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Welcome to the December edition of the EU Swim Newsletter. In this issue, we discuss some recent achievements by Kingsbury Aquarius club from Great Britain, and introduce one of Hungary's prime swimming clubs, Laguna Miskolc. Finally, we bring you some holiday words of wisdom from Coach Michael Brooks in Pennsylvania.

I hope you enjoy this edition of the Newsletter. Please do not hesitate to submit your own news and get your voice heard! All contributions to the newsletter are welcome.

Wishing you the very best for this holiday season and may you have a very happy and healthy New Year. See you in January!

*Julia Galan
Director, EU Swimming Invitational*

Top of the League for Kingsbury Aquarius Swimming Club

*Mark Jenkins
Press Officer,
Kingsbury Aquarius Swimming Club, Great Britain*

Kingsbury Aquarius Swimming Club competed in the second round of the National Swimming League at Ilkeston on the 8th



November 2008, and secured its second win in a row. They now sit at the top of their Division. This second win now puts the club in the final for promotion which is taking place in December.

The team again produced some magnificent performances, winning by 17 points. The teams involved in the second round were Calverton and District SC, Cheadle, Dronfield, Ilkeston and Lichfield clubs.

The night was full of first places for Natalie Bree (Open Medley), Richard Tullett (Open Medley and 100m Fly), John Friend (13 year Medley and Backstroke), Louis Oliver (Breaststroke), Stacey Cameron (Open Backstroke), William Smart (100m Freestyle), Rebecca Varney (100m Breaststroke), Courtni Foster (13 year Freestyle), and Perrie Beattie (Open Freestyle). The relays also resulted in wins: the girls' 13 & under Freestyle Relay Team, Girls and Boys Freestyle Open Relay Teams and the Girls Medley Relay Team.

The team were in a number of very closely fought races with Cheadle but during the final stages of the competition moved ahead and increased the teams final points position. A total of 27 personal best times were achieved.

The team had a great deal of support from the parents who had travelled to the gala and they were provided with a very comprehensive victory. All the team should be praised with additional acknowl-

edgments to Tammy Bond, Jason Burr, Stephanie Cameron, Sophie Edwards, Tori Foster, George Greenway, Alex Jenkins, David Jenkins, Liam McGurk, Alex Mears, Emily Morrin, Aimee Moulton, Jack Moulton, Emily Payne, Stuart Rainsford, Alex Rogers, Erin Strugnell, Shaun, Storm Sturgnell, Luke Thompson and Jenny Tullett.

Check out the Kingsbury Aquarius website at www.kingsburysc.co.uk for more information. «

Introducing Club Laguna SE, Miskolc

*Peter Lavotha
Club Laguna, Mi-
skolc, Hungary*

Based in Miskolc, third largest city in Hungary, Club Laguna was first established in 2002. They are composed of 200 young swimmers,



45 of whom swim at the highly-competitive championship level in Hungary. The team and their 5 coaches currently train in a 25 meter swimming pool, and are awaiting a brand-new 50 meter facility, which will open in May 2009.

Recent highlights from the team include the achievements of Flora Lavotha, who recently won the "Best Student-Athlete" national award. Her brother, Oszkar Lavotha, is the national champion for his age group in the 100 and 200m freestyle. Flora and Oszkar both hold several EU Swimming Invitational meet records.

The club also took part in the annual "Lake Balaton Swim". Lake Balaton is the largest lake in Central Europe, and affectionately called the "Hungarian Sea". 27 members of the club participated in the 5.2 km swim, which is a traditional event in Hungary. «

THE HOLIDAYS: A COACH'S PERSPECTIVE

Michael Brooks
Head Coach, York YMCA, Pennsylvania (USA)

"It's 5:30 am, and it's snowy. It's Christmas Eve, but just think — nobody will be at the rink, and you can train for five hours straight. And it will all pay off someday."

— Carol Heiss, Olympic champion figure skater

Carol Heiss' quotation is a good example of how champions think differently from everyone else. It is a good bet that most of her competitors regarded Christmas Eve morning as a good time to sleep late and enjoy a holiday. She viewed it as the perfect time to enjoy the holiday by having the rink to herself, without having to share it with eight or ten others, for an extra long practice. She loved skating

and mastering the craft of skating. She did not view practice as an evil to be avoided, but as a good to be enjoyed, just like we should view swimming practice as a wonderful opportunity to get better, and the pool as the place where we get to see how good we can become.

During "ordinary time," swimmers get into a fairly steady training rhythm, whose consistency aids their improvement. But during holidays, that long-cultivated rhythm can be destroyed, and it often takes weeks after the holidays to get it back. We just had a mini-holiday with Thanksgiving, and we got some practice at combining training and family activities (and shopping). But now the real thing is coming upon us quickly: Christmas to New Years. It represents a good opportunity to practice thinking and acting like champions. There are ways to train every day as well as spend time with relatives, but swimming has to be important to you before you have the motivation to make your schedule work. It can be done, but you've got to want to do it. It is a matter of priorities: do you want your fitness levels to rocket backwards, or do you want to keep moving forward? By making your schedule work, you get your holiday, and you get your practice. Perfect happiness. «

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