thank you to all the parents who have tirelessly supported CASC from a very hot and cramped balcony. I would like to give a huge thank you to all of our coaches and teachers who have supported and encouraged all our CASC swimmers in training and preparation for this and all other events.

A real team effort and well done.

**Jan Franks**

.....

My name is Clara Agyekumhene and this was my first Surreys. I had 3 individual events and 2 relays. I really enjoyed the experience and hope next year I would get the same opportunity. I think the Surreys were a great challenge for me.

.....

### **CASC Surrey Championships 2008**

**Well didn't we do well. Congratulations to all our swimmers. What a pleasure it was to see so many of the regulars and lots of up and coming youngsters representing our club. I have to say, we may not be one of the bigger clubs but we do not lack in enthusiasm and support. Apart from being very high up in the club rankings for swimmers in the Surrey 2008 Championships, we must come very close to the top club for spectators as well. Up in the gallery we shout and scream, stamp our feet and clap our hands, bang on the barriers and cry as well sometimes. We must be the loudest and most supportive for our swimmers.**

**Excellent swims from so many of our kids and now at least 2 swimmers will represent us at the National Championships in July/August 2008 with quite a few very close to joining them at Ponds Forge, Sheffield.**

**Swimmers – carry on the hard work and reward will come to those prepared to train well and regularly.**

C.A.S.C. Chief Coach – Chris Hatton

C.A.S.C.

**Spectators – keep up the support, we want some company in Sheffield and lots more Regional qualifiers.**

**Remember – Pain is temporary, glory lasts for ever!**

**Ann King**

.....

**The best bit about this year's Surreys was that I got my first Surrey medal and we came 6<sup>th</sup> overall. Also 2 people got their national times so it was very exciting.**

**Tom Parker**

.....

**Despite doing our best not to look like a tin of sweating sardines in the lofty heights of the spectator's area, the boy's 12- 13 medley relay well and truly cooked the CASC parents...but what a wonderful dish we all made; jumping up and down rather than bubbling, cheering at the top of voices rather than sizzling and beaming from ear to ear rather than being wonderfully presented on a plate. A perfect end to a great day.**

**Fiona Scott**

.....

**This year has probably been one of the most successful surreys that the club has ever had in recent years. Extraordinary amount of medals were won, a total of 30 medals! The club came 6<sup>th</sup> place overall, this is thanks to every one; the coaches, swimmers and parents. I have enjoyed it a lot and I hope everyone else did as well, hopefully next years surreys will be just as fun and successful.**

**From Hiroki Harazawa**

.....

**This year's Surrey County Championships have been the most successful in the history of Croydon Amphibians. The weekends started early and finished late, but it was worth it to see so many of our swimmers from 9yrs upwards achieving great PB's. A special mention must go to Hiro and David King both whom gained their NQT's. Hiro for the 100m breaststroke and David the 50m F/S. My thanks to all the swimmers who put up with my nagging and moaning, when you produce results like these it makes it all worth while!! I was very proud of all of you.**

## C.A.S.C.

**Pam.**

---

It was my first surreys and I was a bit nervous. The best bit was that I swam my 50 free race and I did a 1 second PB. The worst bit was that my brother was there as well.

**Sally Parker**

---

Since joining the club four or five years ago, I feel this has been the most successful Surrey's. Although we won less medals compared to the previous year, I still believe we have had a better year. The amount of personal bests that were achieved was so large that I can't remember a session where Chris wasn't smiling-except the very first gala, 1500m free, where everyone was way off their pb's. Placing 6<sup>th</sup> in overall rankings is a great achievement as this means that we came second after the big four consisting of Guildford, Leatherhead, Haslemere and Kingston. Our self proclaimed name of being a "Sprinters Club" is still valid because out the total 30, we won 16 during the last weekend of the sprints. I think a very well done to all who participated and swam for club.

**Keep it up peeps.**

**Hik Harazawa  
(Club Captain)**

---

I was very happy with the 5 second PB I achieved in my 200f/c despite the fact that I hadn't been training long. My 100 time were good but I was a bit disappointed with my IM time of 1:10 which was a second off my entry time and two seconds off my PB. My 50 times were good for me too, with two PB's out of two, a 26:97 in the 50f/c and 31:10 in the 50b/c. Overall I was very pleased my performance in this years Surrey's.

**Thanks**

**Tom Jackson**

---

**From a parents perspective we were in for another hot and sticky day at Guildford although it was the final weekend so the end was nigh. The camaraderie in the spectator**

## C.A.S.C.

gallery was excellent with all parents of CASC coming together to support the swimmers and cheer them on. Over the weeks we have completed sessions with excellent PB's and medals from all squads which makes the endurance of the early mornings and late afternoons all worthwhile. Although the swimmers were extremely tired by the last Sunday my adrenalin was at all time high as the sprints is the session for Joe. Although not all his swims were PB's he was presented with 2 gold medals and a bronze to add to the two bronze and one silver medal he won on previous weekends so well done, I am extremely proud of him. Hiro and David had sensational PB's and achieved their National qualifying times. I would like to personally wish both boys all the best and success at the Nationals in Sheffield.

Mel Walkling

---

**I have been in this club for 3 or 4 years and I have made a lot of progress since I started. Also I believe the club has made a lot of progress. During the Surrey's the club qualified for the National's and I think this is due to the hard work of the coaches and the swimmers pushing each other forward.  
Well done CASC!!**

**Kahoru Harazawa**

---

In the Surreys I had a great time, I got PBs and the club did great. We came 6<sup>th</sup> and I got into the London Regionals and some people got nationals like Hiro and David King. I can't wait until next year's Surreys

Hannah Avins

---

I have just finished the Surreys and I eventually got my NQT in the 50m Freestyle. It's the earliest I have ever qualified for the Nationals and I done it in my 6<sup>th</sup> sprint of the day. Overall I think that my Surrey's went well because I got PB's in most of the events I swam in. The team spirit was really good and we all done really well. I hope both Hiro and my success so far can inspire the rest of the club to do really well and maybe even give us some company swimming in the Ponds Forge National Olympic pool in Sheffield.

David King

C.A.S.C.

Although I was not entirely happy with my performances this year, I did finish just outside the medal position in some of my events which wasn't bad. I think the championships were very successful for the Club generally and I would like to congratulate those who either gained a national time, medals or even PB.s.

Catherine Wrench