

summer 2016

CUSWPC

1855

Cambridge University Swimming & Water Polo Club





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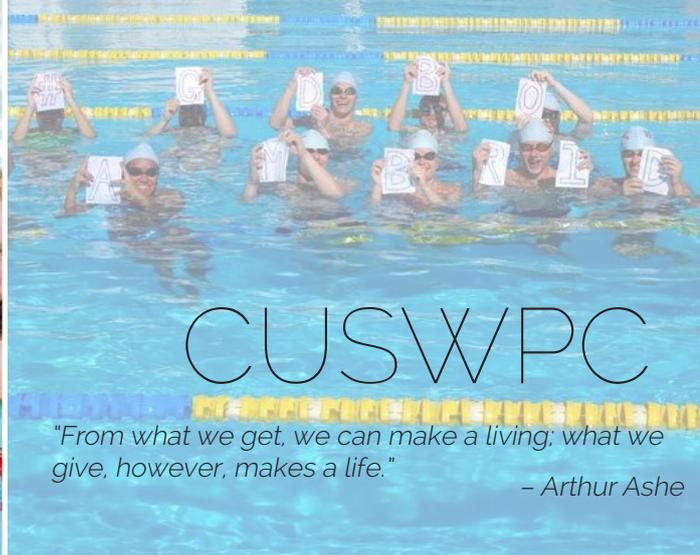
With participation costs mounting year upon year and the lottery of sponsorship deals proving increasingly unreliable, CUSWPC needs your help. Our goal is to ensure that no athlete is prevented from participating in university swimming and water polo due to their financial circumstances. The Tadpoles are variously supported in their sporting endeavours by college grants, Hawks' Trust awards, Ospreys bursaries, personal savings, parents' back pockets and loans of dubious interest rates, but when stacked against club fees including pool hire, transportation, competition entry and training camps, these frequently cover just a small portion of the total annual expense.

Any amount helps. To donate, visit us at:

www.cuswpc.co.uk/give

We also cordially invite you to the annual **Tadpoles Club Dinner** and **Old Blues' Match**, held this year on **22nd April 2017**. Whether it's been five years or fifty since you were last in Cambridge, we promise a memorable night of reminiscing and celebrating everything that the Tadpoles have meant to you while you were at Cambridge. For more information, email our Tadpoles Club President, Lydia Woodward, at lw436@cam.ac.uk. We look forward to seeing you there!





SHOUT OUTS

Katrin Heider broke the 100M freestyle record with a time of 57.58 at BUCS Short Course. Congrats!



The club would also like to congratulate **Amy Felgate, Henry Choong, Dom Holloway, Calum Ferguson** and **Anthony Tsou** for record-breaking individual swims in the past year.

A further shout out goes to **Sarah Flaherty** who, in her first ever varsity, put her left-handed skills to use and scored a hat trick.

A huge congratulations to **Ryosuke Yamada**, who has contributed to the club for three long years working tirelessly in goal, for earning himself a lovely felt full-blue blazer.

In addition, **Kate Read, Connie Hsueh, Robert Gourley** and **Joseph Wu** who have proved to be essential, wonderfully skilled members of the water polo team have all been awarded well-deserved discretionary blues.

Outside the Cambridge bubble, recent alumna **Megan Connor** set a Swiss national record in the 50m Freestyle at the 2015 Swimming World Championships.



Congratulations to **Erik Sullivan, Calum Ferguson, Henry Choong** and **Dom Holloway** for a record-breaking swim of the 4 x 100 medley relay. Their time of 4:08.72 smashed a 17-year old record.

Thank You



Above: Players say goodbye to coach **Matt Ingrams** at 'Taddies' Dinner.

The club would like to extend a huge thank you to the water polo captains, **Frances Turrell** and **Ben Walker**, whose dedication, determination and leadership has been inspiring. We also thank the club president, **Izzi Firth**, for all her hard work this year.

Matthew Ingrams has given countless hours coaching the women's team over the past several years, developing entire new teams. As he will be leaving his position, we wish him all the best with his next steps, and look forward to seeing him back for some rowdy alumni matches.

The club would also like to thank **Tom Bennett** and **Andy Knight** for aid in coaching the men's teams' matches.

On the swimming side, the club would like to thank outgoing secretary **Cora Olpe**, as well as the captains, **Katherine (KP) Pyne** and **Erik Sullivan**. Thank you so much for everything that you've done for us this year!

We'd like to thank **City of Cambridge Swimming Club** for its support throughout the years and for making our success as a team possible. Special thanks go to head coach **James Freezer** and coach **Justin Smith**.

Of course, the biggest thank you goes to our coach, **Simon Morley**, who we will miss very much next year. Thanks for getting up early on weekends to bring us the joy of a USRPT set and best of luck in your new role at RTW Monson!



Above: Swimming captains **Alex** and **Gracham** give Simon some love at Varsity 2015.

Presidents' Welcome

Hello, and thank you for taking the time to read CUSWPC's first newsletter!

As CUSWPC's newly-elected President and Vice-President, we're particularly keen to overhaul the club's view on publicity this year. Working with our newly-introduced Publicity Officers, **Lucy Morgan** and **Ruairi Hurson**, our goal is to produce a concise newsletter each term to summarise the club's main news.

For our alumni, we hope these newsletters will enable us to keep you more in the loop about what's going on in the club, and to provide key dates for Varsity and Tadpoles events.

For our current members, we hope the news contained herein will augment our understanding of each other's achievements: CUSWPC is a broad club, so it can be difficult to keep up-to-date with everyone's accomplishments.

As the following pages will testify, 2015-16 has been a very successful year for CUSWPC, so we would also like to take this opportunity to congratulate everyone for their hard work over the year, which has left the club in a particularly strong position.

Finally, as this is our first newsletter, we're still working on the formatting, so please do let us know if you have any suggestions, and send us your feedback. Also, if you know of anyone who isn't on our mailing list, please contact us so we can ensure they don't miss out!

GDBO,

Erik Sullivan and Claudia Feng

CUSWPC President and Vice-President 2016-17

Varsity 2016

the 125th anniversary

swimming

Following a record loss in the 2013 Varsity Match (117-63), and with only modest improvements in 2014 (108-72) and 2015 (110-67), there was little expectation that this year would be any different. With some of the team's strongest swimmers graduating and a formidable opposition, the teams' realistic goal for the year was "not to lose Varsity by a record amount".

Despite the low expectations, Cambridge held its own against the Oxford team, which features four swimmers who have competed internationally. And as in all rivalries, each race was a tight encounter, with many being won by very small margins.

Long-time member **Dimitris Kousoulidis** won the 400m Freestyle by 0.07 seconds, finishing with a Full Blue time of 4:06.09. Incoming Swimming Secretary, **Calum Ferguson**, outswam Oxford's Matt Curtis in the 100m Butterfly, finishing with a time of 56.53. **Erik Sullivan**'s swim of 52.81 in the 100m Freestyle beat out Oxford's Luke Sheridan's 53.10 in a race in which only 0.59s separated first and last.

For the women, the competition was highlighted by a head-to-head between two phenomenal swimmers in both the 100m and 200m Freestyle. In both events, **Katrin Heider**, new to Cambridge last year, outswam Oxford's Ellie Winter, who came in 26th at BUCS Short Course Championships in the 100m Freestyle earlier in 2016. **Heider** won by 0.44 seconds with a time of 57.23 in the 100m Freestyle and by just under a second in the 200m Freestyle. Also notable was Cambridge's performance in the 100m Butterfly, with **Amy Felgate** and **Lydia Woodward** coming in 1st and 2nd, respectively.

In dramatic fashion, the competition came down to the last race: the Men's 4x100m Freestyle Relay. Both teams knew that if Cambridge won this race, they would also win Varsity. If not, the competition would end in a tie.

Kicking off the Cambridge team was **Sullivan**, who had swum the individual 100m Freestyle event just a few minutes earlier. Out-swimming Oxford's Dominic McLoughlin by less than 0.05 seconds, he gave **James Green** the head-start Cambridge

needed to hold its slight lead. The race remained an extremely close encounter throughout **Green** and **Kousoulidis**'s swims, with the teams within 0.05s of each other throughout.

Finally, the result of Varsity 2015 was left to Cambridge's **Henry Choong** and Oxford's Jamie Towner. With Oxford holding an ever-so-slight lead heading into the fourth leg, it was up to Choong to make a comeback for Cambridge. And make a comeback he did. The first 50m saw **Choong** and Towner tied to the nearest hundredth of a second, fueling the already-electrified crowd. But it was in this last 50m where **Choong** managed to shake off Towner with a time of 51.31, obliterating the Full Blue time of 53.50, and finishing off the relay with a time of 3:30.68 to Oxford's 3:31.34.

An overall 91-89 Varsity win marked the first time the team has won in five years, and the first time the men's team has won in nine years.

#wewonvarsity #GDBO



water polo

The 125th anniversary of the first water polo Varsity can only start with a tribute to those who came before. A huge thank you to all the alumni who have played for and supported the teams in the past years. Indeed, the afternoon began, as always, with the alumni match. Arguably the least competitive of the day, it is made distinct from the other matches by its regular 'rehydration breaks' and two quarters of mixed-gender play, while the middle two quarters are men's and women's. No one really knows the final score, but both teams emerged jovial and ready to cheer rowdily in the next games.

It was with much more ceremony and gravity that the men's second team marched onto the deck to the pumping beat of John Cena.

Fresher **Youssef Badr**, a new addition to the team, recalls the experience fondly, saying "it was all quite intense, a bit of a blur really."

Hopes were high, as a victory for the Light Blues was accompanied by the promise that their captain, **Nick Toberg**, would name his then-unborn tadpole Yousseffina Toberg, after the team's TJ. The pressure obviously took its toll, as the men went into the final quarter one point down. But some impressive goal keeping from newly trained **James Ganendra**, wonderful scoring from Captain **Toberg** and a tantalising yet impressive penalty from **Vy Peciukenas** meant the men secured a solid victory, reclaiming their title from the previous year. From his distanced vantage point in the goal, fresher **Ganendra**

mwp (1sts)
7-10 L



wwp
8-7 W



mwp (2nds)
9-8 W





Pomona exchange student, **Alana Friedman** ('16) at Varsity 2015. Alana scored a hat trick for Cambridge.

remarked, “the Cambridge boys kept their heads, and that’s why we won.”

Their captain recalled the final moments of his last ever Varsity with malicious glory, “the seconds fell upon the Oxford team with such unhinged madness that the minutes of horror composing the match would be permanently sewn into their future.”

And so, satisfied with their victory, the men’s seconds emerged from the pool and prepared to cheer on the women’s match. The excitement on the pool deck mounted as the women walked out, ready, after an intense pre-match discussion, to play Oxford for the third, and most important time this season. Indeed, a year focussing on solid early defence paid off as the Light Blues, helped massively by goalie **Connie Hsueh**, presented a solid wall. The well-worn phrase ‘the more you shoot the more you score’ was proven as the women emerged from the first quarter leading 3-0.

Supported rowdily from the sidelines by alumni and team-mates alike, the game progressed. “It is an incredible thing to be part of”, remarked fresher **Ella Irwin**, one of the key goal scorers of

the game, as the tension grew. Going into the 4th quarter after wonderful goals, including a hat trick from **Sarah Flaherty** and masterful shots from Captain **Frances Turrell**, Coach **Matt Ingrams** encouraged the team, “if you keep doing this, I’ll be very happy.”

But the last quarter proved a roller-coaster of emotion as a penalty for Oxford in the last two minutes brought the score to 7-6 in favour of the Light Blues. But the Cambridge team pulled together to hold its lead, and a minute later the whistle blew and the pool was filled with the cheers of the Light Blues. Reflecting on the game, **Flaherty** remarked, “it was very satisfying to score and win against Oxford on their own turf and in such a high-stakes match.”

That victory bolstered the women as they joined the increasingly noisy crowd for the moment that was 125 years in the making: the men’s Varsity Match. The past year wasn’t easy for the first team, but they entered the pool encouraged by Cambridge’s two previous wins and ready to follow through with one of their own. And indeed, the first two quarters saw confident playing; the men

capitalised on their man-ups, with impressive power from Captain **Ben Walker** and future Co-Captains **Joseph Wu** and **Rob Gourley** leaving the men 4-2 up.

But as the second half progressed, the “gifted **Ryosuke Yamada**” suffered a leg cramp, which the Dark Blues ruthlessly capitalised on, using it to provoke a shift in momentum. Having switched ends, their bench was no longer constantly inundated by alumni chants of ‘he scores when he wants to’. The Oxford team picked up their nerve and pounded relentlessly against a weakening Light Blue defence.

But alas, the powerful Cambridge players were not to claw their way back as the whistle blew to close the final quarter, signifying a painful loss. Despite this final eighth of the water polo Varsity, the pool continued to buzz with excitement and the teams stepped out to mend any bruises and scratches with a hearty meal.

Varsity 2017 is already on the horizon, and **Wu** is “confident we’ll have a successful campaign for a Varsity win this season.”

#GDBO #VARSITY2k17 #Lightblue4lyf



Left: The swim team celebrates after an exciting Varsity win. This year, Cambridge beat Oxford for the first time in four years. Led by captains **Katherine “KP” Pyne*** and **Erik Sullivan***, the team consisted of 19 members: **Graeham Douglas***, **Jordan Thornton**, **Anthony Tsou**, **Henry Choong***, **James Green***, **Calum Ferguson***, **Dan “Dackers” Brackenbury**, **Andrew Ng***, **Dimitris Kousoulidis***, **Dominic Holloway***, **Amy Felgate***, **Giulia Savioli**, **Katrin Heider***, **Priya Crosby**, **Lydia Woodward**, **Rebecca Hughes**, **Katherine Chapman** and **Claudia Feng**. Each swimmer earned a Half Blue for representing Cambridge against Oxford; those with asterisks earned Full Blues. **Right:** Captains **KP** and **Erik** celebrate by Snapchatting the Cambridge BlueBird.

Year in Review: Swimming

TRAINING CAMP: FUERTEVENTURA



This year, the long course warm weather training camp took place in Fuerteventura, in Oasis Papagayo Sports Resort near the small town of Corralejo. The warm weather training camp is a continuation of the last several years' preparation for the Varsity Match, allowing the swimmers to get one last large block of aerobic work in before the start of Lent term and before the three-week taper for Varsity. This year a team of 12 dedicated swimmers took part on the trip.

The swimmers arrived in Fuerteventura on the

MEET KATHERINE PYNE (KP) Women's Swimming



Known for lightning-fast times in the 50, 100 and 200 Backstroke, and for being such a frequent Life-goer that she is on a first-name basis with the club's photographer, KP is sure to become CUSWPC legend. Despite some initial hesitation to continue swimming at Cambridge, KP has been an integral part of the team ever since being named Team Junior in her first year. At her first major swimming gala as a member of CUSWPC, KP was 0.01s away from the 100 Backstroke Blues time. Unfortunately, a torn ACL from the Varsity Ski Trip and prevented her from achieving Full Blue status in her first year. But like a champion, her hard work in the pool allowed her to come back better than ever. Not only did she achieve a Full Blue at Varsity 2014, she was also named Woman of the Match. As the Women's Swimming Captain in 2015, her model work ethic and determination inspired those around her and helped drive the team through such a successful season. Her warm and fun-loving personality is sure to be missed.

Season Highlights

Last year, Cambridge University swimming had a highly successful season, which rivals any in its 161-year history. Alongside a historic Varsity victory and a promotion to the top division of BUCS, a record number of Full Blues and university records were also achieved throughout the year.

This success came as a slight surprise to returning team members. Having been relegated from the top division at BUCS and soundly defeated in Varsity the year before, there was little expectation for this year. However, morale was bolstered by a strong intake of freshers and a burning desire among the returning swimmers to reverse our losing streak.

The entire team has trained exceptionally hard all year, contending with five early mornings a week and spending up to 16 hours a week in the water alone. Indeed, over the course of the year, each member of the team swam some 60,000 lengths of Parkside Pools, equivalent to swimming halfway from South America to Africa.

The 2015-16 season started in earnest at our annual inter-university Relays Gala in October, which saw impressive performances early in the season from across the entire team. The overall result was a comfortable victory, seeing the metaphorical trophy return home to Cambridge, and giving the team a boost heading into the BUCS Short Course Championships in Sheffield.

At BUCS, we saw the season's first Blues time awarded to **Katrin Heider** in the 100m Freestyle, followed shortly by **Erik Sullivan** in the same event. We also saw a "slightly ridiculous" eight-second personal best of 53.81 (only 0.31 off the Full Blue time) from **James Green** in the 100m Freestyle. **Andrew Ng** rounded off the individual events with a strong performance in the 400m Freestyle, finishing with a time of 4:14.62, missing the Blues time by under a second.

Other events across the weekend had similarly strong performances. **Dom Holloway** led the Cambridge swimmers in the 100m Breaststroke, with **Anthoney Tsou**, **Jordan Thornton** and **Graham Douglas** all less than two seconds behind, showing previously unheard of squad depth. Freshers **Henry Choong** and **Tsou** pushed each other hard in the 100m backstroke going 1:00.21 and 1:01.62, respectively, at long last addressing the team's chronic lack of a backstroke specialist.

A smaller number of CUSWPC's swimmers also competed at the East Region Short Course Championships in Luton in early November, which saw **Holloway** come fourth in the 50m breaststroke, while a CUSWPC-anchored City of Cambridge 4x100m Freestyle Relay squeezed ahead of City of Peterborough Swimming Club in a dramatic finish.

Michaelmas term was rounded off with the BUCS Team Championships Qualifier, conveniently held in Plymouth. Despite a never-to-be-repeated 12 hours spent in the coach on one day (future committee members, take note), the performances laid down in England's sunniest city set the tone for the remainder of the year.

Some notable performances include fresher **Amy Felgate's** achievement of a Full Blue by swimming the 100m Butterfly with a time of 1:06.04. **Heider** continued to impress with a record-breaking swim of 26.68 in the 50m Freestyle. She also broke an 11-year old record in the 200m Freestyle by an astonishing 1.7 seconds. **Green** achieved a Full Blue in the 200 Freestyle with a smashing performance of 1:58.21, a personal best of 0.06. A third university record was broken by **Tsou** in the 50 Backstroke in a time of 27.42.

After entering a second team at BUCS for the first time in 2014-15, the team this year managed to retain its position in the Trophy (second) Division. The Cambridge first team, meanwhile,



In 2015, KP represented Cambridge in the 100 Backstroke and 100 Butterfly, achieving full blue status.

finished the qualifying round as the fastest team being put forward to the Trophy Division's national final in April. All-around impressive performances made this possible, and the overall team performance continued to raise spirits going into the end of term.

Upon returning from sunny Fuerteventura in mid-January, training was lifted up a notch with the surprisingly sudden realisation that Varsity was considerably less than two months away. As the training intensity continued to increase, so too did the team's speed in the water as PBs continued to be shattered. Training alongside CoCSC's Top Squad allowed for some additional competition during evening training sessions, and the result of this hard work was made clear at the Cambridgeshire County Championships when particularly strong performances by **Choong, Sullivan, Green** and **Ng** in the 200m Freestyle saw CUSWPC come 1st, 2nd, 3rd and 4th in the event.

Over the Easter holidays, training continued as usual in preparation for the BUCS Team Championships Finals in Sheffield. While the Cambridge first team was guaranteed promotion to return to the Championship (first) Division, the team put forth valiant performances including **Felgate's** demolition of a 15-year old Cambridge record in the 100m Butterfly.

The end result was a testament to the hard work that CUSWPC's swimmers have put down all year, and saw Cambridge as the fastest team earning promotion into the Championship Division. Moreover, this leaves Cambridge with its two swimming teams in the highest possible divisions for the first time, putting it in a pool of only nine universities nationwide to have achieved this, and the only one to have done so without a university swimming pool.

To round off the year, the East Region Long Course Championship took place in Luton over Caesarian Sunday weekend, and saw **Thornton** swim a personal best of 1:13.11 in the 100m Breaststroke.

Overall, 2015-16 has been a truly spectacular year for the Cambridge swimmers, featuring a record number of men achieving Blues times, a record number of club records being broken by nine different swimmers across all strokes, a record BUCS performance and the first light blue victory at Varsity in 5 years.

GDBO.

Training camp (cont.)

evening of 2 January and hit the brisk waters of the 50m outdoor pool the following morning. Over the course of the next week the team clocked in 12 training sessions and racked up over 75,000 meters in the pool. This intense schedule provides a good aerobic foundation for the coming term, before beginning more sprint-styled work in preparation for Varsity. Long-time team member **Dan Brackenbury** described the week-long camp as an "opportunity for large amounts of pool time, helping to give a positive start to the Varsity term."

The extra pool time didn't just prepare the team physically for its Varsity Match in February. As in any athletic team, where teammates share a passion for their sport and a drive to perform at the best of their ability, the challenging workouts drew the swimmers closer as a team. **Henry Choong**, the men's Team Junior, commented that, "because everyone was striving to complete some really tough sets, we had to really motivate each other to swim hard. We all felt the same pain, which made us closer."

While the priority of the trip was training, there were opportunities for the team to let their hair down and chill. For many, the highlight of training camp was the team's ferry ride to the neighbouring island of Lanzarote, where the team relaxed on the beach and took in the local culture. But mostly, in between the swimming, eating and sleeping, team members took time to get to know each other. The team was shocked to learn that Yorkshireite **Amy Felgate** has never drunk tea or eaten a hot dog, and **Choong** discovered "how incredibly bad **George Nikolakoudis** is at bowling."

All around, training camp was a great for the team dynamic. **Choong** later described the experience by saying, "Training camp was really good for team bonding. In Michaelmas, I felt like I didn't know everyone very well because I was a Fresher, but by the middle of training camp, I felt like we'd built up a great team dynamic."



ENGLAND TO FRANCE: SWIMMING THE CHANNEL

For most Cambridge students, taking a plunge into 15°C water at 1 am sounds something like a drunken mishap, but for six dedicated swimmers, taking that plunge means representing Cambridge in one of the most important open water races of their year.

July saw two teams, one representing Cambridge and the other representing Oxford, race head-to-head in the biannual Varsity English Channel Relay Swim. The teams consisted of six members, three men and three women, taking turns to swim in one-hour stints across the English Channel from Dover to the French coast. The water temperature usually hovers close to a frigid 15°C, but as in all official Channel swims, no wetsuits are allowed in the relay. While this would be enough to deter almost anyone, team member **Jessica Mason** brushed it off, saying, "I was too excited to notice the cold; it didn't really bother me. I just wanted to do what I needed to do – to swim my best."

The structure of the race is physically demanding and team members train for months in order to develop the fitness and cold resistance needed to outswim Oxford. Training usually starts in the River Cam in April, at the start of Easter term with the water at a chilly 10°C. The river subsequently rises to about 17°C. Whilst swimming next to Granchester Meadows, team members consistently experience



This year, Cambridge was represented by **Matthew Chadwick, Jessica Mason, Dan Brackenbury, Rebecca Hughes, Callum Chivers** and **Laura Schubert** (captain) with **Lydia Woodward** and **Andrew Ng** as reserves.

punt and canoe dodgings and near encounters with an angry swan.

All this hard work came together on July 1st, as the team gathered together near the choppy and jellyfish-infested waters of Dover Harbour. This year, the race started in Dover 12:37a.m., with the first swimmer, **Matthew Chadwick**, starting the race for Cambridge in 15°C water. For the next nine-and-a-half hours, the two teams battled it out, with every swimmer pushing themselves to their limits. **Mason** later described the experience by saying, "I felt so alive whilst swimming in the channel. I love feeling so free."

One of the highlights during the nine-hour race was being able to watch the sun rise over the Channel. As last year's captain **Dan Brackenbury** recalled, "Because of the clear weather conditions, we were able to see France from Dover, showing us the scale of the swim we were about to do."

The Light Blues managed the swim in 9 hours and 28 minutes, finishing just behind the Dark Blues' time of 8 hours and 56 minutes. Despite this loss, team members are proud of their impressive performance. **Mason**, fond of her incredible experience, said, "Racing Oxford across the Channel was a fantastic experience; it was an amazing race to end my time at Cambridge. It was a highlight from my whole university degree."



Year in Review: Water Polo

WINS AND LOSSES

WWP – 3rd in BUCS Premier South

Cambridge 3 vs. Imperial 1 (4 Nov. 2015)
Cambridge 3 vs. Bristol 10 (22 Nov. 2015)
Cambridge 12 vs. Plymouth 0 (23 Jan. 2016)
Cambridge 2 vs. Birmingham 7 (26 Jan. 2016)
Cambridge 2 vs. Cardiff 6 (29 Jan. 2016)
Cambridge 9 vs. Birmingham 1 (31 Jan. 2016)
Cambridge 8 vs. Imperial 4 (3 Feb. 2016)
Cambridge 3 vs. Bristol 6 (5 Feb. 2016)
Cambridge 1 vs. Cardiff 6 (7 Feb. 2016)
Cambridge 4 vs. Durham 16 (11 Mar. 2016)
Cambridge 1 vs. Sheffield Hallam 15 (12 Mar. 2016)
Cambridge 2 vs. Cardiff 3 (12 Mar. 2016)

MWP – 1ST'S

Cambridge 7 vs. Imperial 5 (4 Nov. 2015)
Cambridge 5 vs. Bristol 7 (13 Nov. 2015)
Cambridge 10 vs. Imperial 18 (28 Nov. 2015)
Cambridge 8 vs. Oxford 3 (29 Nov. 2015)
Cambridge 7 vs. Birmingham 14 (19 Jan. 2016)
Cambridge 7 vs. Bristol 12 (23 Jan. 2016)
Cambridge 6 vs. Oxford 15 (27 Jan. 2016)
Cambridge 19 vs. Birmingham 12 (31 Jan. 2016)
Cambridge 5 vs. Cardiff 7 (5 Feb. 2016)
Cambridge 5 vs. Cardiff 7 (7 Feb. 2016)

MWP – 2ND'S

Cambridge 11 vs. Oxford 2nd 10 (20 Jan. 2016)
Cambridge 6 vs. Leicester 1st 5 (4 Feb. 2016)
Cambridge 13 vs. Coventry 1st 8 (10 Feb. 2016)
Cambridge 7 vs. Queen Mary 1st 10 (14 Feb. 2016)
Cambridge 0 vs. Nottingham 1st 30 (1 Mar. 2016)
Cambridge 6 vs. Oxford Brookes 1st 7 (5 Mar. 2016)

Season Highlights

The eight weeks of the Cambridge term often seem to drag on; with so much happening, every day sometimes feels like three. But while the weeks may slowly progress for some, CUSWPC's water polo players find there's barely enough time to play all the necessary BUCS matches. The two rounds of eight weeks, 16 water polo sessions apiece, ensures that team bonding, training and integration all happen very quickly. But it wouldn't be Cambridge if it weren't intense, right?

Indeed, this season was made even busier for the women as they faced a long drive down to Plymouth to play one of their away matches. And they happily added an additional batch of UPolo games to provide more training, and practice for the newcomers to the game.

Such games, although occasionally filled with controversial calls, suit the women's team, whose ranks get filled by an enthusiastic development squad, many of whom will improve enough over the year to play in BUCS matches. The UPolo Championships in Cardiff, a highlight of Easter term, saw **Emma Hall** named player of the match for her wonderful stamina and determination in her first year playing the sport. She commented on the experience: "I really enjoyed playing in my first proper tournament...[it was] a great way to end the season."

The BUCS matches, however, provide an intense, daunting challenge for all three of Cambridge's water polo teams. With the

two first teams playing in the Premier South Division, they face the best university teams in the country throughout the year. Not alone in this fate, the men's second team only faced other universities' first teams, with the exception of Oxford's seconds. And so, in preparation, the teams dive into the cloudy waters of the deep end of the Leys three times a week.

The matches themselves provide a nice change of scenery, as the teams bond for at least an hour on their way to a pool that meets BUCS regulations. And after stretching out for the matches, the teams are capable of whipping out some impressive performances.

Indeed, the two men's teams did so despite training without a coach throughout the season. They both face steep competition, but gelled well and truly pulled together by the end of the year to have some impressive points. Notable was their 8-3 victory over Oxford in late November, following a night in Walsall. That game saw an impressive effort from **James Moore**, **Joseph Wu**, and **Ryosuke Yamada**, who had all played the previous day against a rock-solid Imperial team.

After tour, the team saw further brilliance as they crushed Birmingham solidly at an away match at the Royal Hospital School. Tactical manoeuvres and a cleaner game from the Light Blues saw them hold a permanent two-man up position for the last quarter of the game. Not a common sight in high-level water

TOUR 2016: ZIEST, THE NETHERLANDS

Towards the end of the winter break, the water polo team traded one country's rainy weather for another's, travelling to Zeist in the Netherlands for a week-long training camp. Tucked away in the KNZB Szwembad, the men's and women's teams trained vigorously, two or three times a day and motivating each other along the way. By the end of the week, the teams were whipped back into shape for the upcoming Lent term, which is full of important competitions, including Varsity.

But beyond getting back in shape, tour provided a great opportunity for improvement from players at all levels. **Ailsa Kiely**, a newbie to the woman's team who got one-on-one advice from the more experienced players throughout the week, commented "the amount of pool time really enhanced my knowledge of the game, and allowed me to get comfortable with many of the basic skills". The teams were able to focus on their

skills without the extra academic requirements present in Cambridge, and practice against teams with very different styles. And for those who were more familiar with the game, the teams played some tough matches against international teams. Several of the more trying games were against players who competed at the Dutch national level; games we might very much want to forget. But the challenge forced the teams to push themselves; at least, that's the attitude we all tried to adopt after every hard fought game.

Training together and living together was a great way for the teams to get to know each other better, and emerge with some amusing stories. The teams returned to Cambridge sore but invigorated, and determined to put forward an impressive Lent term. Garish orange tour shirts aside, the exhausting trip saw vast amounts of improvement and fun all around.



Above: The double deep 33m x 25m water polo pitch in Ziest (left) offers a refreshing break from the 4-laned pool of The Leys (right). The enhanced facilities on tour allow our players to practice and develop their skills properly. **Below:** Tour-goers pose for a goodbye photo.



polo, that game certainly provided some good target practice as the men worked their way past four men blocking in their opponents' goal.

The men's second team faced another difficult season in the Midlands 1A Group. In the first few matches, not only was the team, made up of largely newer athletes, still getting to know each other's playing styles, but they were also training up a new goalie, **James Ganendra**. Indeed, the week of intense training in the Netherlands saw massive improvement to his skills, and it was after this that their matches took place.

Foreshadowing their Varsity victory, they won a tight match against the Dark Blues' second team, and this time without the usual crowd to support them. The second team is full of players who aren't afraid to get involved with the game, a feature which played in their favour throughout their games against Leicester and Coventry's first teams. Notably, **Vy Peciukenas**, **Ryan Ripamonti** and **Jacob Brown** made impressive headway and truly demonstrated their skills at gaining possession of the ball, whatever the scenario.

But alas, the matches the men played were against worthy opponents. The men's firsts' season ended in a rather contentious knock-out round against Loughborough, a university renowned for its dedication to, and funding for,

sport. Meanwhile the men's seconds lost a close match against Queen Mary's men's first team. But looking to next year, **Wu** is looking forward to co-captaining the team to victory, confident that they will "hit the ground running, as the chemistry has already been built up with [their] starting line, most of whom will be returning."

Featuring only one team, the women compete in the Premier South division. Bristol and Cardiff both presented solid teams, forcing the women to dive into the first quarter ready to go. During the February match against Bristol, however, the game started with five of the thirteen players delayed by M5 traffic. Regardless, the game saw a tight defence and impressive scoring from **Sarah Flaherty** and **Claudia Feng**, who we are thrilled will continue to play next year.

A further highlight saw the women allow only one goal in from Imperial and Birmingham. The former included a red card to Imperial's unhappy captain, and the latter in which the women provided a solid press defence, with **Connie**

Hsueh rock-solid in goal.

Their impressive performance saw them battle their way past three difficult teams to come third in preparation for the knock-out rounds against the North division. Winning in a walkover, the team proceeded to the BUCS semi-finals in Sheffield's Ponds Forge. Playing against the top eight women's teams in the country over a two day competition, the games proved challenging. High points saw beautiful goals from **Fran Nice** against Durham and **Feng** against Sheffield Hallam. Notably, the loss to Cardiff was a mere 3-2, much closer than previous matches.

And so, the season ended. Two eight-week terms filled to the brim with intensive training and trying matches. But the teams are not to be downtrodden. A summer break and they'll be back, churning up the cloudy water at the Leys and getting ready to bring to fruition another brilliant season and another chance at the BUCS championship.

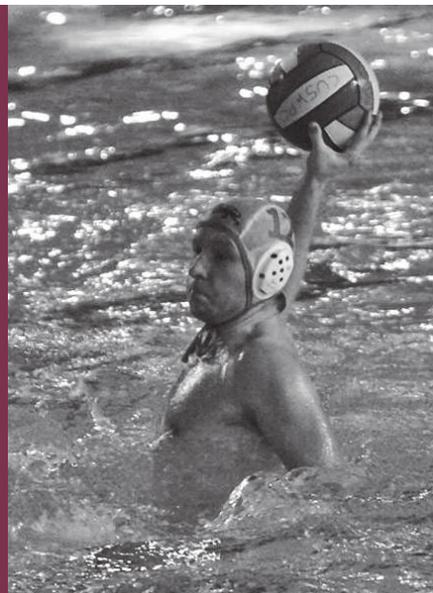


MEET BEN WALKER MEN'S WATER POLO

Better known now as 'Captain eight seconds', last year's Captain got into water polo at a young age. From his local swim team in Lancaster he switched to water polo at age 11, drawn in by the more fun, team based nature of the sport, and the fact that he 'wasn't very good at swimming'. From then, the game became a part of him as he competed in age group competitions and in the National Water Polo League for Lancaster along with being involved in the North-West Water Polo team, Carlisle Water Polo and on-and-off the GB development squad. Training seven times a week throughout A levels, continuing to compete was an obvious choice for him while he completed his degree in Linguistics at Cambridge.

He was named Team Junior and integrated into the

team with all the quirks of that role. From finding his place on the team, he moved to secretary and then captain in his final year, clearly dedicating himself to the sport. And amidst all that, he recalls the long drives to matches with his team-mates, the intensive winter training camps, and, most importantly, the reason for his nickname – Varsity 2015. One of the most intensive last minutes of a Varsity Match, the Other Place had clawed their way to 8 all in the last quarter, and both teams were looking for that winning goal. With eight seconds left on the clock, Walker's goal brought the men to a victory. He recalls the moment as 'surreal', and the atmosphere in the pool 'electric', feelings echoed by those on the sidelines who couldn't contain their cheers.



FOR NEXT YEAR...

The 2015-2016 season was an exciting year for CUSWPC, with 16 of our members earning Full Blue status and three out of our four teams winning their Varsity matches. As the club prepares to say goodbye to 22 of its graduating members, the continuing members look forward to welcoming new coaches and players for next year.

With the departure of Coach Matt Ingrams, the Cambridge University Women's Water Polo Team is thrilled to welcome **Ashley Bygraves** as their coach for the upcoming year. Before becoming the water polo coach at Bedford Modern School, **Bygraves** trained and later captained the Sheffield University Water Polo Team. **Bygraves** has coached numerous great athletes, and we're looking forward to learning from his experience.

The men's team is also welcoming back coach **Andy Knight** for a part time position, a move which will surely have a huge positive impact on the team's development and performance.

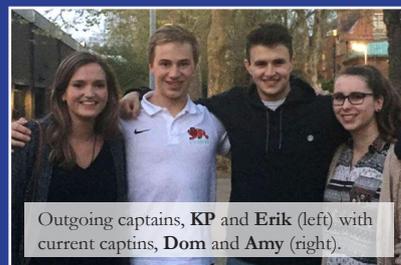
For the Cambridge University Swimming Team, last season was one of unprecedented successes, and we are determined to ensure that we use these achievements as a springboard, kicking on to further victories. With very few of the current team leaving and a new group of freshers waiting in the wings, we believe that next year can be even more outstanding. The key to this is professionalism: enhancing the levels of commitment that all swimmers give, and the quality of training all swimmers receive, to nurture the potential of each and every member of the team.

Our link with City of Cambridge Swimming Club provided a quality of training that was pivotal to last season's successes; this is a relationship that we will continue to strengthen. Alongside our annual training camp abroad in January, the addition of a pre-season training camp in September, before the start of the Michaelmas term, will begin the process of honing the talent of every swimmer.

We look forward to working with City of Cambridge Swimming Club's new assistant head coach, **Tom Sarah**, who will be replacing Simon Morley as head coach. **Sarah** recently achieved a first class honours degree in sports coaching and physical education alongside his previous coaching roles at the club. He is a top swimmer, coming in 9th at Nationals this year in the 400IM. We think he's going to be an excellent addition to the team.

Regular socials will build togetherness among the team too – Cambridge life can be hectic, so being able to escape to the pool for training with teammates will be a welcome break from work and revision. Overall, the training and competition will hopefully push the team to reach its full potential as we look to build on the success from last year.

MEET THE SWIMMING CAPTAINS AMY & DOM



Outgoing captains, **KP** and **Erik** (left) with current captins, **Dom** and **Amy** (right).

Known for their speed, consistency and dedication, **Amy Felgate** and **Dom Holloway** have been major contributors to the swimming team's success since they joined the club. **Felgate** earned her Full Blue within a few months of starting at university, and **Holloway**, also a Full Blue, currently holds the university record in the 100m Breaststroke.

Both captains began swimming at a young age. **Holloway** began swimming at the age of six and "absolutely hated it," due to his "commitment issues," he claims. However, he when joined Woking Swimming Club aged nine, he started to become more competitive. Before coming to Cambridge, he competed in British Championships and National Junior Finals.

Felgate joined Kingston Upon Hull Swimming club at aged 10, training with them for the next eight years, and also competed nationally. For **Felgate**, it was an obvious choice to continue swimming when she arrived in Cambridge. "Training and competing were an integral part of my life growing up and I didn't want to give it up," she recalls.

For **Holloway**, this choice was less obvious. "I was worried that the workload at Cambridge would mean I wouldn't be able to swim as much as I would like," **Holloway** said. However, both captains agree that their choice to continue was a good one. "The people on the swimming team have become my closest friends and racing in Varsity is a sporting experience that is difficult to replicate," **Holloway** reflected.

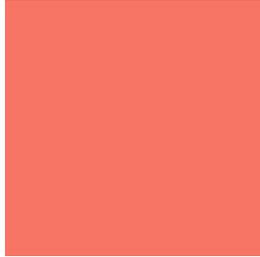
As swimming looks to repeat its success from the past year, team members are looking forward to be led by their new captains. Former captain **Erik Sullivan**, who will continue swimming next year said, "**Dom** and **Amy** have integral members of the team since they were Freshers. They care so much about the team and I couldn't be happier to be captained by them next year."

"how lucky I am to have something that makes saying goodbye so hard"
- winnie the pooh

People We'll Miss



Anthony



Greg



Clemency



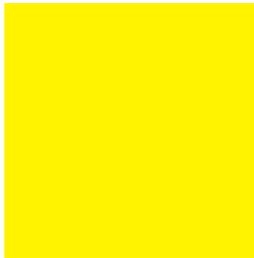
Beth



Toberg



Fran



Sophie



Rachel



Ryan



James



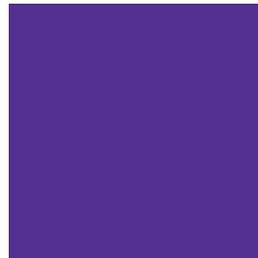
Ryo



Nicole



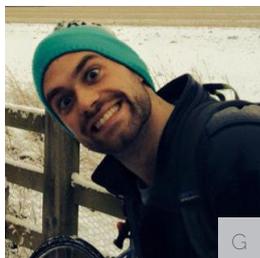
KP



Betsy-Ann



Izzi



G



Emma



Emilio



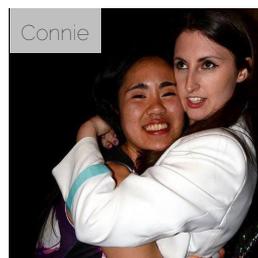
Santi



Wido



Ben



Connie



SUPPORT THE TADPOLES

In the 2015-2016 season, CUSWPC members spent £60,000 on sporting expenses such as pool hire, transport, accomodation and equipment. Just over £10,000 was given to the club from the University of Cambridge, with the rest of the club's financial support coming from the club's members, past and present. With the help of alumni donations, the club was able to decrease the annual subscription fee required to play at the university level from over £400 per year to £312. Please help support our efforts by visiting:

cuswpc.co.uk/give

Every amount* makes a difference to us. Donate today!

*seriously. we accept all donations over £1.

WISE WORDS OF FORMER TADPOLES

"Sport at Cambridge grew me as a person, it allowed me to test myself, and it has given me memories and friends I will hold close for the rest of my life."

- Tom 'Teej' Bennett, '15
The Blue Bird

"CUSWPC defined an awesome part of my time at Cambridge. It gave me an immediate set of friends, integrated me into the wider University and together we got to be part of Cambridge Sporting History. I can't recommend it enough."

- Jacqui Gilbert, '15



Tadpoles' Dinner: (right) Alumni chat at the pre-dinner drinks reception. (upper left) Current students, recent graduates and alumni pose for a drunken post-dinner photo. (bottom left) Swimming captain, Erik Sullivan helps Team Junior, Henry Choong freshen up before dinner.



Varsity 2015: Cambridge men celebrate their 9-8 win against Oxford

"To come through all the training and hard work to play decent water polo with people who are now great friends is just an amazing experience, and I am extremely grateful to have taken part in it."

- Ben Walker, '16

SAVE THE DATE

Saturday, 25th February, 2017:

Varsity (at Cambridge)

Saturday, 22nd April, 2017:

The Old Blue's Match
Taddies Dinner

Special thanks to Lucy Morgan and Ruairi Hurson for article contributions. Further thanks to Ben Walker, Lydia Woodward, Tom Bennett, Jacqui Gilbert, Ailsa Kiely, Sarah Flaherty, Emma Hall, Jessica Mason, James Ganendra, Ella Irwin, Joseph Wu, Henry Choong, Amy Felgate, Dom Holloway and Dan Brackenbury for quotes. Special thanks to Will Tupman for photo contributions.



In 2015, over 400 people came to support Cambridge in our Varsity match. Donate today to help make Varsity 2017 possible!