



NEWSLETTER AUTUMN 2020

Here we go again!

We were doing so well, the club had great momentum with so many members new and old enjoying training and more recently a return to competition and then it all got taken away with Lockdown 2. I have been the Club lead since May 1998 and in all these years I don't think I have witnessed so much universal enthusiasm and happiness at training sessions. The spirit has been infectious and inspiring at both Surrey Sports Park and the Guildford Spectrum.

The pause button has been pushed for just 4 weeks - stay fit, stay strong and stay upbeat - we will all be back before you can say "where are my goggles"!

And while we are in Lockdown, I encourage you to think good thoughts about the terrific professional staff, coaches, teachers and administrators that run our club. Guildford City is recognised as one of the most successful and best run clubs in Great Britain. We owe a great deal of thanks to the dedication of our marvellous team that has built and developed that reputation for well over twenty years.



Richard Garfield
Chief Coach
Guildford City Swimming Club
University of Surrey Aquatics
07525 811670
gcsc.co.uk



Performance



Team



Character



HIGH PERFORMANCE

High Performance

In any sport, athletes need to demonstrate the ability to continuously adapt to their surroundings during their career. For swimmers this could include turning up at a new pool, training with teammates or trying new skills and drills.

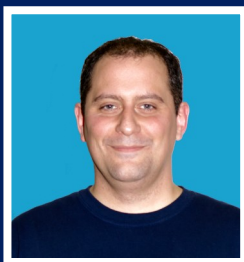
Lockdown 2 now presents that challenge to our swimmers, coaches and parents. However, unlike the summer, this is a reduced 4 week lockdown and will present swimmers with a rare opportunity to develop and improve any areas of weakness, whether it is your flexibility, land training or cooking skills.

Jordan Niblock will be leading land training sessions through Facebook Live at 6pm every weekday with an additional video for the weekends. He will also be producing targeted land training programmes for swimmers to follow for the duration of this short lockdown. The essence of this programme is twofold;

- To allow swimmers to maintain their current levels of fitness: We have witnessed swimmers throughout the club working incredibly hard to improve their fitness levels since our return on the 25th of July. Through Jordan's programme we can now continue to maintain these levels over this short 4 week period.
- Provide an opportunity to improve. Everyone has strengths and weaknesses. This is the perfect opportunity to work on any areas of weakness. If you need any guidance here please make sure you contact your coach.

We have seen incredible energy and commitment across the entire club over the past 14 weeks. The squads have been full of swimmers working as a team and striving to get back to previous levels of performance. Watching athletes take responsibility for their training has been a pleasure for all our coaches. The key take-home message here is that this really is only a 4 week break and will pass incredibly quickly. If we all work together and support each other, then our return to training and racing will be swift.

Lee Spindlow
Lead Coach HPS



Jordan's LIVE YouTube Sessions
weekdays @ 6pm



Performance



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Character



ACADEMY NEWS

...From the Academy

The energy and enthusiasm I have seen at the Spectrum between Lockdown Phases 1 and 2 from our teachers, coaches and swimmers has been uplifting and I feel so proud of everyone. Janette Smith and Caroline Wood have worked tirelessly to ensure that the environment our members returned to in August was safe and whilst it is disappointing to have the rug pulled from under our feet once again, I know we will be back again very soon and stronger than ever.

Whilst short lived, it was wonderful to see the competitive swimmers within the Academy taking part in Competition X and we hope to complete the racing programme when we return. So many personal best times were achieved; a big well done to our swimmers who remained focussed and retained a passion for their sport in the face of adversity.

We were also fortunate enough to be able to run some timed swims in the teaching pool and again, despite the interruption to our training programme this year, we saw some impressive personal best times being achieved by the swimmers. Whilst we were unable to hold our usual presentation of certificates to our youngest swimmers, we will be emailing out a digital copy of this certificate shortly, together with a copy of the results. This will enable you to print off your own copy at home and record your swimmer's time. The Academy teachers and coaches have also been busy nominating swimmers in each squad or group in the following categories: Top Swimmer, Most Improved Swimmer and Most Dedicated Swimmer and the results of our very own "Academy Awards" are announced on the next page.

During Lockdown 2, Jordan Niblock will once again be encouraging Academy swimmers to keep fit via his daily online workouts. The Academy coaches and teachers will be keeping swimmers engaged with various challenges and competitions over the next few weeks and details will be sent out to parents via Team Unify.



Jan Griffiths
Academy Lead Coach

County B

We have had a fantastic nine weeks in the pool. I have enjoyed getting to know you all as individuals, but more importantly getting to know you as a team. I could not be happier with the results from our recent level X competition, you have all worked so hard and this is reflected in some brilliant results and countless PB's; you should all be very proud of your achievements.

It is important to keep active, I would like all of you to take part in the daily 6pm Facebook Live Land Training sessions with Jordan during the next four weeks. This will help build strength and maintain mobility, meaning we will get back into the pool as strong, if not stronger than before. I also have some challenges lined up to help keep you focused and engaged.

For many of you, the social aspect of swimming is the highlight of your day, I know this isn't something you would normally hear me say so enjoy the moment - *keep talking to each other, remember we are all in this together!* #oneteam



Nicky Matthews
County B Lead Coach

County C

As we head into a short lockdown period of four weeks it is really important that you all stay as active as possible to help maintain the fitness levels that you have built up over the last 10 weeks, be it getting your family involved at weekends and going out for a bike ride or going for a run or a good long walk.

The results from Competition X to date have been testament to the incredible amount of hard work that has been put in during training since our return in September. County C Squad has achieved a total of 148 PB's to date; a great effort from everyone. When we return, keep up the great work ethic and keep that PB total climbing.



Paul France
County C Lead Coach

Junior County A & B

We are once again in lockdown, but remember, it is only 4 weeks. Stay positive! You have all put an extraordinary amount of effort into training so far this season, and I am so proud of your commitment and determination to excel. We will be back poolside before you know it! Over the next 4 weeks, there will be sessions run by Jordan for land training which I strongly recommend doing to keep yourselves fit and ready to return. This is a minor roadblock, and we

will very soon return to the pool to continue our training!

I will share a message that my swim coach had for me during my time as a competitive swimmer in Singapore, I suffered from many illnesses, each with their challenges and frustration in recovery.

'A swimmer is not only judged on their success, but on how they handle adversity. No swimmer, no matter how talented escapes from setbacks. We must pick ourselves up, brush off the doubts and give every session,

every swim, every race our very best. We deserve to give ourselves nothing less than our best.'

Stay positive, stay safe and I will be keeping in touch throughout the lockdown.



Nick Brookes
Lead Junior
County A coach

Performance



Team



Character



ACADEMY AWARDS OCTOBER 2020

COUNTY B

TOP SWIMMERS	LARA THORPE JOE WEY
MOST IMPROVED	CLAUDIA TIMMERMAN EMILY MCCREADY
MOST DEDICATED	EDIE GRAY SCARLETT WHITEHEAD ISABELLE ZADEH

COUNTY C

TOP SWIMMER	DYLAN JAMES
MOST IMPROVED	JESS ROBSON
MOST DEDICATED	ISOBEL CLODE

JUNIOR COUNTY A

TOP SWIMMER	EMILY COLLINS
MOST IMPROVED	CHARLOTTE ALLEN JAMIE SIMONS SAVANNAH SIMPSON-JONES
MOST DEDICATED	CARA MCCAIVISH

JUNIOR COUNTY B

TOP SWIMMERS	SOPHIE KEEBLE SCARLETT KENNEDY
MOST IMPROVED	ELIZABETH TIERNAN ERIKA TROJUKA SARA VASILEVSKA
MOST DEDICATED	ATHENA BRECHER RAFI WEEKS

OTTERS

TOP SWIMMERS	JAMES GUFFOGG CONOR JUNOR BETHANY ELSMORE
MOST IMPROVED	FREDDIE GOODBERRY AVA TIERNEY ANNABEL HILEY LINA KIRTAY KAIYA MILLS SORAYA ANSARI DAISY GATEHOUSE
MOST DEDICATED	ZACK MITHEN LILY MARE PHOEBE DAVIES ALBERT ADAMS LEON MELNYCHUK LEO FISHER

FROGS

TOP SWIMMERS	SEBASTIAN STOTT-FERNANDEZ PAUL-LUKAS BALSYS JOCELYN CROUCHER JOEL PAYNE
MOST IMPROVED	ELITZA VLAHOVA LOCHIE HARRIS FINN DONNELLY
MOST DEDICATED	ELEANOR EDY LUCY POIRIER (Frogs/Otters) OPHELIA JAMES

TADPOLES

TOP SWIMMERS	JOSHUA LI FRANCES BURR ARAV ROUL LLIAM BUTLER
MOST IMPROVED	JAMES HODDINOTT LUCY MOORES
MOST DEDICATED	ANNA GANCZ ROSE SIMMONS-MODARRES

Performance



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MEET THE COACHES...



Claudia Clements
NAYS - Joint Lead Coach

My career and passion for swimming started in Weymouth where I was a member of Thornlow Tornadoes Swimming Club reaching first nationals at age 11. In 2002 I was offered a scholarship to Plymouth College where I was a member of Plymouth Leander Swimming Club.

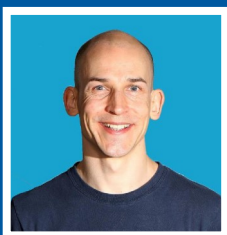
At aged 13, I received my first British tracksuit competing at the 2003 European Youth Olympics in Paris, this began my international career where I then went on to make several more teams and won my first medal at the 2006 World School Games in Athens.

After school I moved on to Loughborough University to study sports science where I qualified for my last international meet, competing in Quebec at the Tri-Nations International Meet. After this I left the world of swimming but decided to come back in

2013 where I started my coaching career.

I began coaching a Plymouth Leander, running their Regional Squad. After nearly 5 years at Plymouth I moved on to Portsmouth Northsea Swimming Club where I took on the role of Lead Performance Coach. During my time there we had some great successes winning multiple National medals and several National titles. We also won the Most Improved Club Award at British Nationals in 2018.

Skip to 2019 and I made the decision to start a new adventure at Guildford City Swimming Club alongside my day job as Head of Swimming at Charterhouse School. I am excited for my new role as Co Lead of NAYS and I am looking forward to working with the wealth of talent we have at the club and seeing what we can achieve in the future.



Steve Wadey
HPS Lead Coach - County A
HPS Courses Manager
ASA Level 4 Coach

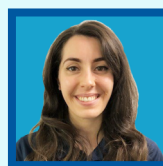
I remember it taking me a little longer than most to learn to swim at the age of four. However, I quickly progressed and by the time I was six I had joined my local swimming club in Cranleigh. Sport and activities played a major part in my young life and though I was reasonably talented at competitive swimming, having competed individually at regional level and as part of a team at national level, I chose to pursue other activities. At the age of 13/14 I was given the opportunity to take part in a local initiative for young people to try a variety of different sports including golf. By the time I was sixteen I was playing golf off a handicap of five and had won a variety

of competitions. This subsequently gave me the opportunity to work as an assistant professional at a local golf club, gain PGA Professional qualifications and the chance to becoming a professional golfer.

Throughout this time my family and I remained aquatic. I found I enjoyed helping young swimmers to improve and had an excellent technical understanding of the sport.

In 1998 a mutual friend introduced me to Richard Garfield and he offered me the opportunity to become part of a small close-knit team working to re-establish Guildford City as a successful competitive swimming club. We were ranked 10th in Surrey at the time.

I am an ASA L4 Senior Coach and a qualified ASA Tutor. Over the past 22 years, I have had the pleasure of working with a truly dedicated and passionate team of people.



Nicole Smith
Academy Satellites
Lead Coach

I have recently been appointed to the position of Lead Coach of Satellites. When the satellite pools reopen, I will also continue to coach at Spectrum to ensure parity of swimming standards across all centres.

I was previously a member of Rushmoor Royals and competed at national level. I started teaching swimming when I was 16 years old, joining GCSC in 2017. I am a qualified primary school teacher and passionate about delivering quality education, both in the classroom and in the pool.

I have been actively coaching and teaching within the Academy both at Spectrum and at our satellite pool lessons held at St. Catherine's School pool in Bramley. My experience working within the Academy over the last 3 years has given me a good understanding of the requirements, values and expectations of the junior swimmers in my care.

Performance



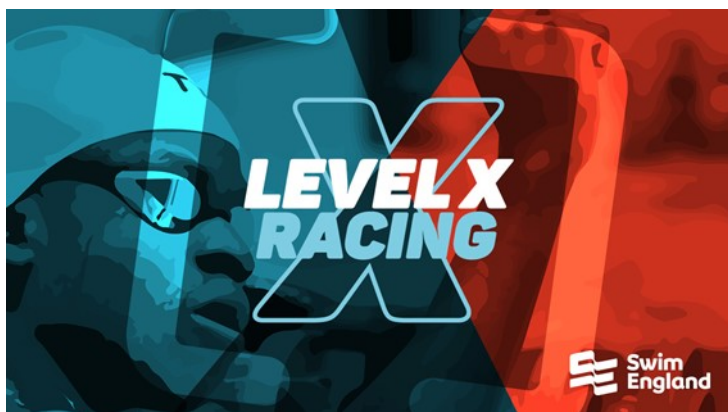
Team



Character



COMPETITION NEWS



Being part of the *LEVEL X RACING* series has allowed our swimmers to get back to the enjoyment and enthusiasm of competing while also providing that extra motivation in training and although Phase 2 has been paused due to the second Lockdown, the number of PB's and even Club Records already achieved is testament to the success of the programme.

NEW CLUB S.C. RECORDS

MALE

AGE 14/15

50 Free - Filip Price - Time 24.24 - 7 October 2020

50 Fly - Filip Price - Time 26.33 - 7 October 2020

AGE 16/Over

50 Free - Rory Huggins - Time 22.93 - 7 October 2020

100 Free - Rory Huggins - Time 49.44 - 3 November 2020

50 Breast - Sam Neeld - Time 28.40 - 2 November 2020

100 Breast - Sam Neeld - Time 1:01.00 - 3 November 2020

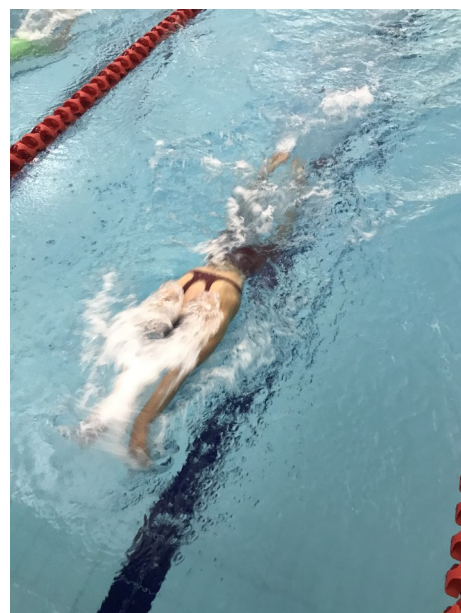
200 IM - Sam Neeld - Time 2:04.55 - 2 November 2020

400 Free - Dan Donovan - Time 3:58.96 - 3 November 2020

FEMALE

AGE 16/O

50 Back - Emily Ford - Time 28.94 - 7 October 2020



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