



NORTHERNER



the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

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July 2012

Huge congratulations to everyone involved in the Northern Open. It was a stunning success this year and many participating clubs commented on how much they enjoyed their day with us. It was fabulous to see so many Northern swimmers and so many PBs! A big thank you to all the people who organised it for all the work they put in before the day and on the day itself. Thank you too to all the volunteers who gave up their day and helped to make it such a brilliant occasion.

News and Views from the Club

A massive THANK YOU to everyone who took part in our recent sponsored swim. You have raised a staggering £1067. This will help the Club enormously. Thank you.

Congratulations to Sara Bannister, Ben Hammond, and Tim Venkatesan on becoming Level 1 coaches.

Well done to Louis Round and Charlotte Alvey who represented their schools so well in a recent gala.

Massive congratulations to Matthew Anderson who swam at the Age Group National Swimming Championships qualifying for the 100m and 200m backstroke and 3 relays.

Thank you to everyone who has completed a Club questionnaire and for all your positive comments. The Committee are going to review the results at the next meeting in September and then the findings will be published on our website.

In the hope that there is going to be some sunshine this summer the Club Picnic is planned for 1pm Sunday 5th August. Please bring along your picnic and join us halfway up the grass bank in front of Wollaton Hall. After lunch there will be chance to play rounders and cricket.

Welcome to Our New Members

May 2012

Sarah Atkinson (helper)

Megan Hughes

Kaif Jabran

Nithilan Kamalakkannan

Solomon Rose

Archie Witham-Neal

June 2012

David Ackroyd (helper)

Grace Smith

Reuben Rose

Hashim Ali

Taiba Ali

Bianca Sindilaru

Northern regularly emails information out. If you are not receiving emails from us please check they have not been caught up in your spam box. If they have still not arrived please check the email details we have for you so that we can keep you up-to-date in future.

Please turn up to training on time. Please be at your lane a few minutes before the session starts so that training can start promptly.

Please will all parents note that if you are leaving your child at a training session and not staying you **MUST** ask another adult who is staying for the session to take responsibility for your child.

A continued plea

Please help us to keep our swimmers safe by not using your laptop or phone when spectating

This is not a Club ruling but a pool and ASA rule.

If you wish to take photographs of either a training session or a gala/open meet you must seek permission from the event organiser and sign the Photography Book.

We need your help!

If you have some spare time or are happy to use the time you spend sitting on the poolside for the benefit of the Club please let one of the committee members know. There are lots of jobs you can help out with and in particular at the moment we are looking for a membership secretary. If you would like to know more of what's involved please ask a committee member. We really do need more parents/carers to help out so don't be shy, please come forward.

A very big thank you to Rita Sim for taking on the 100 Club and the birthday cards. 100 Club winners will be printed in the next newsletter

The Nottinghamshire ASA hosted a fun festival at Beechdale on the 15th of July. This was to celebrate 100 years of the Amateur Swimming Association and Northern were invited to bring a team along to enjoy the synchronies swimming display and to have a go at water polo. The water polo players were very helpful to our swimmers and they really enjoyed the experience. Sharon was approached by Chris Feebury who co-ordinated the polo and he has invited Northern swimmers who are interested in having a go at water polo to go along to a training session on a Thursday night at Bingham. Our swimmers took part in races as they were held a 100 years ago and to us the strokes seemed very funny. Thank you to all the swimmers who represented Northern at this event.

The Broxtowe Trophy Gala was held at Bramcote on the 21st July. This was a new gala aimed at first time gala swimmers. Thank

you to our swimmers for taking part. They all had a great time and achieved 26 Pbs. to these rules we thought some of the judging was very harsh but the swimmers had a good time and enjoyed themselves and that is what matters 26 pbs were achieved well done.

Swimmers of the Month

May

Small pool	Pierce Harnett
Diving tank	Billy Zacharies
Diving tank	Cassie Sergeant
Main pool	Harry Atkinson

June

Small pool	Archie Withan-Neale
Diving tank	Kaif Jabran
End lane	Willem Sim
Main pool	Molly Round

Coach's Corner

Thank you to all the swimmers who joined us for the Northern Open. It was a long but incredibly successful day with 72 Pbs and 13 finalists. Eight of swimmers managed to Pb in the finals!

A big thank you to Michelle Hammond for taking a team to Ripley Rascals. Another successful day - 9 swimmers achieved 27Pbs and gained 7 trophies and 12 medals between them.

Thank you all for being so well behaved and cheering on your team mates.

We have tried to include all the PBs in this newsletter but please accept our apologies if yours is not there. A complete and up-to-date list is available on the website.

Please keep your eyes on the website for details of up and coming Open meets. If you would like to enter please see Sharon or Michelle for more information.

The coaches wish you all a very restful holiday and hope you come back ready to train in September.

PERSONAL BESTS

Nottingham Northern Open Meet

Beechdale 24.6.12

Morning Session

Willem Sim	100m IM	2.01.81
Harry Atkinson	100mIM	1.35.51
James Kelly	100m IM	1.31.68
Hayden Houldsworth	100m IM	1.39.04
Louis Round	100m IM	1.43.46
Daniel Fritz	100m IM	1.26.64
Mikhail Razaq	100m IM	1.25.22
Matthew Anderson	100m IM	1.07.34
Cali Reynolds	50m Back	1.11.06
Frances Stonier	50m Back	56.23
Molly Round	50m breast	57.69
Jaya Adams	50m breast	54.79
Charlotte Alvey	50m breast	48.16
Megan Smith	50m breast	47.07
Emily Urquhart	50m breast	45.94
Katie Durcan	50m breast	42.98
Willem Sim	50m breast	58.74
Hayden Houldsworth	50m breast	53.35
Christy Byrne	50m breast	43.04
Daisy Williams	50m fly	38.32
Lauren Hammond	50m fly	40.93
Rebekah Dussek	50m fly	36.34
Alice Venkatesan	50m fly	33.13
James Kelly	50m fly	45.43
Connor McKay	50m fly	49.07
Mikhail Razaq	50m fly	39.02
Cali Reynolds	50m free	49.36
Frances Stonier	50m free	46.31
Adam Razaq	50m free	1.00.53
Eoin Byrne	50m free	41.71
Samuel Wheat	50m free	44.07
Katie Morley	50m back	53.79
Jaya Adams	50m back	55.92
Molly Round	50m back	48.04
Megan Smith	50m back	45.24
Emily Urquhart	50m back	44.70
Katie Durcan	50m back	42.21
Emily Venkatesan	50m back	41.29
Hayden Houldsworth	50m back	48.78
Willem Sim	50m back	58.63
Rebekah Dussek	50m breast	42.63
Harry Atkinson	50m breast	48.27
James Kelly	50m breast	49.52
Mikhail Razaq	50m breast	45.93
Matthew Anderson	50m breast	38.09

FINALS

Emily Venkatesan came 2nd in 50m breast
Christy Byrne came 5th in 50m breast with a 2nd
pb 42.91
Alice Venkatesan came 5th in 50m fly
Rebekah Dussek came 6th in 50m fly

Matthew Anderson came 1st in 50m fly with a
2nd pb 29.92

Alice Venkatesan came 4th in 50m breast

Ella Kay 6th in 50m breast

Matthew Anderson came 2nd in 50m breast with
a 2nd pb 37.23

Mikhail Razaq came 6th in 50m breast with a 2nd
pb 45.75

Afternoon Session

Jaya Adams	100m IM	1.53.30
Meg Atkinson	100m IM	2.08.53
Molly Round	100m IM	1.49.86
Charlotte Alvey	100m IM	1.40.01
Phoebe Ackroyd	100m IM	1.36.75
Katie Durcan	100m IM	1.26.25
Emily Venkatesan	100m IM	1.22.97
Frances Stonier	50m fly	57.00
Matthew Jackson	50m free	48.75
Willem Sim	50m free	55.50
Louis Round	50m free	39.10
Hayden Houldsworth	50m free	39.38
Katie Morley	50m free	47.80
Phoebe Ackroyd	50m free	41.62
Katie Duran	50m free	34.84
Emily Venkatesan	50m free	33.20
Isaac Kirkpatrick	50m back	55.44
James Kelly	50m back	42.54
Cerys Evison -Varley	50m back	38.42
Samuel Wheat	50m breast	56.23
Meg Atkinson	50m breast	59.84
Jaya Adams	50m fly	53.43
Katie Durcan	50m fly	42.06
Isaac Kirkpatrick	50m free	41.48
James Kelly	50m free	36.39
Mikhail Razaq	50m free	33.67
Rebekah Dussek	50m free	32.42

FINALS

Emily Venkatesan 50m free came 5th with a 2nd
pb 33.06

Matthew Anderson 50m back came 1st with a
2nd pb 29.76

Mikhail Razaq 50m back came 6th

Ella Kay 50m back came 5th

Alice Venkatesan 50m back came 6th

Matthew Anderson 50m free came 1st with a
2nd pb 27.34

Mikhail Razaq 50m free came 6th with a 2nd pb
33.11

Alice Venkatesan 50m free came 5th

Ella Kay 50m free came 6th

RIPLEY RASCALS

8.7.12

Sara Bannister 100m back	1.40.47
Katie Durcan 100m back	1.30.52
Emily Urquhart 100m back	1.34.96
Charlotte Alvey 100m back	1.34.96
Mikhail Razaq 100m back	1.30.52
Sara Bannister 100m breast	1.43.28
Katie Durcan 100m breast	1.33.43
Emily Urquhart 100m breast	1.41.78
Charlotte Alvey 100m breast	1.47.35
Mikhail Razaq 100m breast	1.42.37
Lauren Hammond 100m fly	1.33.95
Emily Urquhart 100m fly	1.51.27
Mikhail Razaq 100m fly	1.38.73
Daniel Fritz 100m fly	1.35.75
Eoin Byrne 50m fly	1.01.99
Sara Bannister 100m free	1.25.53
Katie Durcan 100m free	1.18.60
Mikhail Razaq 100m free	1.14.63
Daniel Fritz 100m free	1.17.11
Katie Durcan 200m free	2.46.01
Emily Urquhart 200m free	3.11.38
Charlotte Alvey 200m free	3.17.30
Eoin Byrne 200m IM	4.08.21
Sara Bannister 200m IM	3.26.70
Katie Durcan 200m IM	3.08.52
Emily Urquhart 200m IM	3.29.72

Broxtowe Trophy Gala

Bramcote 21.7.12

Neel Badhe 25m back	25.16
Katie Morley 25m free	19.57
Ryan Green 25m free	19.13
Libby Malpass 25m breast	25.24
Harry Atkinson 25m breast	21.27
Megan Edis 25m free	22.85
Daniel Langham 25m free	21.48
Tilly Sweeney 25m back	29.46
Hamzah Harris 25m back	28.93
Thomas Tekel 25m free	27.00
Sian Langham 25m breast	27.32
Will Sprake 25m breast	28.47
Libby Malpass 25m free	18.21
Katie Morley 25m back	24.44
Ryan Green 25m back	23.92
Cassie Sergeant 25m free	28.66
Adam Razaq 25m free	23.06
Megan Edis 25m breast	36.25
Rebecca Booth 25m back	22.96
Harry Atkinson 25m back	19.23
Grace Phillips 25m breast	25.91
Viraj Deorukhkar 25m breast	35.05
Sian Langham 25m fly	36.57

Meg Atkinson 25m breast	27.86
Hamzah Harris 25m breast	31.02
Rebecca Booth 25m fly	25.57

Dates for Your Diary

Last swim Friday 3 August

Club Picnic Sunday 5 August - bring your picnic and join us at Wollaton Park for lunch and games.

Training starts again Sunday 2 September

Trials for Club Sunday 9 September - please bring a friend or two along to see if they would like to join the club.

Club Champs

Thursday	11.10.12 6.30pm
Thursday	18.10.12 6.30pm
Monday	5.11.12
Thursday	8.11.12
Friday	9.11.12
Monday	12.11.12
Thursday	15.11.12 6.30pm
Friday	16.11.12
Monday	19.11.12

Presentation Evening Saturday 24 November at the Irish Centre

Club AGM Wednesday 14.11.12

Last session before Christmas

Friday 21 December

Swimming restarts Thursday 3.1.13

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