

CROYDON AMPHIBIANS SWIMMING CLUB

NEWS FLASH

Tuesday, 13th August 2008

Dear all swimmers and parents,

Another season has passed and yet more triumphs for our wonderful swimming club. My goal coming here to CASC was to build on its previous reputation and to make sure that swimmers and their coaches met their goals and targets.

I as well as the swimmers have a goal and that is to get into the top 5 clubs at the Surrey County Championships. We have already done this with the boys coming 5th in 2008 but being amongst the top 5 clubs in Surrey would be a huge achievement for a club that was 10th 4 years ago.

The London Regionals is also a very important part of our season. From an ex swimmer's perspective, I took a lot of memories from the old Southern Counties at Crystal Palace. Now as a coach I want to encourage as many swimmers here as possible to qualify for the Regionals. We had the most qualifiers this year with over 30 and of course I would like to build on this number for future years.

Once again CASC is represented at the ASA National Championships for 2008 with Hiro, David & Jordan. I am very proud of all of them for this wonderful personal achievement. Excellent results which resulted in a 100% PB strike rate and Hiro coming 4th and 5th in the UK.

But above all our triumphs this season it was not all glory as we did have a very disappointing Speedo League in my opinion. Poor finishes and takeovers were the main letdown but this will be rectified for 2008.

I want to say a big thank you to the coaches and teachers for another great season. You have been great support in the development of our competitive swimming programme and you are a credit to CASC. Jackie Tonks has done a wonderful job with our swim school raising the number to over 200. We now have 2 ½ yr olds starting. A new committee was formed in June 2008 where I am sure they with the assistance of the coaching team will push this club to further success. We need Sponsorship, banners, advertising and a fund raising team. If any one at the club would like to help out in these areas please inform me or our Chair Edwin Lawrie.

Please read the following carefully in preparation for the next season.

- Have a **GOAL** and stick to this throughout the whole season
- Listen to your coach. We all want the best for you so work with us to achieve your goals
- Be on poolside **EARLY**. Parents please note that the swimmers **MUST** be poolside ten minutes before the start of the session.
- Aim for PB's – getting **FASTER & FASTER**
- CLUB CHAMPS (check website's news page & fixtures list for further details)
- Octopus League Gala 4 – 13th September 2008 (Team has already been notified)
- Brighton Ken Deeley Sprints – 20th September 2008
- Speedo League – DATES – Sat 11th October, Sat 8th Nov & Sat 13th Dec 2008

PLEASE NOTE that I will be emailing you all shortly the entry forms etc for the following competitions (Rising Stars, Guildford, Crawley & County Qualifier). I would like all squad swimmers to compete if they have qualified. Any queries regarding PB's PLEASE CONTACT THE SQUAD COACH.

Have a **REST** and come back **REFRESHED** for the new season.

Your Chief Coach
Chris Hatton