



NORTHERNER



the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

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Club Champs and Presentation Evening

Thank you to all those that helped with Club Champs and the Presentation Evening; there are too many names to mention but you do know who you are!
THANK YOU

Presentation Evening was a huge success and we had lots of smiley faces when collecting trophies this year. Photos from the evening are available on our website.



On the evening two special trophies were awarded by our President, Clare Soar:

The Coaches Trophy was awarded to Michelle Hammond. This is for all the fantastic work she has done for the club over many years; for her work as a coach, but also for all her work organising officials and the training and mentoring of officials. With a special mention for her hard work organising for the Northern Open and Club Championships.

The Centenary Trophy was awarded to Linda Alvey. For many years Linda has organised and prepared the magnificent food for both The Northern Open and Presentation Evening. Northern has a reputation that they feed their officials well at the Open.

I am sure all have been delighted with the food at presentation evenings.

The swimmers special trophies were awarded by Head Coach Ian.

Reeves Trophy

This young man has worked hard this year, attending training regularly, and always listening and taking on board what he is being told by the coaches. I don't think at times he actually realises how well he is doing. He should be massively encouraged and proud by the fact that he achieved 10 PB's at Club Champs - Ewan Brazener

Broomhill Trophy

This young boy is progressing nicely through the club swimming programme and is hot on the heels of his older brother. We will be pleased to see him representing the club in swimming galas soon. With 4 new PB's achieved at Club Champs, very well done - Ben Pridmore

Coaches Award

This young lady had improved all of her strokes over the last year, attends regularly and woks hard. Always a pleasure to teach and swam really well in club champs - Hannah Walker

Secretary's Award

New to swimming and was unable to swim properly at the beginning of the year. Diane's team are really proud of his improvement and especially in the fact that he entered 3 races in club champ. He has listened and worked really hard, with assistance from those undertaking Duke of Edinburgh - Jobe Singleton

Leslie Large Trophy

This young lady has an impressive attitude towards swimming and life in general, and is very resilient. She always has a smile on her face and no matter how good or bad she thinks she's done in races, always goes to find the coach to receive feedback. It's no surprise that she has achieved 8 PB's at this year's Club Champs - Fearne Ackroyd

Bee Trophy

This young lady attends most training sessions, always puts in 100% effort, seeks to understand how she can improve her technique and often asks sensible questions which not only benefit her, but many more swimmers alike. With 4 new PB's at Club Champs, very well done - Madeleine Mackey

Beauchamp Trophy

What can I say about this young lady? Always positive, has a great willingness and desire to learn, puts in good effort and has recently joined the coaching team under the ASA's Young Volunteer Scheme. 8 new PB's at Club Champs - Chloe Austin

Well done to our 3 swimmers who broke club records at this year's Club Championships.

Girls Under 12 Katie MacDonald 800m Freestyle 12.23.16

Boys 11yrs and over Christy Byrne 50m Butterfly 36.29

Girls 13yrs and over Emily Venkatesan 50m Butterfly 32.89

Your Club Needs You

Are you interested in helping out with the club?

Teaching and Coaching Incentive Scheme: The club has introduced an incentive scheme to encourage more parents and swimmers to become teachers and coaches. Please see Head Coach, Ian for more information. No previous experience is needed

We are also looking for people to train as a lifeguard, the club will pay for your training if you can lifeguard for us on one of our sessions once a week for a year. If you are interested please speak to Ian or Diane.

If you are available to help in any other way, there are lots of behind the scene jobs that are imperative in the running of our club, please see a member of our committee.

Training Equipment

We have been looking at prices for training equipment and these are available to order from our desk, an order will be placed after Friday 19th January.

FINIS Swimmers Snorkel - Website Price is £20.49

Northern Price: £17.00

FINIS Alignment Kickboard – Website Price is £16.49

Northern Price: £14.00

Maru Short Fins - Website Price is £16.99 Northern Price: £14.50

Maru Pull Buoy - Website Price is £9.99 Northern Price: £7.00

Speedo Biofuse Finger Paddles - Website Price is £10.99 Northern Price: £7.50

Maru Wet Kit Bag - Website Price is £6.00 Northern Price: £5.00

Nottingham Northern Kit

NNSC gala hats: £5.00. Compulsory if representing the club at Galas. Available at NNSC desk on a Friday and Sunday.

NNSC Blue Sports bags: £20.00 Available to order at NNSC desk on a Friday and Sunday.

NNSC white polo T-shirts with name under emblem on front

Adult S, M, L or XL: £14.00

Child 7-8, 9-11, 11-13: £12.00

NNSC royal blue Hoodies with name or initials under emblem on front

Adult: £22.00

Child: £22.00

T shirt and Hoodie orders go in monthly. Please order and pay up front at NNSC desk on a Friday and Sunday.

Pool Closures

If any training sessions have to be cancelled due to any unforeseen circumstances, announcements will be issued by email. Please ensure the club has an up to date email address for you to ensure you receive alerts.

Website

www.northernsc.co.uk

Our website is updated regularly with details of galas and events coming up along with pool closures. All the personal bests are updated promptly too. To access these you will need the password, ask a committee member if you need one.

Twitter

Please follow us on twitter, another way to find out about latest news and swim session changes @northernsc

Nottingham Northern Joins Facebook!

From Ian: As the Head Coach of this great swimming club, may I encourage you to like our new Facebook page and view it regularly. On here you will find important club updates, videos of up and coming training drills which we will be using, and so much more. Please get connected today! Visit www.facebook.com/nottinghamnorthern.

Amateur swimming association (ASA)

The ASA is changing has rebranded to Swim England as part of a 4 year strategy to strengthen the sport and boost participation.

A Big Thank you

To Mandy Rose who has now resigned from the committee and role as Workforce Coordinator. Also thank you to Emma Bell who has taken on the role as Vice Chair, if there are any issues you would like to bring to the committee please see Emma in the first instance.

And another thank you goes to Rob McDonald who has volunteered to be Gala Coordinator. He will be sorting out the galas we attend with Ian and coordinating entries.

A Reminder to Parents and Carers

Please remember as a parent/carer you are responsible for your child while they are at the pool. You are responsible for your child if they have a problem such as with their goggles, or become ill during the session. We appreciate that on occasion you may not be able to stay poolside. If this is the case you must ask another parent to be responsible for your child and let the child and their coach know who is looking after them.

Contact Emails

Are you receiving emails from the club? If no one in your family is getting regular emails from us please check at the front desk that we have your correct email address. We email around important information about the club regularly and offer invites to represent the club at galas. We do not give your email address to anyone else.

Lastly...

We hope you all have a restful and joyous break.

Dates for your diary

Last training session
Friday 22.12.17

First session back
Wednesday 3.1.18

50m Swim
Sunday 14.1.18

50m Swim
Sunday 18.2.18

50m Swim
Sunday 18.3.18

Nottingham Northern Open meeting 24/06/18