

Jamie's Newsletter



WELCOME BACK SWIMMERS AND PARENTS

I hope you all have had a lovely Christmas and a Brilliant New Year!!

Well what an epic year 2011 was for Croydon Amphibians SC. Since my arrival in November 2010 I have seen a marked improvement in the Club, this is extremely encouraging and I cannot wait for 2012 to start!!!!

During 2012 all of our professional coaches will do their utmost to ensure all swimmers can reach their maximum potential over the next 12 months. All of the coaching staff at Croydon Amphibians put so much desire and passion into their work and this is why I feel that Croydon is now on the right track to major success in the very near future!!!

New Squad Arrangements

I have put in place new squads in the club's structure which will help us to follow the LTAD Long Term Athlete Development. This is to ensure that all our swimmers are going through the correct steps in order to be as successful in the future; young athletes should not be pushed too hard at a young age!! With these new squads we now have the perfect

structure in place for our swimmers to reach their maximum potential! Doing this as a club we are looking into the future and building our foundations to what will be a very successful swimming club!!!

SQUADS AND COACHES FOR 2012



Copper Coach - Alan Hodge
Bronze/Bronze Elite Coach - Theresa Browne
Silver Coach - Pam Pollington and Lewis Franks
Gold Coach - Rosanna Raynor
Diamond Coach - Ian Skinner
Diamond Elite Coach - Jamie Stewart

Arena League - Round 3 Crook Log



This has to have been one of the most exciting meets I have been to!!

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Team effort on the night was second to none, our swimmers swam their hearts out from the start to the finish, pbs were being set in every race and it just goes to show how much everyone puts into this gala. I was so proud of the whole team and well done all!!

After leading from the start we held our own until the bitter end and only 12 points separated 1st to 6th position. After a long and tough fight we managed a courageous 5th which is an excellent result. Just getting into the final round is a super achievement in itself so well done Croydon!!!

To choose swims of the night is a tough one to call as there were so many but it had to go to the boys Open fc 6x50 Tom Parker, Jack Beddoes, Will Epps, Tor Wheeler, James Bachen and James Mulcahy and also the Girls u11 relay team Olivia Mondesir, Neve Morley, Hannah Nelson and Rene Austin, super swims - well done!!!

CLUB CHAMPIONSHIPS RECORDS



After the last Club Champs we tallied up all the records and as you can see there were lots!!! This is no easy task and is a fantastic achievement for anyone who has broken a record!!

Isabella Moure Berlin 100 br
Hannah Nelson 50 & 100 br
Rene Austin 50 f/c
Neve Morley 100 IM & 100 Fly
Halina Wieckowska 50 fly
Freddie Benians 100 & 200 fc - 100 fly
Rhys Singleton 50 b/c 200 fc
Matt Brooks 200 fc
Tor Wheeler 200 IM
Tom Parker 50 b/c

Christmas Disco



I can safely say that everyone who went to our Disco at Warlingham Rugby Club had a fabulous time. It was really nice to get everyone together and party the night away!!

See you there Next Year in 2012!!!

In the New Year we hope to be holding more social outings so keep an eye on our new website for details!!!

New CASC Website



We have more exciting news as our brand new website is here, with lots of new features please be sure to check this regularly as it will be updated as often as possible!!!!

A massive thank you to Geoff Parker for getting this up and running!!!!

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Olympics 2012



How exciting is this and I know some of you have tickets and are lucky enough to be going!!! For London to be holding the Olympics is so inspiring to all our swimmers and will be something I'm sure all of you will remember for the rest of your lives. This is the biggest sporting event in the World and it's coming to London!!!!

Future Dates



The Brighton Open 14th & 15th of January!!!

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 news page of the website. This month the swimmers are

Copper Squad – Federica Donald and Callum Belch both for their hard work in the pool.

Bronze Squad – Jack Nelson and Stella Fisher both for excellent attendance and brilliant progress over the last month.

Silver Squad - Molly Behan for never giving up and putting 100% into the sessions. Ciaran Brennan for finally pulling his finger out and improving over the last month

Gold Squad – Emily Harland for excellent attendance and working harder than ever. Maciej Wieckowski for really working on his streamline and taking on board all coaching tips and advice

Diamond Squad - Ellie Danielson for much better attendance and brilliant improvement over the last month. James Simms for his super 100 bs in Round 3 of the Arena League.

And Finally....

Finally swimmers let's make this year really count! REMEMBER YOU ONLY GET OUT OF SWIMMING WHAT YOU PUT IN!!!

Put 100% into your sessions!!!

Listen to your coach and take on board what is said to you!!!

Attend as many sessions as possible!!!

Enter all galas on our fixture list - your training is built around racing!!!

Enjoy your swimming!!!

Here's to a successful 2012!!!

Best Wishes

Jamie

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