



*CASC sprint
away winning
Top Club at the
Ken Deeley Sprints*

CASC travelled to Brighton for the annual Ken Deeley Sprints on Saturday 15th September 2007. We set off from East Croydon station in buoyant mood in knowing that we were all in good shape mentally to perform and aiming to win the title "Top Club". For this newly licensed meet at Level 3, our team consisted of 60 swimmers (a record number of qualifiers for CASC at an open meet) all vying to make their mark. And we started the new season in great form by winning **TOP CLUB** at the sprints meet by nearly 150 points.



Overall 10 golds, 15 silvers & 17 bronzes were won with a total of 93 top 6 placings. To top it off 124 new PB's were set! An excellent result considering that we all had an August shutdown. It demonstrated that the swimmers & coaches returned to the sport refreshed and motivated for the start of the new swimming season. There were many memorable swims during the competition and some of them are detailed below:

David King – 50m Free 26.40
Jordan Richards – 50m Fly 27.80
Ciaran Kavanagh – 50m Brst 34.62
Hiro Harazawa – 50m Fly 35.65
Sarah Walcott – 50m Brst 38.52
Izzy Trompetas – 50m Back 35.95
Tobias Fox – 50m Back 34.31
Alice Hogan – 50m Fly 34.21
Adina Walford – 50m Brst 42.56
Dylan Nurse – 50m Free 37.37
Clara Agyekumhene – 50m Free 36.25
Kane Nurse – 50m Brst 50.38

It was great to see all the parents sitting together supporting Team CASC. May this long continue, we looked united together and performed brilliantly. Well done swimmers.

Theresa & Pam, my thanks as always goes to the pair of you for your hard work and constant support to CASC and me.



London Swimming

The London winter Championships take place at Barnet this year on the 3rd & 4th November. CASC hope to take a strong contingent of swimmers to North London. Unfortunately this year London swimming has decided not to have the development sprint gala running alongside the main programme. Let's hope they change their mind for next season as our swimmers did so well there last year.

We have the following swimmers competing: Alice Elvin, Lewis Franks, Hik Harazawa, Alice Hogan, Ciaran Kavanagh, David King, Rebecca Mulcahy, Glenn & Nicola Pearson, Rosanna Raynor, Jordan Richards, Alice Schroeder, James Tamplin, Izzy Trompetas, Sarah Walcott, Joe Walkling, Catherine Wrench & Neil Wylie. CASC wishes them the best of luck.

**September's Jack Petchey winner
goes to..... Sarah Walcott**



www.jackpetcheyfoundation.org.uk

Sarah has worked very hard since joining the club nearly two years ago and continues to dominate her age group at Breaststroke. She started the new season by winning the 50m Brst title at Brighton in a super PB time of 38.52. Well done Sarah from all the coaches.

CASC Club Champs are underway!

Club Champs GALA 1 under 60 secs in a flash!!!!

GALA 1 – Whitgift School 30.09.2007

A fantastic first night of the club champs was had at Whitgift School on the 30th September. 150 new PB times were set and 4 new Club Champ records were set.

Kit Parrish – 50m Back 35.59 NCR
Matt Roberts – 100m Free 54.15 NCR
Catherine Wrench – 100m Free 1.04.02 NCR
Hiro Harazawa – 200m IM 2.48.01 NCR

The Winners were:

Dylan Nurse – U10 50m Back
Anthony de Souza – U12 50m Back
Tobias Fox – U14 50m Back
David King – U16 50m Back
James Tamplin – seniors 50m Back
Ellie Danielson – U10 50m Back
Lizzy Speddings – U12 50m Back
Kit Parrish – U14 50m Back
Rebecca Mulcahy – U16 50m Back
Rosanna Raynor – seniors 50m Back
Karl Harazawa – U11 100m Free
James Bachen – U12 100m Free
William Epps – U13 100m Free
Tom Parker – U14 100m Free
Joe Walkling – U15 100m Free
David King – U16 100m Free
Matt Roberts – seniors 100m Free
Hannah Bloxsome – U11 100m Free
Amelia Machugh – U12 100m Free
Alice Hogan – U13 100m Free
Kit Parrish – U14 100m Free
Catherine Wrench – U15 100m Free
Rebecca Mulcahy – U16 100m Free
Rosanna Raynor – seniors 100m Free
Hiro Harazawa – U13 200m IM
David Scott – U14 200m IM
Neil Wylie – U15 200m IM
David King – U16 200m IM
James Tamplin – Seniors 200m IM
Alice Hogan – U13 200m IM
Kit Parrish – U14 200m IM
Catherine Wrench – U15 200m IM
Rebecca Mulcahy – U16 200m IM
Alice Elvin – seniors 200m IM

Gala 1 saw some excellent swims across the board and more notably from the following 7 boys who went under the minute (100m Free) for the first time at the club champs and will be receiving their shirts at the presentation disco in December. Congratulations on reaching this milestone.

Boys are:

Jordan Richards – 58.10
Ciaran Kavanagh – 58.15
Hik Harazawa – 58.32
Joe Walkling – 59.10
Neil Wylie – 59.53
David King – 59.53
Andrew Browne – 59.66

Time Keepers



Well done to the following parents who have successfully passed their time keeping exams and were in action at the Club Champs.

Lesley Mulcahy – Platinum Squad
Jason Dubben – Gold Squad
Alan Hodge – Gold Squad
Oggi Cox – Silver Squad
Carmen Marston – Bronze Squad

Also congratulations to **Daryl Nurthen** (Gold) for becoming a starting judge. We also have 9 more parents who have passed their theory exams but are now waiting to pass their practical exams. A special thanks to Diane Gamble and Karen Parker for their help in getting more and more parents involved with the club and to take these exams. It is appreciated by all of us here at CASC.

PB Tally

The new season is now well under way and our swimmers have come back strongly from the August break.

Octopus Gala 6 – 08/09/2007 – 31
Ken Deeley Sprints – 15/09/2007 – 124
Club Champs Gala 1 – 30/09/2007 – 150

Total for September is **305**.

Wow what a great start – keep it up swimmers

*CASC warm weather training camp
2007 to Club La Santa is nearly
here!*



We leave on the 18th of October for a week of gruelling long course training at the famous sports training facilities of Club La Santa. On our return a photo and report montage will be displayed on the Club's notice board and website. Hopefully we will return to the same venue in 2008. More details to follow shortly.

Octopus Sprint League 2007

CASC finished this year's sprint league in overall third position. The final round took place on the 8th September at the Spa at Beckenham where we finished with 31 new short course PB's and second on the night to Bromley SC. Final standings with League points (LP) & Gala points (GP).

- 1) Bromley – 1163 (LP), 37 (GP)
- 2) Eltham Stingrays -1236 (LP), 36 (GP)
- 3) CASC – 1145 (LP), 33 (GP)
- 4) Barracuda – 1063 (LP), 30 (GP)
- 5) Woodside – 960 (LP), 24 (GP)
- 6) Erith – 855 (LP), 22 (GP)
- 7) Edenbridge – 906 (LP), 20 (GP)
- 8) Streatham – 798 (LP), 15 (GP)

A big thank you to all the swimmers who competed in the Octopus League in 2007 and to all our helpers for their wonderful support. Special thanks to Karen Parker for helping me with each gala.

MPAGB SE Region SE Regional Championships



Whitgift School, 30th September 2007
Well done boys on your excellent performances

Youth E Boys Biathlon
(Comprises of a swim & a run)

Dylan Nurse 2nd
Kane Nurse 3rd

Youth C Boys Triathlon
(Comprises of a shoot, swim & a run)

Tobias Fox 5th
Sam Curry 6th
Thomas Nurthen 8th

SPEEDO

Both A & B Teams have been notified by email by Karen Parker.

Team A

Round 1 13th October 2007 at Haywards Heath
Warm Up 6.15pm Starting at 6.45pm
CASC transport leaves Whyteleafe station car park at 4.50pm at the latest!

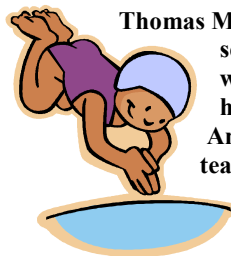
Please confirm a place on the coach with Jan Franks on the following email:
franksfamily@ntlworld.com

Team B

Round 1 13th October 2007 at Crook Log
Warm up 6.45pm starting at 7.10pm
CASC transport leaves Whyteleafe station car park at 5.15pm at the latest!

Please confirm a place on the coach with Karen Parker on the following email:
kep@bluevonder.co.uk

Good luck to both teams



Thomas More is now open after several weeks of maintenance work. The teaching classes have returned to the pool. Any queries about the teaching classes at Thomas More please feel free to contact our Swim School coordinator Lynn Elvin at:
info.cascswimschool@yahoo.co.uk

I wish all the swimmers the best of luck for October and to carry on working hard.

Good luck.

Chris Hatton
CASC

POOL CHANGES



to this pool.

PLEASE be patient as we have had so many problems with our pools closing due to refurbishment. Trinity should be opening after the October half term and we will be returning

With Crystal Palace shutting we have had to relocate to South Norwood on Mondays & Wednesdays. You will all have been notified by email from our club secretary about the many pool changes of recent weeks. We are trying our very best to accommodate all swimmers in all squads. Enormous thanks goes to Rachael Wootton for her continued hard efforts with pool hire.