



Torpedoes Swim Club

March 2018



**TEAM ZAMBIA
Overall winners**

Overall Men's winners
Overall Women's
winners

Vixtrix Ludorum 13-14
Girls – Mia
Vitrux Ludorum 17+
Tilka

26 Gold Medals
27 Silver Medals
29 Bronze Medals

TEAM ZAMBIA at CANA IV in Malawi

Torpedoes swimmers namely Jade, Clara, Mia, Molly, Chibwe, Harleena, Elisabeth, Torie, Tilka, Johanna, Mutale, Michael, Wina, Andrea and Naested contributed immensely to the ZASU Teams success at the just ended CANA Zone 4 Championships in Malawi. It truly was a historical, heroic and unique experience being a Torpedo on the winning Zambian team. More than that, it was really comforting to feel the belief and support for ALL these athletes from ALL of you.

As this group of amazing swimmer's coach, I can attest to the fact that they ALL swam their hardest and pulled together with the rest of the members of the team very nicely. They kept the spirit and the atmosphere pumping, only quiet like the way they do. Growth came from all directions; some of our fastest racked up the records and medals while our youngest obliterated personal bests, whilst gaining valuable experience.

This Championship had their incredible moments to say the least. Do take time to ask anyone of the athletes and share in their joy. Personal Bests were a priority, and I admired how they took up the challenge. We come away feeling accomplished and confident that these are the meets that change the perspective we have of ourselves, and this swimming world. To everyone that made this a reality, thank you, thank you, thank you.

Report by Coach Ian



National Age Group Championships

OYDC, Lusaka
16-18 March 2018





We must take a moment to congratulate ALL the fifty four Torpedoes that competed at the National Age Group Championships at OYDC. It was pleasing to see our swimmers meet the age group time standards, obliterate personal bests, wrack up the medals, set new records and take their swimming to the next level. ALL these swimmers were phenomenal, and performed to a fantastic standard, ALL coming away with exceptional times and memories.

The atmosphere from our team, for every individual was very positive in expecting their best, as they sought to build on their momentum from the season. It is a joy to see all the hard work prove fruitful.

What a way to finish off such an awesome season, we would be better to value and enjoy the journey. Not forgetting to enjoy this moment. Keep your glow, confidence, and satisfaction as you transform into the swimmers you know you were meant to be. Keep making it happen, practice after practice. And allow yourself to enjoy the mindset, hard work and sacrifice required to be excellent.

Once again...Way to go TORPEDOES, keep dreaming big, work hard and do your best to enjoy the journey. By Coach Ian



SAVE THE DATE

14 APR – Development Gala @ AISL
27 APR – TSC Awards Night & Social
12 MAY - ZASU Awards Night, Kitwe
30 MAY - TSC AGM