



NORTHERNER

the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

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Welcome!

The committee and coaches would like to welcome you all back after the Christmas and New Year break. We offer a special welcome to all the newcomers and hope your time at Northern is an enjoyable one. We are here to help every swimmer to achieve their full potential, but without parents and carers support this wouldn't happen – so thank you. If you have any concerns, please contact us. Our Welfare Officer is: Alison Nurse – welfareennsc@gmail.com but any of the committee are available to offer help in any way.

Code of Conduct

We have updated our Codes of Conduct to be in-line with Wavepower Guidelines 2016-2019 and to gain our Swim Mark accreditation. Please take a look at these on the website as you have all signed a membership form to say that you adhere to these:

[Governance - Codes of Conduct](#)

Your Club Needs You

Are you interested in helping out at the club? The club has introduced a **Teaching and Coaching Incentive Scheme** to encourage more parents and swimmers to become teachers and coaches. Please see website and then discuss with Head Coach, Ian for more information. No previous experience is needed just commitment and a willingness to learn and help out:: headcoachnsc@gmail.com

We have 3 people training to be a Level 1 teacher at the moment, so we wish these good luck. If anyone would like to know what this course is all about, please ask them about it.

Galas

We are a competitive swimming club so expect swimmers to accept their invitation to galas when asked. We also encourage swimmers to enter Open

Meets. Please look out for the dates of these throughout the season or ask Ian, Head Coach, for details.

Volunteer Vacancy: Gala Coordinator

Is your swimmer regularly invited to galas? If so, would you be interested in helping out on poolside at the gala on the administration side, helping run the gala, checking that swimmers are registered with Swim England and liaising with officials. No experience is necessary and full training is given and you will be able to watch the swimming (plus no gala entry fee!!) This role is not a committee role so no other commitment is required.

Training Equipment

Prices as follows:

- 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 - in stock please ask for one at NNSC desk on a Friday or Sunday. It will be available for you the following week.

Please order and pay up front for polo shirts and hoodies at NNSC desk on a Friday or Sunday. An order will be sent in 3 or 4 times a year at the

beginning of; December, January and June. There may be other times, if we have a big enough order.

- 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

Pool Closures

If any training sessions have to be cancelled due to any unforeseen circumstances, announcements will be issued by email, Twitter and Facebook. Please ensure the club has an up to date email address for you to receive alerts. During bad weather, please check the website as these may be cancelled at the last moment.

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

Swim England



2019 marks 150 years since the formation of the Amateur Swimming Association. Since 1869 the organisation has gone through a great deal of change, with the most recent being the rebrand to Swim England. But through this time, it has always

remained a membership organisation dedicated to the teaching, coaching and development of swimming and aquatics.

Throughout the year there will be a range of activities and events that highlight and celebrate everything to do with the organisation, and we would love members to get involved. Visit their website for more information:

<https://www.swimming.org/swimengland/>

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.

AGM

Northern's AGM will be on Wednesday 27th March 2019 at Harvey Hadden commencing at 7.30 in the squash court. Come along and see how the club is run and read the reports. New club captains are appointed at this meeting and it's your chance to meet and discuss things with the committee.

Club Committee Vacancy

We would like to express our thanks to Sheela Lakhman who is leaving the committee and the club at the AGM as she no longer has swimmers at the club. She has been an excellent Membership Secretary over the last few years and we will be sorry to see her go. Can you take her place? This is not a time-consuming job and full training will be given. If you would like to know what it involves and how much time it takes, email: membershipnns@gmail.com

The committee meet the first Wednesday of the month in the Timing Room in Harvey Hadden at 7.15 pm and finish, at the latest, at 8.45 pm. If anyone else would like to offer their expertise in running the club, please email the secretary: secretarynns@gmail.com

Dates for your diary – 2019

As Harvey Hadden has great facilities, it is often used for swimming galas at the weekends and the pool is not available to us for our club swimming. In this case, we have moved our session to John Carroll Leisure Centre in Lenton. These are slightly shorter sessions which begin at 12 noon. Please do keep to your designated swim time (12 or 12.30) as we may not be able to accommodate your swimmer if they turn up at the wrong time. Please put these dates in your diary:

3rd February – John Carroll
24th February – John Carroll
3rd & 24th March 50 m swim
10th March – John Carroll
22nd March – no swimming, only for those entering the gala
AGM – 27th March 2019– Harvey Hadden 7.30 pm
7th April – John Carroll
18th – 22nd April – No Swimming-Easter break
26th April – no swimming, pool closed for gala
28th April – John Carroll
26th May – John Carroll
30th June – no swimming at HH – Northern Open
14th July – John Carroll

Look out for our Summer Party and other socials, to be held during the year. No dates have been confirmed but if you would like to organise or help at any of these events, let us know.

Coaches Corner-Ian Fahy

- Good luck to our 10 swimmers competing in the County Championships.
- I'm delighted to see that the 50m sessions are filling up. Don't forget to sign up to these sessions, coached by me.
- It would be great if swimmers could ensure they have the relevant training equipment.
- Swimmer of the month has now started across the club and there will be a trophy awarded each month to a swimmer who has worked really hard during the month.

Presentation Evening

Thank you to all those that helped organise the Presentation Evening last year. There were several club records broken in Club Champs. and many achieved Personal Best Times. Visit the website for full results.



Clare Soar

Special thanks go to Clare Soar, Club President, who was presented with an award for serving the club in various roles for 25 years!!! May she long continue!

This year's Presentation Evening (2019) will be on November 16th 2019, at Richard Herrod Leisure Centre in Carlton, Nottingham following Club Champs which will be held from 7th October to 11th November 2019.

And Finally....

We wish all our swimmers a successful 2019, good luck in any exams and keep up the good work!!