



NORTHERNER



the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

Issue 108

June 2014

The Northern Open is nearly upon us. Northern will be hosting 250 swimmers from 16 different clubs so it is our BIG day. If you are one of our swimmers, the very best of luck. Please remember to wear a Northern hat so that the spectators can see you and cheer loudly to help you swim fast and get a PB!

News and Views from the Club

Congratulations to all of our swimmers who represented Northern at the County Championships.

Youth Counties February 2014

Northern had a good weekend at Youth Counties. Our swimmers achieved 10PBs in some great races. Well done to Matthew Anderson, Ben Hammond, Hannah Hodkinson, Cerys Evison-Varley and Alice Venkatesan that took part. The girls relay team of Hannah Hodkinson, Ella Kay, Alice Venkatesan and Cerys Evison-Varley came 6th in their Medley Relay which was very exciting and caused many of us spectating to lose our voices.

Age Group Counties 2014

It is always a great achievement to swim at County Championship and anybody can do it with hard work. It was a great shame that Eoin could not finish the counties because of his accident. Well done to all the swimmers that took part this year. There were 19 PBs and these were our swimmers and their placings in their age groups

Neel Badhe came 25th

Grace Phillips came 41st

Eoin Byrne came 34th

Zoe Tsintzas came 18th

Louis Round came 22nd

Emily Venkatesan came 40th

Junior Gala

A belated but heartfelt thank you to Roy Crampton and Bernadette Watkins for organising the successful Junior Gala held in March. This went a lot smoother this year with all the help from Bernadette and Roy and the new time keepers. Please accept our apologies if your child did not have a time recorded - we combined some of the races as several swimmers did not turn up so children were in different lanes than planned. A staggering 61 PBs were achieved. Thank you to everyone who helped out.

AGM

Thank you to those members who came along to the AGM on 19th March to the Committee members for their reports. Copies of the reports are available on our website. Congratulations to Daisy Williams and Ben Hammond who were voted in as Club Captains. Thank you to Tony Alvey and Dave Booth who volunteered to join the Committee.

Sponsored swim

A massive thank you to those of you who took part in the Sponsored Swim. It was a good turn out and some spectacular swims. So far a total of £479 has been raised. Please keep collecting and hand in your sponsor money to Gill on the desk. The money raised makes a real difference to the Club. Last year we used the money to pay for Michelle Hammond's Level One Coaches Training and we purchased the ipad that is being used in training to film the children swimming and so they can see what their strokes actually look like and what needs to change to make further improvements.

Congratulations

Our congratulations to Harry Atkinson. At the end of May Harry competed in his first open water swimming event. It was a 3km swim in Lake Coniston in the Lake District. Harry did brilliantly coming 4th out of about 50 swimmers in a time of 43.33 minutes.

As the exam season is coming to a close, congratulations to all the swimmers who have been working hard for GCSEs and A Levels. We wish you all the very best of luck and a great summer. Good luck to Ben Hammond who has gone to work at Camp America (we will try not to be too envious of your suntan!) and to Hannah Hodgkinson who was selected for a scholarship to attend summer school in Slovakia.

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!

A Plea for Help

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.

If you have some free time during the day you are just the person we need - we would like a volunteer to act as a liaison with the swimming

pool managers and Northern. Let a Committee member know if you feel you can help with this. This will become a very important role over the next year to ensure we can establish good relationships with the management team at Harvey Haddon as the new pool is built.

Get Tweeting!

You can now follow Nottingham Northern on Twitter. A big thank you to Daisy Williams for providing such entertaining updates.

A very special thank you to Andrew Phillips who provides us with a great, informative and up to date website, it really does help the Club run more smoothly.

Swimmers of the Month

January

Small pool: Safiya Clifford
Tank: Dhruv Desai
Tank: Manav Desai
Main pool: Matty Jackson

February

Small pool: James Steele
Tank: Amaia Steele
End Lane: Hamza Harris
Main pool: Lily Watkins

March

Small pool: Libby Adams
Tank: Dylan Roberts
Tank: Chloe Austin
Main pool: Alice York

April

Small pool: Ashanti Levy
Tank: Melissa Nwakalor
End Lane: Milly Allison
Main pool: Aiden Savage

May

Small pool: Sino Saji
Tank: Niamh Morley
Tank: Danae Fritz
Main pool: Solomon Rose

Competitive Starts Awards

Jaya Adams
Thomas Bethea
Zakay Hobb-Iskandau
Abbie-Leigh Polak
Cassie Sergeant
Aiden Savage
Ruby Urquhart
Matty Jackson
Solomon Rose

Coach's Corner

At the Doncaster Darts Open Meet on 18th May 9 swimmers attended and achieved 20 PBs. Great racing. On the 31st May at the Arnold Gala we achieved 22 PBs as a team and secured lots of 2nd and 3rd placings.

Training

Thank you to the parents who volunteered to be time keepers at the Open and had their first practice at the individual medley training towards the end of May. The PBs achieved have been put onto the website.

The swimmers have responded really well to watching themselves on the ipad, quickly making adjustments to their strokes and improving as the session went on. Originally the Committee recommended that the film clips be deleted at the end of each session but following the positive feedback from the swimmers the coaches would like to keep the film clips for a maximum of 3 months to show the swimmers how they are progressing. Please let the coaches know if you have any concerns.

Please can all swimmers turn up for training on time. If swimmers are more than 5 minutes late they will not be allowed to take part in the training session as they will miss part of the warm up and this increases the chance of an injury occurring.

Please remember to bring a drink with you to training as it is very easy to get dehydrated and increase the risk of cramp and injuries especially in this hot weather

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

29.06.14	Nottingham Northern Open No training for swimmers not involved in the Open
03.07.14	No training - High School closed
06.07.14	No training - Beechdale closed
20.07.14	No training - Beechdale closed
31.07.14	No training - High School closed
01.08.14	Last swim before summer holidays
01.09.14	Training starts again