



MASTERS

Newsletter

Autumn 2021

Will is a UK Coaching Hero Winner 2021



HEAD COACH OF CRAWLEY SC, WILL PHILPOT IS UK COACHING HERO WINNER 2021

WILL WAS CHOSEN FOR THIS AMAZING AWARD IN RECOGNITION OF HIS GREAT COACHING DURING THE COVID-19 PANDEMIC, HIS INPUT TO CRAWLEY SC THROUGHOUT THIS PERIOD, HIS DETERMINATION TO KEEP THE SWIMMERS ENGAGED AND HIS PASSION TO MAKE SURE THE SWIMMERS GOT BACK IN THE WATER FIT, HEALTHY AND READY TO GO.



**THE AWARD WAS PRESENTED BY HRH THE PRINCESS ROYAL
CRAWLEY SC ARE ENORMOUSLY PROUD OF WILL'S ACHIEVEMENT AND
RECOGNITION BY WINNING THIS AWARD.**



Congratulations to Head Coach, Will Philpot, for winning a UK Coaching Hero award for 2021. The award is well deserved, and all swimmers will remember the days during the pandemic lock downs when CSC was without a pool! And yet, Will found ways and means to keep all the swimmers throughout the various squads, fit, with daily land training workouts and twice weekly live – yes live – Zoom workouts. Will also arranged for Olympic and World Champion swimmers to attend live interactive motivation and Q and A sessions. Then there were the challenges, personal and squad based. You will all remember the “Take me home” challenge, when the CSC members chalked up over 11,800 miles in just 33 days, by walking, running, and biking. From the whole Club, thank you and well done.



Pictured are the winners in the swimming coach's category, Rich Smith (Marlborough), Craig Prime (Wrexham), and Will Philpot (Crawley) with Mel Marshall (Adam Peaty's coach)

Upon receiving his award Will said, “this award means a lot to me personally, as I was nominated by club members and many of the votes will have come from my swimmers and their families directly. However, none of what we achieved for our members during lockdown was just down to me, it was absolutely a team effort and I hope the rest of the coaching team also feel their efforts have also been recognised and appreciated through this award”.

Asked about his most rewarding experience over the past year or so, Will said, “ The most rewarding thing to me has been the team's attitude this season. They're so positive and energised and ready to chase down their personal goals for the year. A lot of people might have chosen to step away from the sport after such a disruptive period, but they're putting the work in to come back stronger than before”. Finally, Will wished to thank everyone who voted, and to everyone who played a part in keeping the Club going through the lockdown periods. “We have a strong coaching team who work so hard. There are also so many contributions to the running of the club that largely happens behind the scenes. People give up their time to make Crawley SC what it is and I am very grateful”.

[Click for the Results in full.](#)

Coaching Team Development

Huge congratulations go to CSC Head Coach Will Philpot and Assistant Head Coach Tom Baxter who have been selected for Swim England Coach Development Pathway Programs for Swimming and Para Swimming respectively. Will has also been selected as a skills coach for the national development program. Well done and thoroughly deserved.



CRAWLEY SWIM TEAM

WELL DONE WILL AND TOM!

As well as being selected for the Coach Development Pathway Programme, Head Coach Will Philpot has been selected as a skills coach for the Swim England National Development Programme

Assistant Head Coach Tom Baxter has been selected for the Swim England Coach Development Pathway in Para Swimming.

Congratulations to both of you!

SPEEDO Limpio YSN YOUTH SPORT NUTRITION everyone ACTIVE The Librarians' Room SwimMark South East Swim England BRITISH SWIMMING

For more information about the SE Coach Development Pathway, see the link below¹.

Level 1 Coaching Course

The Club is considering running an in-house Level 1 coaching course at the K2 Leisure Centre. Any Master swimmer interested, or anyone reading this Newsletter who would like more information about the course, please contact the Chair of Crawley Swimming Club at: chair@crawleysc.co.uk

¹ <https://www.swimming.org/sport/coach-connect-programme/>

Junior Water Polo Lead Coach



Hannah when she was a GB International Water Polo player

Congratulations to Hannah Patchett, who is currently one of the Assistant Coaches to Crawley Swimming Club's Academy Squad, has been appointed Junior Water Polo Lead Coach.

Hannah has been a member of CSC since the age of nine, and during the past fifteen years has represented the Club at county and regional competitions.

However, a chance and somewhat unplanned entry into competitive Water Polo at the age of thirteen led to an invitation to join the GB Junior training sessions.

Hannah trained with London Otters and was fortunate enough to be taken under the wing of Nick Buller, the Head Coach at Otters. Under Nick's expert tuition, and of course a lot of hard training sessions and training camps in Manchester, Wales and overseas, Hannah was selected for her first European Championships in 2013. Hannah went on to compete in the National League/Super 5s and represented Great Britain at 3 European Championships in Turkey, Italy and the Netherlands. During this time Hannah was also selected for the Advanced Apprenticeship in *Sporting Excellence* (ASSE) program and was shortlisted for apprentice of the year.

Hannah says that she is very grateful for the memorable experiences she had when swimming and playing water polo and decided to move into coaching to give back to CSC and the aquatic community. Hannah's first coaching experience was at the University of Leeds when she was studying there. Since then, Hannah has qualified as a Swimming Teacher and has the Assistant Coach's qualification, together with both Team Manager's certificates.

As for the water polo here at CSC, Hannah wants the sessions to be based on skills development. She also wants them to be full of fun and inclusive to all. Anyone, male or female, beginner or experienced can attend. Ultimately, the Junior Squad training sessions will be a pathway to competition and the Senior Squad. If any CSC Member under the age of 18 is interested in playing or coaching Water Polo please contact Hannah at waterpolocoach@crawleysc.co.uk for details and sign up for a FREE trial. Training sessions are Wednesday evenings 8 – 9 pm. Fees until December 2021 are only £13 per month for those swimmers who join the Junior squad.

Meet the Masters' New Team Manager

As the competition season gets under way the Masters Squad has a new Team Manager. Dan Valovin who is a Master Squad swimmer, CSC Committee Member and Open Meets Entry Secretary.

Dan joined CSC Masters in January 2020 when his daughters moved from Mid Sussex Marlins to Crawley Swimming Club, where they are both training with Will's High-Performance Squad.

It was not long after Dan joined CSC that the pandemic struck, but by that time Dan was already involved with the Club's activities.



Initially, Dan volunteered to assist with Open Meet entries for our youth swimmers and at the same time joined the CSC committee. Since then, Dan has also been involved with entries from the Masters' Squad for the Club Championship, the X level events and more recently the Masters' regional championships to the held at K2 on October 2nd.

Dan brings to the Masters' Team a wealth of experience because during his membership of Mid Sussex Marlins, Dan was the Lead Team Manager for the Club. Dan also holds a Swim England Team Manager 1 (TM1²) Domestic Certificate and a TM2 International Certificate.

Taking up his new role and responsibilities Dan said, "Of course the procedures and the system works in a slightly different way for Masters' competitions, because the Masters swimmers make their own entries to Masters only competitions. Nevertheless, I can certainly make sure the competitive members of the squad are aware of all the galas and championship opportunities open to Masters by publishing, via the Club's TU communication media and the Masters' Newsletter, any upcoming events. Having said that, what would help me to coordinate activities is, if any Master swimmer is considering entering an event that has not been published or listed in the event calendar, let me know and I will happily communicate it to all the Masters". Dan went on to say, "As a Master swimmer I am in a good position to assist with all relay entries, in particular for County and Regional events where the Club traditionally has more swimmers competing. I suppose a personal goal will be to support the Club and enable more Masters' swimmers to not only enter competitions but to enjoy being part of a great Team and to put all of the hard work we plough into the training sessions into practice in a fun and rewarding environment".

² <https://www.southeastswimming.org/volunteers/team-managers/>



Swim England South-East Inspirational Volunteer Award - 2021

The Swim England Inspirational Volunteer Awards recognise the dedication and commitment of those members of the swimming community who volunteer to help their swimming club and its swimmers develop and prosper. Never has there been a more challenging time for sporting clubs than during the Covid 19 Pandemic and yet hundreds, if not thousands of volunteers kept the swimming community afloat. To be nominated for the Inspirational Volunteer Award is in itself a vote of thanks from the Swimming Clubs to those individuals who have gone the extra mile to make sure that their Club and its members are the top priority.



Nikki Kingett presenting Lisa with her award

Well, Lisa Mickel was not only nominated by CSC, but Lisa is also the 2021 winner of the South-East England's Inspirational Volunteer Award. Receiving the Award an excited Lisa said, "I've never been nominated for anything like this before. I am incredibly surprised, but grateful for all those involved in my nomination".

Announcing the winners for 2021 Swim England's South-East Region released this statement, " We would like to thank everyone who nominated someone special for our Regional Awards 2021. The panel read every nomination and were impressed by the diverse work that is being done by so many in our Region. The winners, who will each receive an invitation to the virtual National awards ceremony on Saturday 9 October hosted by Olympic medallist Leon Taylor. Thank you to all the volunteers who do so much for their clubs, our sport would not be the same without your dedication".

Nikki Kingett, the Chair of CSC, presented the Award to Lisa and thanked her for the time, effort and assistance made over the last eight years and in particular the past eighteen months coaching and coordinating events on and offline, such as personal challenges, and the commitment to supporting the Coaching Team on poolside,

Perhaps it is not surprising that Lisa is CSC through and through because Lisa's competition pedigree with the Club dates from 1984 to the present where, as a member of the Masters Squad, she is still competing at County, Regional and National levels, and incredibly with some of the swimmers from the 1980s and 90s.

When asked about volunteering Lisa said, "I have been volunteering with CSC from the first day that my eldest daughter, Brooke, who is now at University, became a CSC member eight years ago. As I recall, I was sitting in the viewing gallery watching Brooke train for the first time, when I was asked by the Club's Secretary if I would take on the role of the Club's Welfare Officer. I became involved in the Club's essential backroom activities and within a year I was the Club Chair, a role that I held for three years. During which, I achieved my Team Manager 1 and TM2 qualifications".

Lisa also went on to train as a Swimming Judge attaining J1, J2, and JTS (Starter) Certifications. As a qualified Official Lisa regularly adjudicated at Meets and also attended a CSC swim training camp in Spain in the role of a TM2.

Lisa went on to say, " Looking back, I don't really know where I found the time because in addition to being CSC Chair, I was also lead for the fantastic Open Meets Team to ensure the smooth running of Meets and other events. As everyone knows about three years ago, I decided it was time to step back from the role of CSC Chair, but such was my close association with the Club, I couldn't help but remained involved. I became a Volunteer Coordinator and oversaw the recruitment of parents into volunteering, overseeing their training and experience in many different roles. I also started up the Young Volunteers Programme a couple of years ago and that initiative saw many swimmers progress from volunteering roles to L1 coaches and L1 and L2 teachers, some of whom went on into paid roles. I have also supported the Welfare Team and administered the DBS checking protocols when required. Most recently, when the opportunity to attend a L1 Assistant Coach course came up with Ron Philpot, I could not resist, and it was not long before I was an L2 Coach and have been involved in coaching one way or another ever since".

Lisa added that the most satisfying aspect of her years of volunteering was the poolside coaching of the young aspiring swimmers. There is no doubt that is where Lisa's heart is.

With the Award in her hands Lisa said, " I am stunned and amazed that I have even been nominated for this award. So many people at the Club, parents, and swimmers, work so hard as volunteers for this wonderful club and without every single one of them, the wheels would not turn to keep this Club moving forward. I would like to accept it on behalf of the many amazing people who put themselves into a position of responsibility which is often hard and incredibly time consuming and sometimes without thanks. Their dedication still continues to astound me. I feel very moved to have been selected to receive this award. Thank you all"

Full SER Award results: click on this link: [Swim England South-East Region Awards 2021](https://www.swimengland.org/swimengland/nominees-inspirational-volunteer-award/)

As a regional winner for the South-East of England, Lisa was automatically nominated for the Swim England National Award. (<https://www.swimming.org/swimengland/nominees-inspirational-volunteer-award/>) The National Inspirational Volunteer award winner will be announced at a ceremony streamed live on the Swim England Facebook page on October 9th (<https://www.facebook.com/SwimEngland>) - So log in and watch.



South-East Region Masters Short Course Championships October 2, 2021 Crawley Gold Rush

The Swim England South-East Region's Short Course Masters Championship for 2021 was held at Crawley Swimming Club's home pool at the K2 Leisure Centre on Saturday October 2nd. 19 members of the Crawley Masters Squad completed in the event winning a total of 44 medals, 21 Gold, 10 Silver and 13 Bronze. Moreover, outstanding swims from Sharon Burchell who set a new 100 Breastroke record for the South-East Region in her age group and Marnus Marx who, for his age group, has provisionally set no less than three country records in the 50 freestyle, 100 breaststroke and 200 Individual Medley.



Sharon Burchell in Lane 6 dives in to break the 100 m Breastroke record for the SER

Crawley fielded its biggest Team for the SER Championships, 19 members of the Masters Squad who entered 55 heats of the 28 Events.

Crawley's new Team Manager, Dan Valovin said that he was really pleased with the response to his request for a good turn out on our own "turf" and was particularly grateful to those swimmers who agreed to support the Club with just one swim in a relay event. The atmosphere amongst the Team in the Gallery was electric and the level of enthusiasm, infectious. No doubt the spirit in the Team enabled everyone to rise to the occasion and return the best medal haul in the past 20 years. Roll on the Nationals.



Sharon Birchall – SER Record Breaker

Marnus Marx also reaped the rewards of his commitment to the Club's Masters training program, winning 9 Gold medals and one Silver in 10 individual events and one Gold and one Silver in the relays. Individual Gold medals were won in the 50 and 100 backstroke, the 100 and 200 individual medley, the 50 and 100 fly, the 50 and 100 freestyle, and the 100 breaststroke.

Sharon Burchell had set herself a personal goal of beating the existing 100 m breaststroke record set in 2005 and standing at 1.25.22 and she blew it away by over three and a half seconds at 1.21.46.

Of course, Sharon did not rest on that achievement and went to win a second Gold medal in the 50 m breaststroke and two bronze medals in the 50 free and 50 fly.



Marnus Marx –SER record breaker....

Together with Team-mates, Tom Baxter, Domink Strba, and Simon Duke the Crawley A Team won the open 200 medley relay beating close rivals Brighton into second place.

Asked as to what pleased him most about the day, Marnus said, the camaraderie and beating Brighton in the medley relay.



The atmosphere in the Gallery was electric and more so when Nick picked up a Gold medal

Gold medal winners on the day in addition to Sharon and Marnus were, Tom Baxter in the 400 m Freestyle and the Mens 200 IM relay; Gareth Leachman also in his age group in the 400 m Freestyle; Nick Broom in the 50 m Backstroke; Lisa Mickel in the 200 m Freestyle; Goncalo Amaral Pinto in the 100 m IM, the 200 IM and the Mens 200 m IM relay; Simon Duke in the Mens 200 m IM relay together with Dominik Straba, competing with the Masters for the first time; and Linda Hooker in the 50 m and 200 m Breaststroke and 200 m Freestyle.

In addition, podium finishes were also achieved by Zoe Spencer in the 100 m Backstroke and the Ladies 200 m Medley relay; Dan Valovin in 100 m Breaststroke and the 50 m Fly; Jamie Dooley in the 50 m Freestyle and the 100 m Fly; Becky Brown in the 50 m Fly; Marianne Davey in the 50 m Breaststroke and the 100 m Freestyle; and Valerie Maclaren in the 100 m and 200 m Freestyle.



Linda Hooker



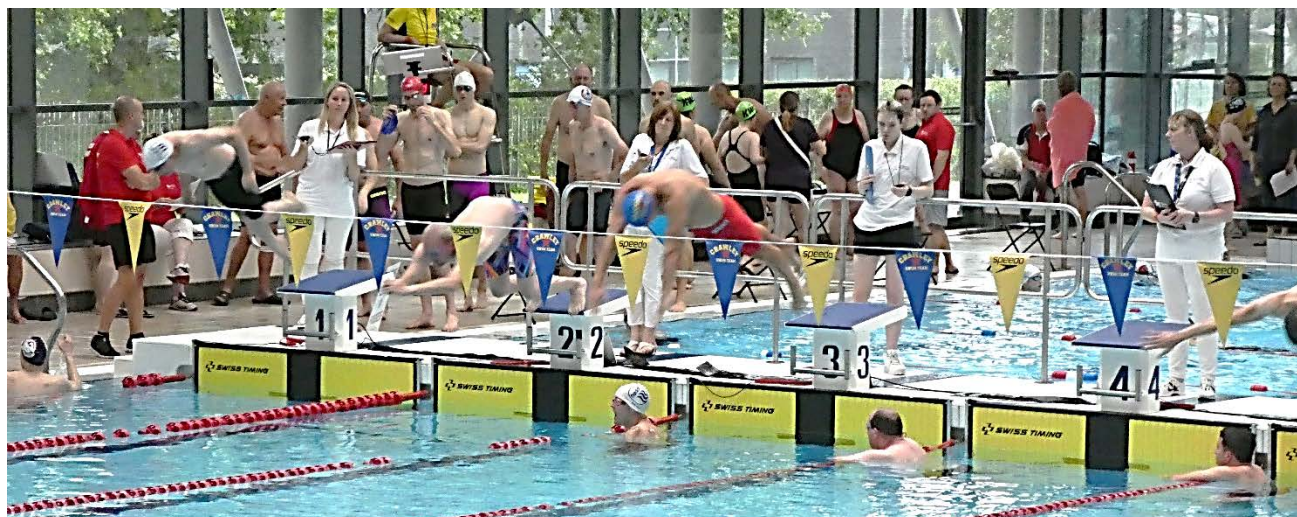
Tom Baxter



Lisa Mickel



Dominik Straba



Goncalo Amaral Pinto in Lane 3 dives on his way to Gold in the 100 m Individual Medley



Becky Brown



Valerie Maclaren



Goncalo Amaral Pinto



Ladies Medley Relay Team: Sharon, Linda . Lisa and Zoe



CSC Master Swim Team: Back row – Andrew, Gareth, Nick, Tom, Marnus, Goncalo, Dominik, Dan and Simon – Front row – Zoe, Becky, Linda, Sharon and Lisa

Finally, a thank you to all those in the SER who helped to organise the Masters Championship meet and those who volunteered to make the event such a success.



Special thanks to CSC Master swimmers Caroline Copeland and Rentia Marx, and CSC Committee Member and Events Secretary Zuzana Lazarova



8.4 km Coniston Water Event 4th September 2021

Dedicated and ardent open water swimmers are constantly saying to anyone interested in a lake swim that, “you haven’t swum a lake until you have completed a swim to the full length of the lake”. Well, have no doubt the 8.4 km (5.25 miles) open water event at Coniston Water, in the Lake District, now in its ninth year, provides such an opportunity³, and Matt Breckon took full advantage.



This fully subscribed mass participation event is in its ninth year and has six starting platforms tailored to suit the speed of the competitors. The route starts at the south end of the lake and finishes at the north shore next to Monk Coniston Car Park. After the first mile swimmers are marshalled to keep within approximately 50 metres of the shore and event buoys and support watercraft with lifeguards, direct the swimmers.



Matthew Breckon

Completed Chillswim Coniston 2021
in a time of

1:53:46.59



Matt Breckon, officially competing in the 30 to 35 years age group won the event outright in a time of 1 hour 53 minutes 46.59 seconds. The race time means that Matt averaged 100 metres every 1 minute and 20 seconds. Incredible! Well done Matt.

For the full set of results see the link below⁴.

³ Introduction video: <https://youtu.be/fLAAVT3oMG0?t=80>

⁴ <https://resultsbase.net/event/5468/results>

Serpentine 2 Mile Challenge

September 18th 2021



Goncalo Pinto - first in his class

The annual Hyde Park Serpentine Swimming Challenge is a one-day open water swimming festival that raises millions of pounds for a host of Cancer and other charities that is organised by London Marathon events and staged in Hyde Park in the heart of London.

This year's event, now free of the Covid 19 restrictions on mass sporting events, attracted around 5,000 swimmers for the various event challenges. So many competitors that the swimmers were set off in waves.

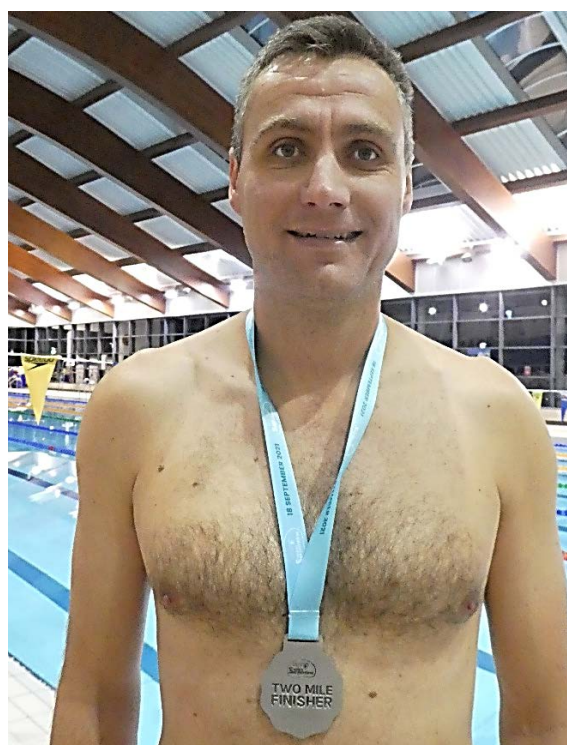
As you can imagine the atmosphere around the Serpentine lake was buzzing with excitement and expectation as the delighted swimmers enjoyed not only the anticipation of the challenges ahead, but the late and welcome summer sun.

The swimmers taking part in the festival had a choice of distances to cover all ages and abilities; a half-mile option, a mile challenge, the two-mile swim and the Super Six event, where swimmers cover six miles in total.

Goncola Pinto and Colin Kloes chose the two-mile challenge. Both competitors completed the two-lap course with Goncola winning his class with a time of 50 minutes and 19 seconds.

Colin was less than a minute behind Goncola's time, clocking 50 minutes and 52 seconds and finishing on the podium with third place in his age group.

Well done to both Master Swimmers.



Colin Kloes - third in his class



Eynsham Lock Cumnor

SwimRun 2021 - September 19



The annual Lock to Lock Oxford SwimRun that takes place in and around Eynsham Lock Cumnor is one of a series held throughout the UK.

Participating for the second time in this event was CSC Triathlete, Calvin Johnson.

The event offered two distance options.

- Half stump
 - Swimming: 1.20 KM
 - Running: 7.00 KM
- Full stump
 - Swimming: 3.80 KM
 - Running: 13.00 KM

Calvin, of course chose the Full Stump option that breaks down as a 1.2 k swim, 7 k run, 1.6 k swim, 450 m dash, 1 k swim, and finally a 6 k run .



Calvin Johnson on the final leg

Calvin set off for the first swim at Eynsham Lock, followed by the 7 k run through the semi-ancient woodlands of Wytham that winds its way back to the river for the 1.6 k swim. Calvin then exited at King's Lock for the 320 m dash back to the river for the last swim, 1 k downstream. Then out again for the final 6 k run through open pastures towards the woodlands and tree-lined avenues towards the finish at Wytham's highest point.

Calvin finished in 6th place overall in a time of 2 hr. 20 min. and 14.3 sec., 5 minutes under his previous time! Great result.

IronBourne Eastbourne Triathlon

July 18th 2021



Many of the members of CSC Masters will remember Bill Armstrong, and will also recall his burning ambition to complete a full Iron Man Triathlon.

Well, in July this year Bill achieved his ambition and completed the 140.6 mile IronBourne Eastbourne Triathlon.

Bill Armstrong

57

Full Distance

Category : **M50-54**

Club : **Crawley Triathlon Club**

Finish Time

13:10:52

Bill proudly wearing his Iron Man medal



Bill takes the plunge from the end of Eastbourne Pier, then onto 2 wheels and finally even has the strength to smile during the marathon run.



The 140.6 mile event comprised of a 2.4 mile swim, a bike ride of 112 miles and a full marathon of 26.2 miles. Bill's splits can be viewed in the link below⁵.

⁵ <https://www.racetecresults.com/myresults.aspx?uid=16665-3260-1-97706>

Unknown to Bill who was focused on completing the gruelling event, one of the Marshalls on the course keeping Bill and the other competitors safe, was our good friend and fellow triathlete, Daniel McLane.



The finish is in sight for Bill

Daniel had entered the East Grinstead Triathlon, also scheduled for July 18th, but could not compete on the day and so he decided to volunteer to Marshall and assist with the IronBourne event instead.

If anyone is interested in next year's event see the reference below.

<https://www.140.6miles.co.uk/enter/>



Join CSC Masters

If you are reading this Newsletter and want to join CSC Masters, it is easy. Whether you want to compete or keep fit – it does not matter. We are an open squad and welcome swimmers of all ages over 18 years and para swimmers. You only need to take a swimming and fitness test so that you are assigned to the right training lane to match your ability and fitness, and the fun begins. Workouts are tailored to suit the Masters' Squad and include sessions for short and long course competitions, triathlons and open water events.

If you are interested send an e-mail to: enquiries@crawleysc.co.uk



Brighton Marathon Weekend 10K Run – September 12, 2021

When it is too cold for open water swimming, how do Triathletes compete? The answer as far as Melissa Birch is concerned is, they run.

So, on September 19 Melissa set off in perfect weather conditions, on the Brighton Marathon Weekend's 10K run completing the course in a personal best time of 48 minutes 54,83 seconds. Not only that, but a third-place podium finish in her class.

Melissa said after the run, "Although my fitness and speed is improving, I am not sure it's helping with my swimming!"

And so, shortly after this picture was taken, Melissa had a dip in the sea. Congratulations.



East Grinstead 10K September 26

Inspired by her success in the MB10K, a couple of weekends later Melissa ran in the East Grinstead 10 K run on September 26th.

No PBs this time, but Melissa finished 4th overall in the women's open event and 2nd in her class.

And it does not stop there, Melissa has entered the Brighton Half Marathon scheduled for Sunday October 10th. Good Luck.

Welcome to CSC Masters.



Andrew Oxlade



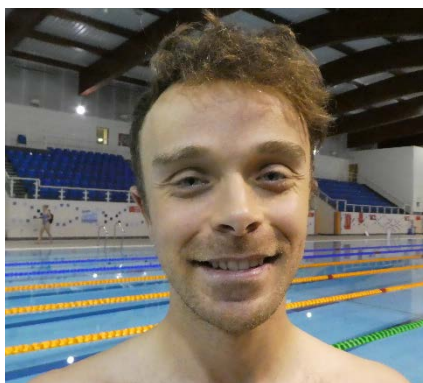
Adrian Rotchell



Charlie Pennington



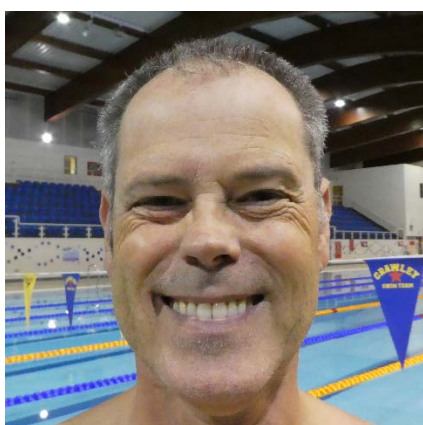
Grace Turner



Anthony Chamberlain



Alan Parkins



Paul Cross

Upcoming Events for your diary.

S1151wim England Masters National Championships 2021: 29th – 31st October 2021

Venue: Ponds Forge, Sheffield

Entries: <https://www.swimmingresults.org/events/semasters21/>

Sunday 14th November - Southeast Region Inter-County Event (Wycombe)

- Anticipated start time 1300 – finish by 1630
- This event features each of the SER 'home counties plus Middlesex.
- To swim at this event, you must be selected by your county.

Sunday 14th November – South-East Region Inter-County Event (Wycombe)

- Anticipated start time 1300 – finish by 1630
- This event features each of the SER 'home counties plus Middlesex.
- To swim at this event, you must be selected by your county.

Welsh Masters and Senior Short Course 2021 – 13th November 2021

Entry Opening: 01/10/2021 - **Entry Closing:** 01/11/2021

Venue: Newport International Sports Village, Velodrome Way, Newport, NP19 4RA

<https://www.swimwales.org/events/welsh-open-masters-and-seniors-short-course-2021>

Saturday 22nd and Sunday 23rd January 2022 – Regional Long Course Championships (K2) - Details will be announced as soon as possible.

Welsh Masters and Senior Long Course 2022 - Provisionally: 5th - 6th March 2022

Details will be announced in 2022.

Saturday 26th March 2022 (Provisional) – Regional Long Course 1,500m (K2)

Details will be announced in 2022.

Master swimmers that enter any event outside of CSC are asked to inform Dan Valovin.

CSC Masters Training Calendar for 2022

Statutory and Public Holidays – no training

January 1 st	–	Saturday	- New Year's Day
January 3 rd	-	Monday	- Public Holiday
April 15 th	-	Friday	- Good Friday
April 17 th	-	Sunday	- Easter Sunday
April 18 th	-	Monday	- Easter Monday
May 2 nd	-	Monday	- Early May Bank Holiday
June 2 nd	-	Thursday	- Spring Bank Holiday
June 3 rd	-	Friday	- Platinum Jubilee Bank Holiday
August 29 th	-	Monday	- Summer Bank Holiday
December 24 th	-	Saturday	- Christmas Eve
December 25 th	-	Sunday	- Christmas Day
December 26 th	-	Monday	- Boxing Day
December 27 th	-	Tuesday	- Public Holiday

K2 Saturday and Sunday Event Pool Hire (no CSC training)

January 8 th	-	Saturday
January 22 nd	-	Saturday
January 23 rd	-	Sunday
February 12 th , 13 th	-	Saturday / Sunday
February 26 th , 27 th	-	Saturday / Sunday
March 20 th	-	Sunday
August 7 th , 14 th , 21 st , 28 th ,	-	Sunday
September 25 th	-	Sunday
October 2 nd , 16 th , 30 th	-	Sunday
November 7 th	-	Sunday
November 29 th	-	Sunday

CSC Holiday Training Breaks

Summer Break – All Squads except Masters – Monday August 8th to Sunday 21th inclusive

Reduced Pre-Season schedule - (TBA) Monday August 22nd to Thursday September 1st inclusive

- Full training schedule resumes on Friday September 2nd

Christmas Break – Saturday December 24th – Tuesday December 27th Inclusive

Morning training only – Wednesday December 28th through to Friday December 30th

New Year Break – Saturday December 31st – January 2nd – Training resumes Tuesday January 3rd

Note: K2 have only issued CSC with dates of galas up to and including March 22. So, please check for amendments and changes to the calendar throughout the year as more events are virtually certain to be booked.