

Cookstown Swimming Club

newsletter



Issue #3 Autumn 2019

Cookstown Swimming Club

Our Club Ethos:

Our core value is inclusiveness. We are a friendly and accessible Club. We want to succeed in competitive swimming while still providing all members, coaches and volunteers with the opportunities to reach their potential, and to develop and maintain a life-long love of swimming.

Busy Summer 2019

Following on from Cookstown's phenomenal achievements in 2019 we concluded our year with our largest entry to the Summer Nationals in recent years.



IAG DIV2 Limerick

Ryan swam a year up in the 12-year-old category and came home with a 5th place in 200 free, Bronze in 100 back, 4th in 100 free, 5th in 100 fly, Gold in 200 back and silver in 200 IM. Ryan has placed himself as the top Irish 11 year old in all bar one of his events. He has put all his hard work and dedication in the pool into practice and has shown other young swimmers what can be achieved if you believe that you should be on that podium!

Mia entered IAG with five qualifying times. Her best performance overall was in the 100 back coming home an excellent 4th place amongst the Ulster girls at division 2. Mia also gained a great PB in the 200 back.

Despite the nerves at such a big event, Mary had a brilliant time. She is determined to train hard next year, gain more qualifying times and take the whole family to Limerick again next year. Mary's most successful event was the water fight successfully drenching coaches Aidan and Pavel.

Caoilinn pulled out an outstanding performance on the day, knocking off 6 secs from her PB. She has inspired so many especially with her gruelling early morning starts and now has her brothers keen to follow in her footsteps. She has achieved a remarkable time in the 200 backcrawl coming home as the fastest Ulster girl at Division 2 Well done everyone!!!!



IAG DIV1 Dublin

Meanwhile, at the Summer Nationals at the NAC in Dublin, Calum Bain picked up a gold medal in the 50m freestyle against strong international opposition before flying out to compete in the British Age Group Championships in Glasgow the next day when he claimed an excellent 4th place in the final.

Despite recent injuries Adam Geddis took his tally of Irish Age Group medals to 4 with 2 silver medals in the 100m and 200m backcrawl events.

Kelly Hunter rounded off her season with strong swims in the 50m butterfly and the 50m and 100m freestyle events.

The club would like to take this opportunity to shout out our appreciation for our senior coaches who, in their volunteer role, dedicated a large amount of their own time and energy to preparing our swimmers. Our swimmer's success is a reflection of the quality of coaching we have at our club. 6 medals coming home says it all.

CSC Dublin Training Camp 2019

Great day out was had by all in Dublin. We would especially like to thank David Moan along with Karen Bain for organising the tough but fun sessions!

Thank you as well for the lovely facility that is the Westwood Club and for Portadown Amateur Swimming Club for accompanying us. Most of all we want to give a big shout out to all our fabulous Cookstown and Portadown swimmers for giving it their all!

Swimmers met Irish multiple record holder Brendan Hyland, had opportunity to ask questions and got some great tips and excellent race strategies from Brendan that day.

They also took a break from swimming and enjoyed time doing some wall climbing! This wasn't a relaxing break but it was lots of fun and the swimmers thoroughly enjoyed it!!! Thanks again to the organizers and West Wood Club for providing this amazing activity!!



DON'T FORGET SATURDAY SESSION TIMES CHANGE!

From Saturday, 28/9/19 the new session times are:

5-6 PTL swimmers

6-7 Aquasprint swimmers

There's no changes to Tuesday, Thursday and Sunday sessions

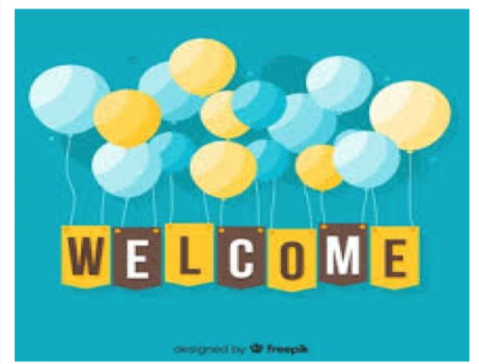


Big shout out to our coach Eamon Brady who took part in the Ironman competition in Portugal on 29th of September 2019 and finished 29th in Men 40-44 category with incredible time of 4:57:11!!

Well-done Eamon!!

We would like to welcome our 13 new swimmers that have joined the club. They range in age 6 up to age 14. It is great to see the interest at the trials we held and the new swimmers' enthusiasm is inspiring for all!

For those, looking to join our swimming club, improve the swimming skills, make new friends and have fun exercising – please fill in an expression of interest form either at reception or swimming club registration desk!





Swim Ulster Minor Schools Meet 2019

Cookstown swimming club are celebrating the greatest number of swimmers attending Swim Ulster School's Championships.

A massive entry of 42 swimmers with their parents and coaches made the trip to Bangor over the weekend.

The swimmers put on an amazing performance and represented their club and schools with pride:

Swimming in 9-10 category were:

Ava 50 free PB Qualifying Time for Irish minors final
 Alexa 50 free PB 50, BRS PB Qualifying time for Irish Minors final
 Eoin PB 50 free & brs
 Eoghan 8th final BRS QT for Irish Minors
 Mollie Rose PB 50 free 50 back
 Zac 7th final Back, QT for Irish Minors

11-12 years:

Nicole: Golds in 50 free & 50 fly, PBs in both and QT for Irish minors
 Grace: 6th final 50 free QT for Irish minors and PB'S in both free and 100IM
 Caitlin: 8th final 50 free, pbs in both free and 50 fly
 Cassie: PBS in 50 free and 50 hrs
 Gail: PB 50 brs
 Lois: 5th final 50 Brs and PB's in both & Brs and 50 free
 Kristina: PB 50 free
 Jean: PB 50 free and 50 hrs
 Alicemae: PBS 50 back and 100IM
 Riona: PBS 50 brs 50 back
 Sarah: PB 50 fly
 Alexander: PB 50 free
 Thomas: PB 50 free
 Jack: PBS 50 free 50 brs
 Joseph: PBS 50 free 50 brs
 Michael: PBs 50 free 50 brs
 Daniel: PBS 50 free 50 brs
 Brendan: PB 50 free
 Ryan: golds 50 fly, 100IM, pbs in both and QTs Irish minors.

Congratulations to all for doing their best and thanks to all the coaches for supporting the swimmers poolside!

Swim Ulster Development Gala 2019 Omagh

Amazing performances from our largest ever attendance from Team Cookstown today at the Development Gala in Omagh
 Our swimmers gave it their all and brought home a massive collection of 17 medals.

Special congratulations to Grace, Caoilinn and Eoin W who medalled in all their events and made it through to the next round on the Swim Ulster pathway, the Qualifying galas.

Up for their first attendance at Development galas were our 4 eleven year old girls Alicemae, Jean, Gail and Sarah. They all had a great day. They now have the swimming gala bug and can only go from strength to strength. Well done girls.

Medalling today:

Liam Gold - 100 free
 James C Bronze 50 fly
 Aisling Bronze - 100 back, Gold - 50 fly
 Eoghan K Bronze - 50 breast
 Mary Silver - 100 free
 Grace Gold - 100 free Gold - 100 back
 Krzysztof Bronze - 200 free Silver - 100 breast
 Caoilinn Gold - 200IM Gold - 100 back Bronze - 100 free
 Eoin W Gold - 200IM Gold - 100 free Silver - 50 fly
 Lorcan Silver - 100 back
 Well done all our swimmers!!!

Help Wanted!!!

We are always looking for volunteers! If you feel you can spare some time and help our club, please contact the club registration desk! Teamwork makes the dreamwork!



Some of the swimmers who took part in Swim Ulster Irish Minor Schools Meet on 12th-13th of October 2019



Swim Ulster Autumn Qualifying Meet 19th-20th of October 2019

Cookstown swimming club had a very successful weekend at Swim Ulster Qualifiers with 8 swimmers in attendance coming away with a massive medal haul of 24 medals; 14 golds, 7 silvers and 2 bronze

Special congratulations to our 4 swimmers who made their debut at Qualifiers, all coming away with PBs. Well done Grace, Mia, Caoilinn and Eoin. Both Caoilinn and Eoin gaining consideration times for the upcoming Ulster Short Course

Big shout out to our medal winners:

Adam 2 golds, 2 silvers - 2 PBs

Ryan 5 golds, 1 silver

Nicole 3 golds, 2 silvers, 1 bronze - 2 PBs

Mia 1 bronze - 4 PBs

A thrilling night's racing seen Cookstown coming away with top spot in the first PTL gala of the season 26th of October 2019!

Thanks to all our fabulous swimmers, coaching staff and caterers as always for a great night's swimming!

Overall score Cookstown 584 Coleraine 557



A massive thank you to all fabulous kids raising an unbelievable £1010 at our Halloween Fundraiser! It was a great night and we all had a lot of fun!!!

CONGRATULATIONS AND WARM WELCOME TO OUR SWIM FAMILY TO OUR NEWLY QUALIFIED COACHES DECLAN AND COLIN!!!
CAN'T WAIT TO SEE YOU ON THE POOL-BANK!



Ulster Short Course Championships 2019

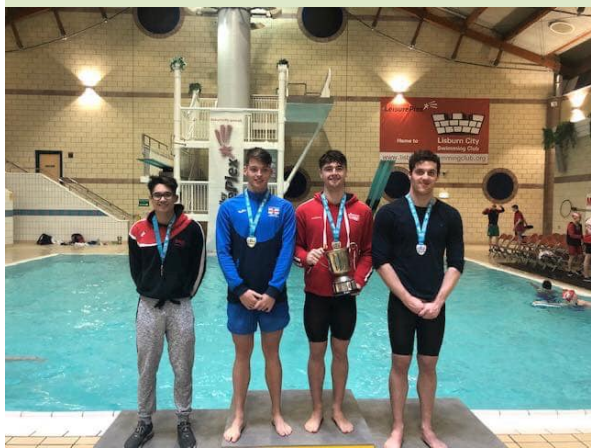
15th-17th November 2019

Exceptional performances from Cookstown swimmers at the Ulster Short Course Championships in Lisburn at the weekend.

Kelly made finals in both 50 fly and 50 free coming home in 8th and 3rd place respectively. Fabulous bronze medal to add up the collection!

Adam made it a clean sweep as Ulster Junior champion in 50, 100 and 200m backcrawl. He also notched up third, fourth and second places in the senior rankings. What a medal haul!

Well done swimmers!



Well done to Cookstown's Calum Bain who achieved a PB in 50 fly 23.85 secs and a silver medal at the Speedo British Universities and Colleges Sports (BUCS) championships on Sheffield at the weekend. Calum also came in 6th overall in the 50 free.

Calum represented Sterling University and took the first leg for the 4 x 50 relay team which included Commonwealth's gold medallist Duncan Scott to come home in first place!



Swim Ulster Skills Meet

November 23rd 2019

14 junior swimmers attended Swim Ulster Skills meet on Saturday, 23rd of November to have their swimming skills tested. They calmed their nerves and performed well on the day! Now it is time to wait patiently until the results come through! All hoping to get that Gold Passport which will give them an opportunity to take part in Swim Ulster Development Meets next Year!

Let's go Cookstown!

Dates for the Diary:

- 1st of December 2019 – Swim Ulster Development Meet (Armagh)
- 7th of December 2019 – Ards Junior Christmas Meet (Newtownards)
- 12th -15th of December – Irish SC Championship (Dublin)



Club finishes 21st of December 2019 for Christmas Holidays and will reopen on Thursday 2nd of January 2020.

From all of us here at Cookstown Swimming Club we would like to wish you a Merry Christmas and a truly Happy New Year!

KEEP IN TOUCH!

Please follow us on Facebook and Instagram and share our posts to help celebrate our success. Please send photos/stories to our social media outlets in the understanding that by doing so you are agreeing to them being published.