



# NORTHERNER

the Nottingham Northern Swimming Club Newsletter  
(Founded 1908)

Affiliated to ASA East Midlands Region

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**Editor: Sarah Kay**

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The New Year seems to have started at the same pace as 2013 finished - lots of high intensity training as the coaches work everyone hard preparing for all the up and coming galas and the County Championships.

## News and Views from the Club

### Thank You

Thank you to Clare Soar and all her helpers who put on a very successful Club Championships and to all the parents who came along to time keep, team manage and those that clapped and cheered from the balcony. It was a great atmosphere. It was great to see so many families at the Presentation Evening - we definitely need a bigger venue for this year.

A massive thank you to Calvin Houldsworth who has recently stood down from the Committee, and the role of Gala Co-ordinator and as well as being a fantastic coach. Thank you Calvin for all the time you have given to the Club in organising last year's Northern Open Meet and all the enthusiasm you brought to coaching the swimmers. We will miss you.

Huge congratulations to Sharon for successfully passing her Level 3 Coaching Award. We are delighted that all the time and effort you put into the course has been rewarded.

### A Plea for Help

If you would like to get more involved in the Club please don't be shy. There are lots of activities, big and small that the Committee would welcome extra pairs of hands to help out.

Roy Crampton, as ASA official is kindly going to come along on Friday 28<sup>th</sup> February to run a Time Keepers Course. This is designed to give people more confidence in timing races and collating times. This course is open to everyone over the age of 15. Please do join the session which will be run during the normal swimming session at Beechdale. If you would like to know more or like to come along please do ask Sharon or one of the Committee members. We are hoping that you will be able to put your new skills to good use at the Junior Gala in March.

We need a volunteer to join Emma Reynolds in co-ordinating the volunteers that are needed for gala nights. To find out more about what is involved please see Bernadette Watkins. Roy Crampton will work and support you until you feel confident.

### Membership fees

The date of our AGM has moved from its traditional time in November to 19 March 2014. The Committee has moved the date to enable the Club's financial accounts to be completed for a full calendar year and to be verified by an independent advisor. The Club's Business Plan will be reviewed at the March Committee meeting and any necessary recommendations made at the AGM with regard to future fees.

You may have noticed that some training sessions are more popular than others and this can lead to some swimming lanes being overcrowded. The coaches may move swimmers up and down in the lanes for a particular session to try to even out the numbers. This does not mean that the swimmer has been moved permanently but is a purely temporary measure to allow the swimmers more room to train. You may also find that rather than

moving up into the next lane the work rate of the original lane is increasing instead. If you have any concerns or questions about this please do ask one of the coaching team.

### Swim 21

We have been officially informed that we are one of the first clubs in Nottingham to have passed the new swim 21 accreditation essential criteria. Very many thanks to Katie Rhodes Swim 21 Coordinator and others who have contributed to this mammoth task - Diane Williams, Karen Rodkin, Gill Salsbury, Bernadette Watkins, and Andrew Phillips. Being a swim 21 club enables us to show that we are running the club to a high standard and entitles us to money for training and to apply for other grants.

Thank you to Rita Sim for organising 100 Club for us last year. We are in need of a new volunteer to take on this important fund raising task for 2014. Please see a Committee member for more details.

### Swimmers of the Month

#### October

Small pool	Oliver Silver
End lane	Aiden Savage
Diving tank	Lara Phillips
Main pool	Chelsea Brassington

#### November

Small pool	Abishek Thakar
Diving tank	Anaya Lakham
Diving tank	Kaif Jabran
Main pool	Lily Watkins

#### December

Small pool	Laib Jabran
Diving tank	Amber Jackson
End lane	Olivia Wroblewska
Main pool	Meg Atkinson

#### January

Small pool	Safiya Clifford
Diving tank	Dhruv Desai
Diving tank	Manav Desai
Main pool	Matty Jackson

### Coach's Corner

Congratulations to all the swimmers who have taken part in the Stage One Galas in December and January who have represented Northern so well. These galas are designed for swimmers who are just starting out in the competitive swimming career and it's been great to see so many PBs. Check the Swimmers Page on the website for more information.

If you would like to be Senior Club Captain please come along to the AGM on 19<sup>th</sup> March 2014. You need to be 15 years or older and you will be asked to say a few words about what qualities you will bring to the role and then a vote will take place.

Northern are holding the annual Junior Gala on Sunday 23<sup>rd</sup> March. This is a gala for the lower pool members that want to have a go at racing. This is a fun and relaxed gala to give our younger swimmers a chance to experience racing. Sharon will put out a list of names of swimmers who are eligible. PLEASE let Sharon know whether or not you are able to attend as soon as possible. This will allow Sharon to put together the programme. It is very important that Sharon knows who is coming as there will not be races for swimmers that have not let her know. We need volunteers to help time keep for the gala and family members who can along to cheer and clap the swimmers along will be most welcome.

### Dates for Your Diary

For pool closures please check the website	
19.3.14	Northern AGM 7.30pm at The Plough Inn St Peter's Street Radford NG7 3EN
29.6.14	Northern Open
29.11.14	Presentation Evening 2014