



NORTHERNER

the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

Issue 98

December 2011

As the Christmas Holidays approach just chance to reflect on a great term of swimming for the Club. The Club Championships were very exciting with hard fought races and a massive 254 personal bests recorded. Several club records fell. Congratulations to all the swimmers who took part and to the coaches for training you all so hard that enabled you to produce such stunning performances on race day.

A very big thank you to Clare Soar for all the time she has given to organising the events and the Presentation Evening. Hopefully everyone who attended the Presentation Evening will agree that it was a lovely occasion and a great chance to celebrate and meet up with friends. Thank you to Charlotte Anderson for such scrummy food.

News and Views from the Club

We are always looking for new members to join the Club. To help us recruit to the Club we have designed a poster. If you are able to put a poster on your school notice board to let others know about Northern please do ask for one at the desk. If you have any friends who would be interested in joining the Club please speak to Sharon,

The Committee

Thank you to those of you who attended the Club AGM on the 9th November. The Committee for 2011/12 is

President Clare Soar
Chairman Katie Rhodes
Vice President Michelle Hammond
Head Coach Sharon Hodgkinson
Secretary Diane Williams
Treasurer Gill Salisbury
Membership Secretary Jane Wheat

Fixtures Galas & Officials Calvin Holdsworth
Work Force Co-ordinator Diane Williams
Welfare Officer Alison Nurse
Newsletter Sarah Kay

Congratulations to our new Senior Club Captains Ben Hammond and Sally Durcan.

Thanks to Andrew Phillips for all the work he has done on our website and updating all the PBs so promptly.

If you have a little spare time, or a talent you would like to use but don't feel you have enough time to come on the Committee, let us know. There are lots of small jobs that would help the Club run smoothly. These include volunteering to help out at the Northern Open meet in June, collecting in raffle prizes etc. Don't be shy - the Club always needs more helpers.

Club and Membership Fees

As NNSC ran at a loss last year, due to the increase in pool hire charges, the Committee has had to increase the club fees for this next year.

As well as Club fees we also have to pay a membership fee to the ASA. Traditionally the Club has asked each swimmer to pay this as a lump sum in January. However we are now going to spread the cost of this over the 12 months by asking you to pay £2.17 each month.

Therefore with this and the increased club fees the monthly payments are now

£13.50 for the teaching pools
£21.50 for Category 1 swimmers
£22.50 for Category 2 swimmers

Please amend your standing order so that the updated payment is made from January 2012.

If you do not currently pay by standing order please ask a member of the Committee for a form. Payment by standing order helps the Club run more smoothly so please do swap to standing order.

If you have any questions or concerns please do see one of the Committee members for help or clarification.

Nottingham Northern Swimming Club is a competitive swimming club. The Committee would like to remind you that if you are asked to represent the Club at a gala you need to do your very best to attend. If we go to galas without a full team the Club has to pay a fine.

The gala dates for 2012 will be on the website shortly. The Club aims to do two galas per month. By entering galas each swimmer gets an opportunity to put their training into use and get a personal best. Please remember to use your NNSC hat when you are swimming and representing the Club.

Swimmers of the Month

September

Small pool	Ruby Urquhart
Tank	Eoin Byrne
End lane	Louis Round
Main	Charlotte Alvey

October

Small	Lara Phillips
Tank	Thomas Tekel
Tank	Frances Stonier
Main	Cerys Evison-Varley

November

Small pool	Hiba Shahi
Tank	Daisy Stonier
Tank	Charlotte Troup
Main	Rebecca Booth

Hundred Club Winners

October

1st - Michelle Hammond - 96

2nd - Sarah Kay - 64

3rd - NNSC - 81

November

1st - Marie Lee - 98

2nd - Clare Soar - 45

3rd - NNSC - 84

December

1st - Diane Williams

2nd - Katie Rhodes

3rd - NNSC

Please continue to support the 100 Club as it does help the Club fund training courses to ensure the coaches are up to date. Next year's fees are now due. Please see Michelle Hammond.

We are looking for a volunteer to take over the running of the Hundred Club so if you are interested or what like to know what is involved please have a chat with Michelle.

Poolside Helpers Course

This course has been going well. If you would like to help out with training and would like to take part in future Poolside Helpers Courses please see Sharon as this is the course to get you started. The course runs over 5 hours and is held during normal training sessions.

Coaches Corner

Thank you to all the swimmers who represented the Club at the Notts and District Galas, there were some great races and you all worked very hard.

Congratulations to those of you who came along to the Falcon Open. You were all superbly behaved despite it being all day and you swam amazingly. There were so many Northern swimmers in the Finals - 3 of the 6 13 year old butterfly finalists were Northern! Fab-u-lous! Looking forward to the Leander Open now.

Good luck to our older swimmers, Ben Hammond, Hannah Hodgkinson and Alice Venkatesan, who will be representing the Club at the County Championships on 17th and 18th December. Swim well.

Personal Bests

**NOTTS & DISTRICT Retford
8.10.11**

Name	Stroke/distance	Time
Charlotte Alvey	50m back	46.92
Ben Hammond	50m fly	37.01
Harry Atkinson	50m back	44.96
Emily Venkatesan	50m breast	38.30
Samuel Wheat	50m breast	1.03.18
Mikhail Razaq	50m free	35.64
Daniel Fritz	50m fly	40.78

(FALCON OPEN 6TH NOVEMBER AT BEECHDALE)

Name	Stroke/distance	Time
Emily Venkatesan	100m IM	1.25.23
Cerys Evison-Varley	100m IM	1.25.49
Samuel Wheat	50m back	50.16
Mikhail Razaq	50m back	41.15
Daniel Fritz	50m back	39.58
Ben Hammond	50m back	35.32
Katie Durcan	50m fly	42.69
Alice Venkatesan	50m fly	33.83
Samuel Wheat	50m breast	59.32
Mikhail Razaq	50m breast	46.90
Charlotte Alvey	50m free	41.63
Sally Durcan	50m free	37.85
Name	Stroke/distance	Time
Katie Durcan	50m free	36.76
Ella Kay	50m free	32.23
Alice Venkatesan	50m free	31.25
FINALS		2 nd pb
Samuel Wheat	Came 2 nd in 50m back	
Daniel Fritz	Came 4 th in 50m back	39.47
Emily Venkatesan	Came 3 rd in 50m fly	
Alice Venkatesan	Came 2 nd in 50m fly	33.49
Ella Kay	Came 4 th in 50m fly	

Cerys Evison-Varley	Came 6 th in 50m fly	
Hannah Hodkinson	Came 5 th in 50m fly	
Samuel Wheat	Came 6 th in 50m breast	
Emily Venkatesan	Came 6 th in 50m free	
Alice Venkatesan	Came 3 rd in 50m free	
Ella Kay	Came 6 th in 50m free	
AFTERNOON SESSION		
Charlotte Alvey	50m back	46.73
Alice Venkatesan	50m back	36.72
Ella Kay	50m back	35.85
Charlotte Alvey	50m breast	52.76
Cerys Evison-Varley	50m breast	45.30
Ben Hammond	50m free	
FINALS		
Ella Kay	Came 5 th in 50m back	
Alice Venkatesan	Came 6 th in 50m back	
Hannah Hodkinson	Came 3 rd in 50m back	
Emily Venkatesan	Came 1 st in 50m breast	
Katie Durcan	Came 5 th in 50m breast	
Alice Venkatesan	Came 1 st in 50m breast	
Ella Kay	Came 5 th in 50m breast	
Hannah Hodkinson	Came 6 th in 50m breast	

**Notts and District Bramcote
12.11.11**

Name	Stroke/distance	Time
Phoebe Ackroyd	50m back	48.36
Hayden Houldsworth	50m back	50.14
Louis Round	50m free	41.04
Alice Venkatesan	50m breast	38.93
Christy Byren	50m breast	46.85
Ben Hammond	50m free	29.10
Ella Kay	50m back	35.71
Emily Urquhart	25m fly	22.79
Timothy Venkatesan	50m free	29.44
Rebekah Dussek	50m free	32.48
Mikhail Razaq	50m free	34.87
Cerys Evison-Varley	50m fly	36.55

**BRAMCOTE OPEN MEET
27.11.11**

Name	Stroke/distance	Time
Hannah Hodkinson	100m back	1.14.09
Rebekah Dussek	100m breast	1.34.39
Lauren Hammond	100m breast	1.38.87
Emily Urquhart	100m breast	1.41.89
Emily Venkatesan	100m fly	1.31.48
Rebekah Dussek	100m free	1.15.81
FINALS	In age group	
Emily Urquhart	Came 6 th in 100m breast	
Rebekah Dussek	Came 5 th in 100m breast	
Hannah Hodkinson	Came 5 th in 100m free	
Rebekah Dussek	Came 5 th in 50m free	
Emily Venkatesan	Came 2 nd in 100m fly	
Cerys Evison-Varley	Came 6 th in 100m fly	
Alice Venkatesan	Came 3 rd in 100m fly	
Alice Venkatesan	Came 5 th in 100m back	
Hannah Hodkinson	Came 1 st in 100m back	
Emily Venkatesan	Came 3 rd in 200m IM	
Alice Venkatesan	Came 3 rd in 200m IM	

Notts & District

10.12.11

Emily Urquart	25m Fly	21.77
Louis Round	25m Fly	22.78

Dates for the Diary

**Sunday 18th December - Pool
Closed**

**Monday 19th December - last
training session before Xmas**

**Friday 6th January - training
starts**

**Sunday 22nd January - pool closed
for Leander Open**