

Jamie's Newsletter



Arena Team – November 2011

Oh yes what another fantastic month it has been for the club - we really are going from strength to strength all the time!!

With so much going on - Arena League, Club Champs and Open Meets it has been a very busy month for swimmers parents and coaches!!

The National Arena Swimming League South DIVISION ONE East

Arena Update – Saturday 5 November

After the long journey to Gillingham we arrived in plenty of time for the warm up, not really knowing what our opposition had in store for us - we were all prepared for the long hard battle in the pool!! Even after the first set of Individuals I had a very good feeling we would come home winners!! The whole Team really swam their best with no DQs. What a performance - swims of the night for me were **Benedetta Bassano & Alex Isidoro** and the brave girls that swam the 15 u relay events - **Lizzie Sharp, Ellie Danielson, Yasmin Sweetman, and Callisto Singh.** Well done everyone, we would not have done it without everyone really pulling together!!! BRING ON THE FINAL ROUND @ Crook Log Leisure Centre 10th of December!!!

The results after round 2 are aside.

Club	Gala Points	League Points	Gala Points	League Points	Total Gala	Total League	League Position
	Gala 1	Gala 1	Gala 2	Gala 2	Points	Points	
Dover Lifeguards	211	6	226	6	437	12	1=
Chelmsford	220.5	6	200	5	420.5	11	2=
Croydon Amphibians	201	5	212	6	413	11	2=
Black Lion	208	6	185.5	5	393.5	11	2=
Bromley	188	5	201	6	389	11	2=
Atlantis	207	5	209	5	416	10	6
RTW Monson	182	4	184	4	366	8	7
Crawley	196	4	190	3	386	7	8=
Hastings Seagulls	194	4	192	3	386	7	8=
Elmbridge Phoenix	170	3	196	4	366	7	8=
Opington Ojays	149	2	198	4	347	6	11
Gravesend & Northfleet	141.5	2	156	2	297.5	4	12=
East Grinstead	152	3	131	1	283	4	12=
Beckenham B	147	2	126	2	273	4	12=
Maidstone	141	1	133	2	274	3	15=
Dartford & District	128	1	128	1	256	2	16=
White Oaks	100	1	91	1	191	2	16=

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Club Championships



November has nearly seen all of our champs and how exciting have they been!! The competition had been top class right through the whole club - well done everyone!!

We have been lucky enough to witness records being broken and let me tell you this does not happen very often!! Records broken by swimmers were:-

Hannah Nelson under 12 50 Breast in 41.29
Rene Austin under 12 50 Free in 31.91
Freddie Benians under 13 100 Fly in 1.14.97
Freddie Benians under 13 200 Free in 2.20.66
Neve Morley under 12 100 Fly in 1.23.53
Neve Morley under 12 100 IM in 1.17.77
Rhys Singleton under 14 200 Free in 2.16.20
Matt Brooks under 15 200 free in 2.09.25

I must say a HUGE THANK YOU to **Di Gamble** and all the parents and helpers that make our Club Champs possible!!!!

Cyprus Winter Training Camp



OMG!!! What a week we had a trip that will never be forgotten!!!

The pool was outstanding along with the hotel and food and the weather didn't let us down either. I think one of the highlights of the week was the Water Park which most certainly brought out the big kid in me!!! On the last day I thought it would be a great idea to have a run and swim along the beach - what a great way to finish the camp off.

I most certainly hope to be returning to Coral Bay Cyprus next year!!!

Open Meets

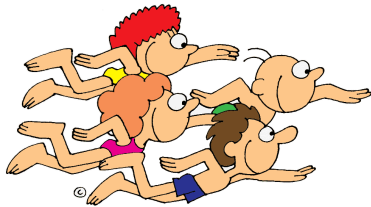


On the same weekend we were competing at the Crawley Open and the Beckenham Rising Stars!! I obviously couldn't be in two places at the same time but from the feedback I have had from the Beckenham meet I must say I am very impressed with over 70 pbs and more Surrey Qualifying Times!! An absolutely brilliant effort swimmers and well done. Swims of the meet were **Hannah Bridges** and **Harry Minchella Cochran**. Crawley was a tough meet I knew it was going to be which is why we entered. There were some very good swims over the weekend. Swims of the meet for me were **Benen Hodge** and **Catherine Wrench**. Well done all - we will be attending both these meets next year!!!

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Teaching Classes Gala



Wow what an exciting night we had at Whitgift!!! Over 60 young hopefuls turned out for a night of nail biting races, all teachers from Croydon Amphibians were so proud of everyone who competed. Thank you to all the helpers on the night as these nights simply wouldn't be possible without you!!!

The next generation of Amphibians is certainly looking extremely exciting!!!

Future Events



3-4th Dec London Regional Championships @ CPNSC

9th Dec CLUB DISCO Warlingham Rugby Club; be sure to get your tickets!!!

10th Dec Round 3 Arena League

Swimmers of the Month



Each month I ask the squad coaches to identify two swimmers in their respective squads who have excelled during the month. Each swimmer is awarded with a plaque and the details go on the front page of the website. This month the swimmers are

Copper Squad - Faye Goodfellow for hard effort and excellent attendance and Ruby Rayner for good effort and entering galas!!!

Bronze Squad – Luke Beattie and Roxanne Proctor both for training really hard and swimming in the Club Championships.

Silver Squad - Anna Power for working very hard especially on her IM turns and Alex Anastasi Dow for his brilliant improvement over the last month!!

Gold Squad – Benedetta Bassano and Dennis Cousins both for their hard work and great performance at the Arena League

Diamond Squad Ellie Danielson for training hard and improving her breaststroke and Benen Hodge for his huge improvement over the last month.

Best Wishes

Jamie

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