



# NORTHERNER



the Nottingham Northern Swimming Club Newsletter  
(Founded 1908)

Affiliated to ASA East Midlands Region

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## Editor: Sarah Kay

Despite the cold weather training is in full swing. Hope you are making progress with your swimming and getting ready to achieve lots of PBs as 2012 gets underway.

## News and Views from the Club

For the first time the Nottinghamshire ASA split the County Swimming Championships into two. The Youth Section moved to December. There were very few people there and no atmosphere. This meant that the swimmers were not able to get a rest between finishing a heat and swimming the final.

Congratulations to our swimmers who took part  
Ben Hammond

Hannah Hodkinson

Alice Venkatesan

Alice Venkatesan came 2nd in her age for the 50m breaststroke

Next year the Youth Counties will move back to February/March time.

Good luck to our swimmers who are representing Northern at the County Championships this year:

Matthew Anderson

Katie Durcan

Cerys Evison-Varley

Ella Kay

Emily Venkatesan

Emily Urquhart

We wish you every success and hope you swim well.

Congratulations to our Girls 14 years relay team who came 7th in the Medley Relay and 6th (reaching the final) in the Freestyle Relay in the County Championships on Sunday 5th Feb. Superb swimming! Thank you for giving us so much to cheer about.

## Issue 99

## February 12

Sara Bannister is doing a sponsored swim on 27 March to raise money for the charity Balls to Poverty. Sara has her sponsorship form with her at the training sessions so please offer to sponsor her if you would like to contribute to this worthwhile charity.

We are hoping to put another order in for Club hoodies and polo shirts. If you would like to place an order please see Diane Williams (coach of the small pool). Hoodies cost £22 and polos £12.

Sharon is holding trials for new members on Sunday 12<sup>th</sup> February. If you have any friends who are interested in joining the club please let Sharon know and bring them along.

## Junior Gala

After the success of the Junior Gala over the last two years we are holding another on Sunday 18<sup>th</sup> March (Mothering Sunday). The idea of this gala is for the younger swimmers to have a go under gala conditions at swimming in the main pool.

If you would like to take part in this event please sign up on the notice board at Beechdale by Sunday 4<sup>th</sup> March. If you are unsure, please discuss with your lane coach or Sharon.

It is always a great session and everyone receives a medal so do come and join in.

On 18<sup>th</sup> March the Main Pool Swimmers will be in the Tank, Diane's group will be in the teaching pool, so if you usually swim in the Tank and are not entering the gala, there will be no swimming for you on that day.

## Time Trials

Time trials are being held on the following sessions

Monday	12.3.12
Friday	16.3.12
Monday	19.3.12
Friday	23.3.12

These are a chance to give the swimmers in the main pool a chance to improve their times in preparation for entering the Northern Open.

## Nottingham Northern Open Meet

Entry forms for the Northern Open are available for downloading from the website. The Open is on Sunday 24<sup>th</sup> June. You can enter as soon after the Time Trials as you like and your most recent times will be submitted.

## Training

Please make sure you are ready in good time for your swimming session and you have been to the toilet beforehand. It is very disruptive to the session if children are leaving to go to the toilet, especially if the session is only 30 minutes long.

## Belongings

We appreciate that swimmers like to bring toys/gadgets along to Open Meets to keep themselves entertained but please realise that the Team Managers are not responsible for them. They are left at poolside entirely at your own risk.

## Changing Rooms

Unfortunately there have been a couple of incidents in and around the changing rooms. The boys changing rooms were flooded out. Please do not mess around and make mess for the Beechdale staff to clear up.

When you are in the changing rooms do not touch or move other people's belongings. We have had a couple of incidents when clothes have been moved or gone missing during swimming sessions. This is not the behaviour we expect from Northern swimmers.

## Club and Membership Fees

Thank you to those of you who have updated your standing orders. If you have not, please do so as soon as possible and if you have any concerns or questions please do ask a Committee member.

## Swimmers of the Month

January

Small	Lucas Zacharias
Tank	Meg Atkinson
Tank	Megan Edis
Main	Lauren Gibbons

## Hundred Club Winners

January

1 <sup>st</sup>	- Kevin Campbell -5
2nd	- NNSC -38
3rd	- Chris Hodkinson - 28

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.

## 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.

Sharon would like to thank all that took part in the gala at Hucknall on the 7th January. It was the start of a new League for us that will carry on throughout the year. We are glad that our younger swimmers had a chance to show us what they can do at competition level. The enthusiasm was brilliant and the club is very proud of all the team. All the swimmers they behaved superbly.

Congratulations to those of you who came along to the Leander Open. Once again you were all superbly behaved and gave us spectators so much to cheer. Brilliant PBs and great to see so many finalists from Northern.

**Personal Bests****NOTTINGHAM STAGE 1 TROPHY****HUCKNALL 7.1.12**

<b>Name</b>	<b>Stroke/distance</b>	<b>Time</b>
Daisy Stonier	50m breast	1.22.84
Hamzah Harris	50m breast	1.20.19
Grace Phillips	50m free	49.72
Frances Stonier	50m back	1.01.56
Matty Jackson	50m breast	58.56
Scarlet Janmart	50m back	1.05.32
Adam Razaq	50m back	1.29.98
Eoin Byrne	50m breast	1.02.75
Meg Atkinson	50m breast	1.08.47
Frances Stonier	50m fly	1.04.81
Samuel Wheat	50m fly	1.00.93
Megan Smith	50m free	38.89
Ryan Green	50m free	45.00
Daniel Langham	50m back	1.12.56
Hayden Houldsworth	50m back	48.78
Scarlet Janmart	50m free	59.36
Adam Razaq	50m free	1.02.80
Eoin Byrne	50m fly	1.06.86
Meg Atkinson	50m free	1.01.74
Hayden Houldsworth	50m fly	48.25

Megan Smith	50m breast	48.49
Lauren Hammond	50m breast	46.51
Katie Durcan	50m breast	43.74
Alice Venkatesan	50m breast	38.82
Samuel Wheat	50m back	49.93
Emily Urquhart	50m free	42.38
Katie Durcan	50m free	35.07

<b>Name</b>	<b>Stroke/distance</b>	<b>Time</b>
<b>FINALS</b>		
Emily Venkatesan	Came 1 <sup>st</sup> in breast in age	
Katie Durcan	Came 6 <sup>th</sup> in breast in age	
Alice Venkatesan	Came 1 <sup>st</sup> in breast in age	
Daniel Fritz	Came 2 <sup>nd</sup> in fly in age	2 <sup>nd</sup> pb 39.44
Emily Venkatesan	Came 6 <sup>th</sup> in free in age	
Daniel Fritz	Came 2 <sup>nd</sup> in back in age	
12yrs & under relay team	100m free and came 4th	1.06.92
Emily Venkatesan		
Emily Urquhart		
Megan Smith		
Katie Durcan		

**LEANDER OPEN MEET****Beechdale 22.1.12**

<b>Name</b>	<b>Stroke/Distance</b>	<b>Time</b>
Emily Urquhart	100m IM	1.35.90
Katie Durcan	100m IM	1.27.95
Emily Urquhart	100m IM	1.35.90
Katie Durcan	100m IM	1.27.95
Ella Kay	100m IM	1.16.88
Mikhail Razaq	50m fly	42.88
Daniel Fritz	50m fly	39.82

14yrs & under relay team	100m free and came 3 <sup>rd</sup>	58.09
Ella Kay		
Cerys Evison-Varley		
Hannah Hodkinson		
Alice Venkatesan		
Afternoon		
Charlotte Alvey	50m fly	53.34
Megan Smith	50m fly	48.28
Emily Urquhart	50m fly	46.65
Creys Evison-Varley	50m fly	35.96
Charlotte Alvey	50m back	45.93
Katie Durcan	50m back	44.26
Emily Venkatesan	50m back	42.16
<b>Name</b>	<b>Stroke/distance</b>	<b>Time</b>
Creys Evison-Varley	50m back	39.47
Daniel Fritz	50m free	34.66
Mikhail Razaq	50m free	34.59
<b>FINALS</b>		
Emily Venkatesan	Came 5 <sup>th</sup> in fly in age	
Alice Venkatesan	Came 5 <sup>th</sup> in fly in age	
Hannah Hodkinson	Came 4 <sup>th</sup> in back in age	
Ella Kay	Came 5 <sup>th</sup> in back in age	
Daniel Fritz	Came 3 <sup>rd</sup> in free in age	

### Dates for the Diary

- 18 March Junior Gala
- 2 April Last swim before Easter Holidays
- 12 April Swimming restarts
- 13 May Arnold/Mansfield Open At Hucknall
- 3 & 4 June No swimming
- 3 August Last swim
- 5 August Club Picnic
- 2 September Swimming restarts
- 11 October to 19 November  
Provisional dates for Club Championships
- 14 November AGM
- 24 November Presentation Evening
- 21 December Last swim of 2012
- 3 January First swim of 2013!