



CROYDON AMPHIBIANS SC **SURREY COUNTY CHAMPIONSHIPS 2009**



Swimmers and Parents thoughts!

Firstly I would like to say congratulations to all the swimmers that participated in the Surrey County Champs. We saw many outstanding swims this year with many Pb's and medals. Overall we finished 7th with a total of 41 medals, and although in the past years we see the majority of our medals in the sprints we are now moving into the mid distance events as well, which shows our growth as a club and dedication and hard work from the swimmers, coaches and also the parents.

Some swims I think deserve a special recognition, especially William Bowler's 200m fly. Although being 9 years old he managed to complete a 200m fly, one of the toughest events that most senior swimmers tend to avoid, and even managed to finish third.

Another race that I believe was one of the best races was the final swim of the Surrey's, the 4x100m free relay (Joe, Dave, Will and Tom P) where they managed to hold stiff competition and come 4 teams with only 0.16 between 3 other clubs.

We're only half way through the season with many important competitions still to come and let's hope we can get just as many swimmers medals and Pb's at the London Regionals as well.

Well done everyone and good luck!!!

Hik Harazawa

(Club Captain)

SURREYS 2009

I really enjoyed participating in the 2009 Surreys. I could have done better☺, but the overall atmosphere was great and I am glad I was able to take part 2 years in a row. I got a few PB's and got 2 Regional times in the 100 free and 100 back. This is my second year with CASC and I have seen a big difference in the way swim.

The coaches are really great and they do really motivate me even on occasions where I feel I did not swim to my best ability.

Well done everyone!!!!!!!!!! ☺

Clara

About the Surreys well 🏊

I remember watching the girl in the group below me, tumble turn her way into first place. Although her time was much slower than mine, it was still quite fast. When the race had finished my heart started to race. It was my turn!

I looked around at my competition; they were all muscle and power that made me even more nervous. When I got up on the block I stared into the water and waited, BEEP! I dived further and faster than I ever had, randomly singing to myself. To be honest I treat Galas like training (just a little bit faster!)

When I got into the water I started to feel less nervous and started to enjoy myself, it went quite quick and before I could get to the best bit of the song, I'd finished! 2ND! I can't remember where I came overall, but I was proud of my time! PB!

Can't wait for next year!



Alexandra. 🐱

Hi Chris,

At these Surrey Champs I wasn't that happy with how I performed, I didn't PB on anything and I missed my PBs by miles. Also, I only entered 2 individual events and was in the relays, I now think I should have entered more individual events, and I should really have done better in the relays, I managed a 59 in the freestyle relay, which I thought was average at best, and we were DQ'd in the medley, the results sheet said this was due to my butterfly, I wasn't happy about that, as it meant 2 things: there was something wrong with my butterfly, and I had let the team down. However, this has given me an added incentive to train and I am going to work harder in my training, as I want to improve at the boroughs. I am hoping to PB on every event I have entered for them, and if this is not what happens then I would like to PB on half my events, at the very least. It has been quite disheartening (well, not that bad, but I couldn't think of the right word) and annoying to see several people who are younger than me beat my PBs, but this has given me all the more reason to work hard and improve.


BRING ON THE BOROUGHS!

Neil

It was very exciting because they were my first surreys and they make me look forward to the Regionals more than ever. I did hate the part where my goggles fell off but all in all it was the best experience I ever had and I hope I can do it again.

Rhys Singleton

Hi Chris, here you go!



The surreys this year for me and of course others have been a great success. This was the one of the main events of the year and there a lot more to come. As you no Croydon boroughs are coming up and I look forward to doing more galas and I hope that everyone receives the results they train hard for.

At the Surreys I received a 2 second PB for my 50m and 100m Breaststroke which I was thrilled with.

Hannah B

The Surrey County Champs was a good experience for me because I found it very competitive but fun at the same time.

I hope my qualifying times for next year will be good enough for me to be picked for next year's Surrey County Championships as well.

Very pleased to represent Croydon Amphibians Swimming Club.

Shakirra

I enjoyed being part of the relays with my team mates. My friend Louise and her mum Sarah who live in Guildford came to watch me and I did my fastest 50 free time when they were there watching.

Sally P

This year I have done great in the Surreys. Overall I got 5 medals. And I am very proud of that. However I am a bit disappointed that I did not get any gold medals this time. Thanks to our brilliant, fantastic and amazing head coach, Christopher James Fredrick Hatton (lol) for all our club's achievements this year at the Surreys. I hope everyone else was just as happy with their results as me. Well done everyone!!!

Karl Harazawa

Hi Chris,



My memories of the Surrey's are:
After I finished every race, I felt like I had done my best
and tried my hardest,
When I looked up at the time board and saw that I had
achieved a 2 second PB for four of my races I was very
proud!
Also, after I competed for the under 16's relay, it felt like
a big achievement and honour to have raced with such fast
people, who were older than I am!!!

Amelia MacHugh

It was good to see so many of the youngsters achieve Pb's at this years surreys, and for me personally I was happy enough with my times. Sorry to have missed the relays.

The Surreys seem to be a lot more organised and smoother run now than when I was a kiddie!!

Kerry Cable

Great team spirit amongst my team mates. There was a sense of pressure due to the high expectations concerning my performance from those around me.


Disappointment at my failure to produce satisfactory times and Pb's. Overall I had many happy memories. I now aim to achieve higher next year :)

From Eden

This was my first Surrey competition and I was extremely nervous, especially after our Head Coach had made it quite clear that he wanted all of us to at least meet the entry times 😬. It was a good experience overall, even though I didn't get any PB's and I hope to be there next year.

Chris Lawrie 😊

I really enjoyed the Surreys this year and it was my best ever coming 6th in my age group. I liked the relay events because I enjoy competing with my



team mates. I was disappointed at missing a medal on the 50m backstroke by 00.01 second but at least I beat Scotty on the 100 Free! Thank you to all the coaches for being there.....it was fun.

Mr. Smoothie

Surreys 2009

I was really happy to achieve 18 qualifying times in the Surreys. I felt very proud of myself because I managed to win some medals as well.

My first ever Surrey medal was bronze in the 1500. In total I ended up with 3 bronze, 1 silver and even a gold for 50m fly. I am very pleased with the gold medal!

It was frustrating to lose out on medals with so many 4th places, but I can learn from that and try harder next year. I have really enjoyed this year's Surreys, and I think it has really given me confidence.

Hannah Avins

A spectators view.....

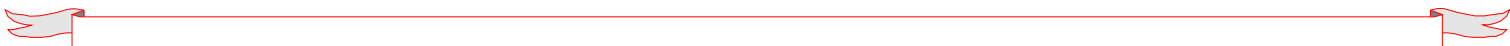
Well you can always reply on the good weather appearing as those fortunate parents and CASC goliaths head down to Guildford for the weekend “lock in”.

For me it always has the same key components, Where to park?? Where to sit?? .. and how much is that Costa Coffee franchise earning on a weekend!!

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But one thing you can definitely guarantee is that you can always count on the CASC support crew (formally known as the CASC Posse) to be down early to camp out the best seats in the house, I would hate to be up against this group on a holiday resort, I'd never get to see a sun-bed let alone the resort pool!!... How many t-shirts, jackets, jumpers, coats, do they have! I think I even saw a dressing gown on one seat!!!

The Swimming was as ever very competitive from an even greater number of clubs, it always surprises me the size of the Guildford team in comparison to



Croydon, when the population of Croydon is nearly three times as big, must be something to do with the water in Guildford!!. But our team did so well in all the races and relay events, these especially were the most exciting and Spectrum was bulging Sunday lunchtime with the Croydon chant reverberating round pool side. Our motto was clearly if you don't know the name of the person swimming, just chant "come on Croydon". The biggest cheer of the weekend was when our team were receiving medals, Guildford may have the biggest squad on display but we had the biggest voices. I also think if there were prizes for the "best dress squad" we would win – hands down... if I couldn't get a share in the Costa coffee franchise, then the next best thing would be the "Harazawa Skins franchise" with three boys modelling the latest designs it will be a sure fire winner.

Chris was clearly using the latest technology being "wired up" and "plugged in" via ipod to the latest information on pool temperature, best lane (clearly the down hill one - lane 6!) squad fitness, "skins" water retention properties and the pb's being achieved. He was kept busy as ever from herding the swimmers to pacifying parents.

So as Sunday ends and Spectrum started to empty of swimmers, swimmers parents/guardians friends and family, ice skaters, kids party goers, hot dog eaters, and a very large van with all the Costa Coffee cash heading towards the biggest "under the mattress" location in surrey (well you wouldn't put it a bank now would you!) we are all heading home for the start of our weekend chores.. Happy Days!!

Well done to everyone who competed at this years' Surrey Championships! We got 41 medals, a big improvement from the year before. My best race for this year's surrey was that I got a bronze on my 50 back, which Chris did not believe I would get!! Thanks to all the swimmers, coaches and parents who helped out at the Surreys. I hope we do just as well in up coming galas and next year's surreys!!!

Hiroki Harazawa

I felt as though I under performed at the Surreys this year with a lot of my times, which I was hoping to PB in. These were either too slow or just on my PB. In the end I got PB's at the 100m IM and 50m Fly which was good. The relays were great fun.



Toby Fox


At the Surrey Championships this year I was really pleased with what I achieved. Although I did not reach all of my goals, such as getting a PB at the 100m Butterfly, I came away improving my time on the relays. My most memorable moment came from winning my first ever Surrey County Gold medal for the 200m Butterfly in a big PB. A added bonus to this was winning the Junior 15/U 200m Butterfly title. As always the relays were great fun and my team won two bronzes.

David Scott

The 2009 Surreys were excellent. Croydon Amphibians did extremely well in both the individual and team events. There were many PB's and times close to PB's. My races were good, having done some good races achieving the Regional Qualifying Times and others which were not that far off. As a club, we achieved many top 8 placings especially in the relays where we came out with many medals. The last gala of the Championships was the best because the team spirit for the team races was excellent. Overall, I really enjoyed the Surreys this year and as vice captain would like to say well done to everybody for such good swims!

Rebecca Mulcahy (Mulkie)

This year's Surreys was the first I had swum for Croydon Amphibians SC and for the first time in a long time I felt that I was part of a team even when swimming the individual events. I had the full support from my team mates as well as the coaches. The highlight of the Surreys for me was my 50m Breaststroke and the relays where in the medley I split 69.58 for my 100m Breaststroke. This for me was a massive PB as I have wanted to produce a monster time for so long.





Oliver Samy (Monster)

My experiences at the Surreys were really good and exciting. I qualified for 4 Regional events. I loved the relays and the individual races too! But it was so crowded and noisy on poolside!

Jon Barron

I finally managed to achieve two Regional Qualifying Times at the 50m Back & Brst. I thoroughly enjoyed the last day of the Surreys which was the relays. The team spirit was high and everybody was very positive. The downside to the Surreys was how crowded it was and there was not enough space for the amount of people on poolside. Overall I enjoyed it and am proud of my achievements.

Erica Barron

The Surreys 2009.


Although I have raced in quite a few galas, I was a bit nervous before swimming. I was very impressed by the standard of the other swimmers, and a bit disappointed with my own times. I particularly enjoyed the relays, and all the noise the spectators were making. I am going to train harder so that I can do better next year.


Jonathan Parkins

I think the Surreys for me were okay but not the best. I think there were some races that stood out from the rest e.g. the 50m sprints. Also as a club we did really well because there were more medals than last year. I look forward to next year's.

William Jackson

The Surreys were very enjoyable this year especially the team spirit and how all ages were talking to everybody rather than just sticking together. I was happy with my Backstroke swims but I felt a bit tired from training for most of the swims and would maybe need a bit more





rest in the future. The relays did not seem as exciting as those in the Speedo final last year and I think this is because we had no thought of winning the race. I am looking forward to 2010!

Ciaran Kavanagh (Vice Captain)

