



# NORTHERNER

the Nottingham Northern Swimming Club Newsletter  
(Founded 1908)

Affiliated to ASA East Midlands Region

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We seem to be hurtling through 2013 but fortunately the success of our swimmers in 2012 seems to be continuing into the New Year with County Championships. Our warmest congratulations to Rebekah Dussek, Ben Hammond and Alice Venkatesan who all took part in the Youth County Championships and achieved personal bests. Brilliant!

Our fingers are now firmly crossed for Matthew Anderson Meg Atkinson, Robbie Brassington, Eoin Byrne, Katie Durcan, Cerys Evison-Varley, Daniel Fritz, Grace Phillips, Cali Reynolds, Louis Round and Emily Venkatesan who are representing Northern in the County Championships. We wish you well.

## News and Views from the Club

### Thank You

The Committee, on behalf of the Club, want to say a massive thank you to two Club members who have recently left.

Tony Penwarden has been coaching at Northern for more years than he probably cares to remember and certainly he has continued to coach and inspire children to swim long after his own children have left the club. Thank you Tony - your dedication and time to the Club is truly appreciated by all of us and especially those that have passed through your lane in the main pool.

Dianne Allen, a previous Chairman of the Club, also gave a great deal of time and enthusiasm to the Club, helping to raise the profile within Nottingham and always taking time to welcome new members.

### Book Sale

The Urquhart Family are going to hold a book sale of new and nearly new books at Beechdale on Sunday 10<sup>th</sup> March (Mother's Day) to raise funds for the Club. The books will be £1 each or 6 for £5. So please come along with some extra money to spend and perhaps treat your mum.

### Club Fees

Thank you to all of you who have amended your standing orders for Club fees. Club fees are now £22.00 per month or £23.50 if swimmers wish to swim in Open Meets. We appreciate that it is not always the easiest thing to do but it has helped to make the running of the Club smoother. If you have not amended your standing order or would like more information please do ask to speak to Gill Salisbury who is usually at swimming on a Sunday and Friday.

### A Plea for Help

The Committee are in need of two volunteers. We need a Membership Secretary and a Workforce Co-ordinator. Thanks to work put in by recent volunteers these roles are now far less time consuming.

Workforce co-ordinator - we need someone with organisational skills and IT skills. It involves working with the Welfare officer Alison Durkin and Swim 21 Co-ordinator Katie Rhodes to ensure our volunteer database (which is kept as a computer document) stays up to date. This is really important as next year we are going to be revalidated for swim 21 again.

Membership secretary - this needs some IT skills. It involves working with our treasurer Gill Salsbury to ensure that our membership list is kept up to date. Currently Diane Williams and Gill Salsbury have brought the membership list completely up to date.

Both jobs could be done during the training sessions. We will give you lots of help and support and if you find you are unable to continue with it we will take back from you.

For the Club to build on recent successes and continue to flourish we need parents to take on roles such as these so please do let us know if you can help or if you want to find out more.

### **Junior Gala**

On Sunday 17<sup>th</sup> March we will be holding our annual Junior Gala. This is a chance for the younger swimmers to have a go at swimming races in the main pool. Please come along and have a go. We also need lots of spectators to cheer and clap the swimmers as they participate - 25m can seem a very long way!! Everyone who takes part gets a medal. Please sign up or let Sharon or your lane coach know if you would like to take part.

The swimmers who usually swim in the main pool will be training - with a difference in the diving tank.

### **Welcome to Our New Members**

Toheed Ali  
Luke Hobbs-Iskandar  
Abishek Thakar  
Isaac Peck  
James Evison Varley  
Oliver Silver  
Alphie Silver  
Dylan Roberts  
Rosa Reade  
Laiba Jabran  
Reuben Rose  
Taiba Ali  
Hashim Ali  
Bethany Adams  
Robert Brassington  
Chelsea Brassington  
Joel Davison  
Amber Jackson  
Dylan Khambay  
Anaya Lakhman

Aidan Savage  
Jordan Sergeant  
Lily Watkins  
Olivia Wroblewska

### **100 Club Winners**

#### **January**

1<sup>st</sup> Paul Durcan  
2<sup>nd</sup> NNSC  
3<sup>rd</sup> NNSC

#### **February**

1<sup>st</sup> NNSC  
2<sup>nd</sup> Skandar Idris  
3<sup>rd</sup> NNSC

Thank you to those of you who have renewed your 100 Club membership. If you would like to join the scheme and help raise funds for the Club at the same time as being in with a chance of winning cash prizes please see Rita Sim who will be happy to sign you up and relieve you of £12.

### **Swimmers of the Month**

#### **November**

Small pool	Zackary Hobbs-Iskandar
Diving tank	Solomon Rose
End lane	Grace Phillips
Main pool	Charlotte Alvey

#### **December**

Small pool	Laiba Jabran
Diving tank	Neel Badhe
Diving tank	Hamza Harris
Main pool	Alice Venkatesan

#### **January**

Small pool	Niamh Morley
Diving tank	Aiden Savage
End lane	Cassie Sergeant
Main pool	Jordan Sergeant

#### **February**

Small pool	Isaac Peck
Diving tank	Nithilan Kamalakkannan
Diving tank	Viraj Deorukhkar
Main pool	Lauren Hammond

### Time Trials

The Club will be holding time trials in March for swimmers who train in the main pool on

Monday 11th

Friday 15th

Monday 18th

Friday 22nd

These will enable the swimmers and coaches to see how things are going. To help these sessions run smoothly we will need some help from parents. Please come along and time keep. If you would like to have a go but not sure what is involved please ask Sharon.

### Coach's Corner

Thank you to all our swimmers who are working hard in training. We are looking forward to seeing your hard work paying off as we take part in galas and working towards the Northern Open.

Please ensure you arrive in plenty of time for the start of the session and make sure you drink throughout the training to help prevent cramps especially as the weather starts to get warmer (fingers crossed!)

### PERSONAL BESTS

Youth County Championships

Rebekah Dussek	50m free	31.83
	50m back	35.80
Alice Venkatesan	50m fly	32.88
and was in the final and came 6th		
	100m fly	1.14.39
Ben Hammond	50m breast	39.10
	200m free	2.20.91

### Dates for Your Diary

10.3.13	Fund raising book sale during training at Beechdale
17.3.13	Junior Gala
21.3.13	No swimming - pool closed
23.6.13	Northern Open
30.11.13	Presentation Evening