



# NORTHERNER



the Nottingham Northern Swimming Club Newsletter  
(Founded 1908)

Affiliated to ASA East Midlands Region

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Welcome back to training after the summer break - which probably feels a long way away as the nights are getting darker so much earlier. Training is in full swing as the gala season has started and Club Champs are on the horizon.

## News and Views from the Club

A massive thank you to everyone who took part in this year's sponsored swim and who has handed in their sponsor money. We have raised £682. Epic!

As the effort you put into raising money through the Sponsored Swim was epic then the Nottingham Northern Junior Open can only be described as legendary! The day ran so smoothly and was so enjoyable that one visiting coach described it as the best open meet he had ever been to in his long coaching career. This success was thanks to everyone who played a part, big or small. **Thank you all.** And please put the date of 28th June 2015 as we will be doing it all again and will need your help.

A big thank you to everyone who came along to Wollaton Park in July for the summer social - a picnic and games - much fun was had by all.

Congratulations to Roy Crampton who recently received the East Midlands Aqua Award. We were delighted to nominate Roy to acknowledge all the time, energy and commitment he has put in to official mentoring over the years and thrilled this has been recognised at a regional level. We wish you well for the National Awards.

You may remember that during the summer term we had a problem with high levels of chlorine in the water at Beechdale Baths on two occasions. The swimming pool manager has written to apologise to our swimmers and to the Club. Their equipment for measuring the amount of chlorine was faulty and so was not registering the high levels present. The equipment was fixed by the engineers on the Monday. We have not been charged for those two sessions.

The Club is looking to increase its membership so if you know any swimmers who you think would like to come along for a trial please let Sharon know.

Goodbye to Tim Venkatesan who leaves the Club to go to University. Thanks for everything you have done for the Club Tim - swimmer, fantastic gala competitor, Club Captain, lifeguard and coach. We wish you every success.

Best wishes to Louis Round who has recently left the Club.

Northern encourages teenagers to be volunteer helpers and this can be used as part of the D of E scheme and the Club will pay their coaching course (otherwise £480) when they are 16 years old in return for coaching two sessions a week for 2 years.

## Congratulations

To David Ackroyd, Jane Urquhart and Cerys Evison-Varley who have recently passed their Level One Coaching Award.

And to Nikki and Robert Allison who have passed their Judge 1 qualification.

### **Club Champs**

Club Champs, or The Club Championships, are a series of races held over several sessions, in which swimmers swim in their age groups. It is the only time that swimmers get to race against swimmers their own age. In some age groups, where there are a lot of swimmers there may be more than one heat. Club Champs provides an opportunity for everyone to improve their times and get new personal bests (PBs). As well as age events there are some Open events which any swimmer of any age can enter. Heats for these Open events will be run in time order - if it is the first time you have done the distance and so don't have a previous time you will be put in one of the first heats.

### **Important stuff about Club Champs**

To enter Club Champs you need to complete an entry form. This was emailed out on 14.9.14 available from the Club website - if you have difficulty printing one off please see one of the Committee members on the desk. Completed entry forms and the entry fee needs to be handed in by **Friday 10<sup>th</sup> October 2014**.

Please note if you have not entered by the 10<sup>th</sup> October you will not be able to take part. **NO LATE ENTRIES WILL BE ACCEPTED** and you will not be able to enter on the night.

If you won a Club trophy at last year's Club Champs please hand the trophy back to Michelle Hammond by 9<sup>th</sup> November 2014. Please make sure you have had the trophy engraved and you have given it an extra good polish.

### **Gala Season**

The gala season has kicked off again. A big thank you to Matthew Anderson who is now training with the top Novo Squad who has come to swim with us on Saturday evening - its fab to have you back and to see you swim.

If you have agreed to swim in a gala please do turn up. We need to be able to put out a full team and to be able to swim in the relay races.

When you are swimming in a gala please swim in a Northern hat (£5 from Gill on the desk) so that all the spectators know you are a Northern swimmer. You are welcome to use any design of hat during training sessions.

### **100 Club**

Thank you to Karen Rodkin who has taken over the 100 Club. If you don't yet have a number and would like one please see Karen at one of the swimming sessions.

#### **WHAT IS THE 100 CLUB?**

The chance to win some money and support your club

#### **HOW IT WORKS?**

Pick a number 1 to 100 - that is then your number

It costs £1 per month (£12 for the year)

At the end of each month 3 numbers are picked out of a hat

- 1st number picked - prize is £15

- 2nd number picked - prize is £10

- 3rd number picked - prize is £5

If a number is picked which hasn't been allocated to anybody the prize money will be put towards the club

All numbers must go! The odds are better than the lottery. Please support your club and potentially win a prize as well!

### **Please help if you can.....**

The Committee is looking for a volunteer to investigate grants and funding that would allow the Club to train lifeguards and coaches. You would not need to attend any Committee meetings. So if this is something you could do please let one of the Committee members know.

Once the new facilities open at Harvey Hadden we are hoping to move to the new pool and we attending meetings with the leisure services to say what we want from the organisers of the new pool. Currently there is very little information about the new pool/session times/costs etc. If you have any thoughts or views on this or about the general development of the Club please have a chat with Katie Rhodes.

## Swimmers of the Month

### June

Small pool: Joseph Stonier  
Tank: Dominique Cologiovnni  
End lane: Lara Phillips  
Main pool: Katie Durcan

### July

Small pool: Ann Harsca-Pinter  
Tank: Reuben Rose  
Tank: Rosie Allison  
Main pool: Charlotte Troup

### September

Small pool: Fearne Ackroyd  
Tank: Amaia Steele  
End lane: Melissa Nwakalor  
Main: Harry Atkinson

## Online AquaZone

The ASA (Amateur Swimming Association) has launched an online magazine for Category 2 members aged 9-15. If you would like to take a look sign up at [www.swimming.org/aquazone](http://www.swimming.org/aquazone) and use your ASA membership number to sign in. For security reasons the website requires parental verification when the swimmer first visits the site and parents will receive an email giving them the option to stop their child using the site.

## Coach's Corner

Sharon and the coaches have been working the swimmers in the tank and main pool hard in preparation for Club Champs and Sharon hopes that every swimmer enters Club Champs. If you are not sure about entering please do ask Sharon, Michelle or Clare. It's a great opportunity to improve your PB and to try to get a qualifying time for the County Championships.

## Personal Bests

All the personal bests are updated promptly on the website and so will no longer be printed in the newsletter. Check out your times on the website. You will need the password to check the swimmers' page - ask a committee member if you need one.

## 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. We do not give your email address to anyone else.

## Dates for Your Diary

2.10.14	High School closed, no swimming
9.10.14	new date for 400m IM races
16.10.14	High School closed, no swimming
22.11.14	Presentation Evening at Mapperley Plains Social Club
11.12.14	High School closed, no swimming
19.12.14	Last training session before Christmas holidays
10 & 11.5.15	Sponsored swim