



COSSS 2008 XMAS NEWSLETTER

As a New Year dawns, we can look back at 2008 as a hugely successful year for City of Sheffield Swim Squad.

There have been some amazing performances in the water from many swimmers but one person in particular has taken his success to the highest level – The Olympic Games! We would like to take this opportunity to say a massive CONGRATULATION to **JAMES KIRTON** who represented Great Britain at the Olympic Games in the 200m Breaststroke. Having qualified at the Olympic trials in the most exciting race that was observed by many of us at the club, James went on to compete in Beijing. Despite undergoing surgery 3 weeks before the Olympics, he defied doctors and coaches and swam against all the odds to achieve his lifelong dream. He is an inspiration to everybody at the club and a great role model for the younger members. We are very proud of you James!



Congratulations also to James Crisp, who qualified for the Beijing Paralympic Games in the 100m Backstroke. Unfortunately due to injury, James was unable to compete.

A LOOK BACK AT THE YEAR



JANUARY

- COSSS win Dronfield Diddy Challenge Cup

FEBRUARY

- Yorkshire Champions – *Chris Middleton* (19) 100 Fc, 200 Fc, 400 Fc, 200 IM, *Rebecca Turner* (15) 200 Fc, 100Fs, *James Kirton* (22) 50 Breast, 100 Breast, 200 Breast, *Debbie Hall* (19) 100 Breast, 200 Breast, *Katie Johnson* (20) 100 Fly, *Andrew Shepherd* (23) 50 Back, 100 Back, 200 Back, *Paul Morren* (17) 200 Fly, *Jordan Tomlinson* (17) 400 Fc, *Ricky Speed* (15) 800 Fc, *Aynsley Heseltine* (15) 400Fc, 800 Fc, 1500 Fc, *Jack Dunn* 1500 Fc (16), *Danielle Hannan* (15) 50 Fly, 100 Fly, *Lucy Spencer* (14) 200 IM, 400IM *Mens 4 x 50 Free team, Womens 4 x 50 Medley Team, Mens 4 x 50 Medley Team.*

MARCH

- *Rebecca Turner* (15) represents Great Britain in European Long Course Championships.
- Yorkshire Age Group Champions - *Jamie Damms* (9) 200m Breast, *Boys 15/16 4 x 50 Freestyle Team* (*Jack Dunn, Braxton Timm, Tom Sunter, Ricky Speed*)



APRIL

- *James Kirton* and *James Crisp* qualify for Beijing Olympic Games at British Championships.

MAY

- *James Crisp* – represents Great Britain at Paralympic World Cup
- North East County Champions - *Andrew Shepherd* (24) 100 Back, 50 Back, 200 Back, *Charlotte Broadbent* (17) 200 IM, *Jack Dunn* (16) 800 Fc, 200 Fc, *Paul Hargreaves* (18) 100 Breast, Boys 400 Medley Team (*Braxton Timm*, *Tom Greenfield*, *Jack Dunn*, *Max Partridge*), Girls 400 Free team (*Rebecca Turner*, *Jordan Tomlinson*, *Charlotte Broadbent*, *Laura Whittaker*), Boys 800 Free team (*Braxton Timm*, *Jack Dunn*, *Tom Greenfield*, *Tom Sunter*), Girls 800 Free Team (*Ellie Faulkner*, *Charlotte Broadbent*, *Jordan Tomlinson*, *Rebecca Tomlinson*)

JUNE

- *Eleanor Faulkner* competes in Toulouse Open Water Meet (Gold in age group)
 - North Eastern County Age Group Champions - *Annie Wood* (10) 100 Breast and *Tegan Turner Clarke* (11) 200 Fc
 - COSSS win the Dronfild Dolphins Challenge
 - COSSS finish 2nd in the White Rose



JULY

- *Rebecca Turner* and *Jack Dunn* represent Great Britain in World Junior Championships (Jack wins Gold in 4 x 200Fs in new World Junior record and Rebecca wins Silver 4 x 200 Fs)
- *Jack Dunn* (17) and *Rebecca Turner* (16) represent Great Britain in European Junior Championships (Rebecca wins Gold in 4 x 200 Fs)

AUGUST

- *James Kirton* (23) represents Great Britain in Beijing Olympic Games – 200 Breast
- *Debbie Hall* represents Great Britain at Canadian Tri Nations meet (silver 100m Breast)
- National Champions – *Braxton Timm* (15/16) 100 Fly, 200 Fly, *Ellie Faulkner* (14/15) 800 Fc, 1500Fs *Max Partridge* (17/18) 100 Breast



SEPTEMBER

- COSSS win the Whiting Trophy
- Yorkshire Age Group Champions - *Dominic Baugh* (11) 100 Back and *Laurence Pickford* (9) 50 Fs
- *Aynsley Heseltine* (16) represents Great Britain in the European Open Water Championships – 5Km



OCTOBER



- *Ellie Faulkner* (15) represents England at Commonwealth Youth Games – (silver 4 x 100Fs, Bronze 4 x 200 Fs)
- *Rebecca Turner, Alice Cordwell, Braxton Timm* and *Tegan Turner-Clarke* represent Yorkshire at the National County Team Championships.

NOVEMBER

- *Rebecca Turner* (15) represents Great Britain in the Fina World Cup
- North Eastern County Champions– *Andrew Shepherd* (24) 50 Bk, 100 Bk, *Alex Watson* (13) 800m Fs and Womens 4 x 100 medley team (*Charlotte Broadbent, Debbie Hall, Katie Johnson, Ellie Faulkner*)
- *Freya Mitchel* (11) wins Top Girl at North East County Championships
- *COSSS* selected as British Swimming Podium Club.



DECEMBER

- Russ Barber wins Outstanding Sporting Achievement Award.
- Braxton Timm wins Adrian Moorhouse Scholarship.

OVERVIEW

Olympians – 1

International Representation – 16

National Champions – 5

North East County Champions – 16

Yorkshire Champions – 32

COSSS was the only club in GB that placed a swimmer on every Senior, Junior, Open Water and Disabled GB Team in 2008 – Well done everyone!



DID YOU KNOW...

That Assistant Coach Karen Clifton (formerly Mellor) swam in the Seoul Olympics in 1988! It's great to have Karen on the coaching team, her experience and expertise at swimming is a great asset to the program here at Sheffield.

SEOUL VS BEIJING

	James Kirton	Karen Clifton
Age	23	39
What year did you swim?	2008	1988
Where were they held?	Beijing, China	Seoul, Korea
How old were you when you swam?	23	19
What event did you swim?	200m Breastroke	800 Fs
How did you feel when you got on the blocks?	Mixed emotions, excited, worried (due to injury), determined	Nervous
What did you eat the night before your race?	Not very much, a small plate of pasta and chicken	Rice (funny food over there)
Who was the most famous athlete that you met whilst you were out there?	Had dinner with Pele, famous footballer	Watched Adrian Moorhouse win his Gold Medal
Did you go to the opening/closing ceremony?	We went to the closing ceremony, but swimming wasn't allowed to the opening because it involves a lot of walking and waiting around and the swimming started the morning after it!	Yes went to both. Had a fab time at closing ceremony just ran riot.
What was your favourite part of your Olympic experience?	I couldn't pick a favorite part, the whole thing was amazing and will never be beaten for me!	Getting there and achieving my dream.

MESSAGE FROM RUSS

2008 was a very special year for us as a club and for me personally. I was particularly proud of James Kirton in making the Olympic Games. This is the absolute pinnacle of our sport and is what all swimmers aspire to achieve. I am very proud to have coached him in Beijing and will never forget it!

I was very sad to see Steve Cox leave us in the summer, but I wish him well at Middlesbrough and offer huge thanks for all of his hard work in helping build the club to what it is today. I am really happy to welcome Mark Lappin to the club and I'm sure he will play a vital part in the future success of our programme.

There are no short cuts to achieving success in swimming. I, as a coach can help to inspire and teach you the necessary skills, but ultimately it is down to you, the swimmers to put in the hard work, healthy lifestyle/diets and a winning attitude in order to achieve your potential.

Finally, I would like to wish you all a very merry Christmas and look forward to an even more successful 2009!

