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4 February 2012

Volume 4, Issue 2

Welcome to the February edition of the EU Swim Newsletter! We are back with articles from the Netherlands, Romania and Ireland.

Marianne Heemskerk, head coach of One Team Swimming in the Netherlands, first updates us on One Team's continued season of success. We next travel to Baia Mare, Romania, where we are introduced to the LPS-CSS Baia Mare swimming club, a recent participant of the EU Swimming Invitational 2011 in Miskolc.

Finally, Aer Lingus from Ireland return with an article featuring their success at the national championships in December.

Do you have any articles or stories that you would like to share? Email them to newsletter@euswim.org. I look forward to hearing from you and hope you enjoy this motivational issue of the EU Swim Newsletter!

Julia Galan
Meet Director
EU Swimming Invitational

One Team Swimming to Success

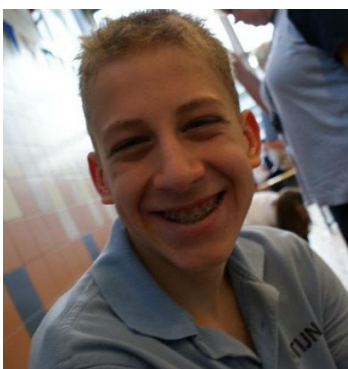
Marianne Heemskerk
Head Coach
One Team Swimming (Netherlands)

After One Team Swimming's successful trip to Miskolc for the EU Swimming Invitational 2011 and a preceding training camp, I began preparing the team for the Dutch Open National Championships that took place during the first weekend of December. This year's open championship, held in long course meters, was one of the official Olympic qualifying meets.

Our competitors achieved excellent results at the Championships. Femke Remmits (1996) took 1st place in her age group in the 100m fly with a 1.05.25 and captured the silver medal in the 50m fly, clocking 28.55. Femke also placed 5th in 100m free with a 59.23.

Mateusz Kobus (1995) also had a successful championship, bringing home the gold in the 50m fly (25.98), and the 100m free (53.04). Mateusz also took the silver medal in the 100m fly with a 57.13, and the 200m free in a 1:56.90. To complete the set of medals, Mateusz captured the bronze medal in the 50m free with a 23.44.

Stijn Avezaat (1997) (pictured) and Bart Klok (1996) took 4th place in the 1500m free in their respective age groups, just missing the podium.



Following the Dutch Championships, I travelled to Poland with Mateusz Kobus for the Polish National Senior Championships from the 15th-18th of December. The Championships took place in short course meters. Mateusz swam personal bests in all of his events, even breaking the Dutch national record in his age group for the 100m IM (57.74) although his Polish nationality would prevent him from officially taking the title.

Mateusz took the silver medal at the Polish Championships for his age



group in the 100 IM, and the 100m fly (56.29). He also placed 4th in the 200m freestyle with a 1.52.75, three seconds better than his PB.

Our own district championships took place on the 14th and 15th of January. One Team Swimming saw many first place finishes, with Lieke Remmits (1998) capturing 9 golds, sister Femke winning 3 golds, and 4 silvers, and Jamilla van Veen (1996) winning 2 golds, 4 silvers and 5 bronze medals. Anne van Hoorn also won 2 bronze medals and Lisanne van der Lelij captured 2 silvers.

On the men's side, Mateusz Kobus won 7 gold medals, Stijn Avezaat captured 6 golds and 3 silvers, Martijn Kornet brought home 3 bronze medals.

Finally, the women's relays took 2 silver medals and the men's relays won 2 bronze medals.

Overall, One Team Swimming is now the 2nd best team in our district.

We are looking forward to welcoming Kamil Kobus in a few months. Kamil is the Polish champion in the 200m breaststroke and the brother of Mateusz.

With a new addition to our team and the success we have experienced so far this season, we can only hope that we will continue our achievements as One Team Swimming! «

LPS-CSS Baia Mare: 32 years of Tradition and Performance

Romanian swimming club LPS-CSS Baia Mare participated in the EU Swimming Invitational 2011 for the first time in Miskolc and met with great success there. Below they tell us about their city, their club, and their tradition of success.

The City

Baia Mare is a municipality in northwestern Romania and the capital of Maramureş County. The city is situated about 600 kilometres from Bucharest, the capital of Romania, 70 kilometres from the border with Hungary and 50 kilometres from the border with Ukraine.

The city is situated in the Baia Mare valley and is encircled on all sides by hills and mountains, which makes the climate in the city milder than the rest of the surrounding area. Proof of this is that the outskirts of Baia Mare are the only areas where you can find chestnut trees that usually need a Mediterranean climate to grow. The city of Baia Mare is the most populous of Northern Romanian cities (Satu Mare, Suceava and Botoşani), with a population of approximately 149,735. It also has high a level of culture and education, being home to theatres, schools, museums and art galleries. Because of its privileged location in the Eastern Carpathian mountains it is considered one of the most picturesque cities in Romania.

The Club

LPS-CSS Baia Mare was first established in 1979. Over 80 of the club's 200 swimmers are affiliated with the Romanian Swimming Federation and participate in Modern Pentathlon.

Baia Mare has a staff composed of 7 trained swimming coaches and instructors: Ioan Bachner, Alexandru Kosz, Romeo Grumaz, Luminita Pop, Adrian Ghergel, Iuliu Petky, and Ovidiu Pinter.

LPS-CSS Baia Mare relies on several principles in working towards its long-term goals for success: professionalism, patience, observation and development of skills, compliance with the educational process, sports education focused on a child's development, and physical protection.

The Swimming Pool

The "Gheorghe Demeca" pool is Baia Mare's home base, having first opened its doors in 1976.



The indoor pool is normally open from September until the 1st of July. In July 2011, however, the pool was closed for renovations until the 1st of February 2012, so the LPS-CSS Baia Mare club was forced to have only 10 months of training. In October, November, and December of 2011, Baia Mare attended competitions without any prior training.



Competitions

Our team has organized several national and international competitions, including the Romanian National Championships and the International FlyKick Cup, that will soon be celebrating its 4th edition on the 26th and 27th of May, 2012.

The FlyKick Cup is open to all clubs and swimmers. The 3d edition in 2011 saw a record number of participants, with 429 swimmers taking part.

Each year we have had famous guests, most recently Răzvan Florea and Ştefan Gherghel, who participated in several Olympic Games.

Notable Athletes

Baia Mare has been the home club of several elite athletes over the years. Noemi Lung Zaharia is a former butterfly and medley swimmer from Baia Mare, who won two medals at the 1988 Summer Olympics in Seoul: the silver in the 400 m individual medley, and the bronze in the 200 m individual medley. A year before the Olympics, she captured a record five gold medals at the 1987 Summer Universiade in Zagreb, just as America's Jill Sterkel had done in 1981. Noemi was head coach of the women's swimming team at Florida International University in Miami, Florida from 2002 to 2010. Since 2010 she has been the Director of the Aquatic and Fitness Center at Miami Dade College North campus.

Stela Pura participated in the Olympics in 1988 and was also a World and European Championship swimmer.

Anca Patrascoiu won the bronze medal in the 200m Backstroke at the 1984 Summer Olympics. She also won a multitude of medals at international competitions.

Robert Pinter took seventh place in the 200-meter butterfly at the 1992 Olympics in Barcelona and was the 1984 European Junior Champion in the same event. From 1990-1992 he was ranked in the top-20 worldwide in the 200-meter butterfly and 400-meter freestyle. Robert is now an assistant coach at the University of Wisconsin.



Ioan Gherghel is an Olympic butterfly swimmer who represented Romania at three consecutive Olympics in 2000, 2004 and 2008. At the 2000 European Championships, he won his first international medal: a bronze in the 200 butterfly, clocking 1:58.54.

Vlad Razvan Caciuc is a Balkan champion, multiple national champion, and took third place in the 50m freestyle at the Junior European Championships in 2009.

Alexandru Coci and Alin Coste are also Balkan champions and multiple national champions in Romania.

Other notable coaches from Baia Mare include: Gheorghe Demeca, Ioan Bachner, Laszlo Nagy, Laszlo Seres, Iacob Ferenc, and Marian Slavic.

Future Plans

We hope that 2012 will bring us a year rich in successful competitions and that more swimmers will join our club and take part in the sport of swimming.

We are also looking forward to the 4th edition of the TYR FlyKick Cup on the 26th-27th of May 2012, with an even better organization and live video of the competition.

Any club interested in visiting Baia Mare and participating in the competition this year should contact Luliu Petky (petkygyula@yahoo.com) or Adrian Gherghel (adriangh77@yahoo.com). For more details about the competition, please [see the meet invitation here.](#) «



Aer Lingus Swim Club Make it a SC Nationals to Remember

*Alan Turner
Head Coach
Aer Lingus Swim Club (Ireland)*

The Irish Short Course Nationals turned out to be a fantastic meet for the club. An added bonus was seeing Barry Murphy in full flight and mixing with all the swimmers at the weekend. Despite some of our guys being in awe of him, he gave the squad a great boost and also gave us a Nationals meet to remember.

I was very impressed with Ben Griffin over the weekend. He swam big personal bests in all his events. Likewise, Conor Turner proved his pedigree by breaking two Irish junior records. He had some great duals with teammate Andy Meegan. Andy's swim with Brendan Gibbons from Athlone got the crowd on their feet, the atmosphere was electric.

Sean O'Brien was brilliant as usual. His competitive spirit came to the fore and it was great to see him collect medals in the Nationals. Newcomer Niamh Morgan impressed making 3 finals out of 4 and recorded big personal bests along the way. Well done also to Ali, Sarah, Rachel, Wendy and Ash for making finals.

Our 2 youngest members arrived at the meet on Sunday. Faye Harling made 2 finals placing 4th in both 400m IM and 200m breaststroke. She wasn't far away from a podium finish. Benjamin Doyle won the B final placing him 9th overall in the 400m IM. He also finished 7th in the 100m backstroke.

Well done to our men's relay team winning both medley and freestyle gold. Our women were unlucky not to be placed in the top 3, I have no doubts that the medals will roll in for them next year.

Finally, well done to Barry Murphy for winning best overall performance of the meet Role on the Long Course season. «



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PUBLISHER:
Peter Galan
EDITOR-IN-CHIEF:
Julia Galan

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