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Welcome to the November edition of the EU Swim Newsletter! This month's newsletter presents a variety of accomplishments from clubs and swimmers in Great Britain, Ireland and Switzerland.

Club de Natation Delemont from Switzerland celebrates its successfully organized youth championship and a feature in their regional newspaper. Next, the NUIM Devils of Ireland revel in their victory at the recent Irish Swimming Varsity Championships, their second overall win in three years. Finally, Charlie Waddingham, a rising age-group star at the Nuneaton and Bedworth Swimming Club in England, presents his perspective on the club's annual championships.

Julia Galan
Meet Director
EU Swimming Invitational

Fast Swimming and a Successful Regional Championships for the Club de Natation Delemont This Season

Since beginning their winter season at the EU Swimming Invitational in Belgium this October, the Club de Natation Delemont from Switzerland have been racing to success at the speed of light. Medals, club records, and personal bests have characterized each of their competitions thus far, and they aren't planning to slow down any time soon.

Most recently, Delemont organized the "Jura Regional Championships" at their home pool on the 28th of November. The Championships are geared towards youngsters who have not yet been initiated into the world of competitive swimming. The competition was a huge success, attracting approximately 130 participants, a record number, and a large number of spectators. High point awards were presented to the best girl and boy swimmer, and again Delemont emerged on top, with Ultricia Claude and Neal Walker, both Delemont swimmers, taking home the trophies.

Delemont's accomplishments have earned it several articles in regional newspapers. Below is an article featuring in the "Quotidien Jurassien" on the 4th of November 2009, presenting a recap of Delemont's performance at a competition in nearby Chaux-de-Fonds.

Excellent Start to the Season for the Club de Natation Delémont

Three medals, a club record and...70 personal bests described CN Delémont's performance in a recent swimming competition that took place on 31 October – 1 November 2009 in Chaux-de-Fonds, Switzerland. It appears that the participation of ten swimmers at the EU Swimming Invitational that had taken place near Brussels two weeks earlier succeeded in firing up the Delémontian ranks with incredible motivation.

The club, located in the Jura region of Switzerland, arrived in the Neuchatel mountain range with 18 swimmers. Faced with competition from the "big guns" such as Red Fish Neuchatel, Lausanne Natation, or Swim Team Bienne, the Delémontians battled fiercely for their time in the spotlight...resulting in 3 medals. In the Junior age group category, David Rihs took home the silver medal in the 50 freestyle (27.95) and the bronze in the 50 butterfly (31.53). In the Youth category, Manon Humair took the silver medal in the 50 freestyle (33.51).

The 100 backstroke fit Célia Wermelinger like a glove. Two weeks earlier at the EU Swimming Invitational, the rising star had already broken the club record in this event in the girls' 11 and under age group (1:29.69, bettering Sandrine Huart's time of 1:30.06 from 2004). Célia proved she was not afraid to better her best at the Chaux-des-Fonds competition, clocking a time of 1:26.60!

Overall, the Club de Natation Delémont established 70 personal bests out of 103 races! Of note was Gilles Gay-des-Combes' 100 freestyle race, where this budding young star went under the one minute mark for the first time, clocking a time of 59.78.

An excellent start to this winter season. «



NUI Maynooth Wins Swimming Varsities

Martin J Mc Gann
 NUIM Devils
 Maynooth, Ireland

NUI Maynooth won the Irish Swimming Varsity Championships, held in Dublin over the weekend. It was NUIM's second overall win in three years and their third consecutive win in the Men's event.

The event hosted by DCU starred a who's who of Irish swimming to make these championships the most competitive in recent years. University College Dublin had amongst their ranks Beijing Olympian Aisling Cooney, and pushed NUIM all the way to the last event. Several teams also included some of Swim Ireland's elite squad, Irish record holders and swimmers from Swim Ireland's two performance centre squads. Two hundred and fifty swimmers jammed into Trinity Sports Complex to give a unique atmosphere as the tension built

UCD lead by Coach Earl Mc McCarthy himself an Olympian came out as the dominant force in the women's section, but it was a combination of NUIM's dominant men's team smashing two Irish Varsity relay records, and their girls showing very strong results in the finals to snatch victory by a slim margin of five points.

NUIM Swim Coach Martin J Mc Gann is Ireland's first full time University Coach, and was full of praise of his team after securing the victory. "This years Championships have been of the highest standard, it was harder to make finals here than at the Irish Short Course Championships last week. The team have risen to the challenge with great spirit, all the members of the team supported each other and we got off to an early lead, UCD came back strong in the second half with Aisling Cooney lifting her team into a competitive position, but the combination of Sean Redmond getting victory ahead of Conor Leaney and our relays smashing two Irish Varsity records, plus swim scholar Seamus Stacey winning two individual events helped us keep ahead of UCD. We had so many heroes' today who gave everything to winning this cup each and every finalist should be proud of their efforts." «



Final Points:

Combined	NUIM 113pts	UCD 107pts	TRINITY 50.5pts
Men	NUIM 69pts	UCD 31pts	UNI OF ULSTER 27pts
Women	UCD 62pts	TRINITY 45pts	NUIM 34pts

Nuneaton Club Championships!!!

Charlie Waddingham
 Nuneaton and Bedworth Swimming Club
 Great Britain

Club championships are something everyone looks forward to. We get to race against our friends and have a laugh together. This year my coach had a birthday - he turned 60 - and we raised some money to get him some presents.

The championships start on Saturday night and finish on Sunday night. There is a bit of rivalry between us when we are in the water but we are all friends out of the water. When you are 11 you can do 100 free, 100 breast, 100 back, 100 fly, 200 IM, and 200 free. I did very good - I got a gold for my 100 free, 100 breast, 100 back, 200 IM, and 200 free and a silver in the 100 fly. I got lots of personal bests, also I got a club record in the 100 breast, I beat the record by a second but I know I could have swum faster. I was also top boy for my age group. The weekend is very tiring, but great fun. I like to watch the little ones do the one-width dash; it's really funny, some of them walk instead of swim.

Two weeks later we have a presentation evening when we all get together and our head coach presents our trophies. If you come in first you get a trophy and a medal. Its really great fun - we all dress in our best clothes and there is a disco. I danced all night and it was almost as tiring as the swimming! «



PUBLISHER:
 Peter Galan

EDITOR-IN-CHIEF:
 Julia Galan

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