



NORTHERNER

the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

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May 2011

Welcome back to training after the Easter holidays. The coaches are looking forward to putting you through your paces and working off all that chocolate! With the Nottingham Northern Open Junior Meet just over a month away there is lots of hard work to be done to get as many PBs as possible!

News and Views from the Club

Our President, Clare Soar would like to congratulate Sharon and the coaches for helping the Club send a record number of swimmers to the recent County Championships. A lot of work goes into preparing the training sessions and it is fantastic to see the work that Sharon puts in, with the help of the coaching team, achieving such positive results. Thank you.

Congratulations to Matthew Anderson, our Junior Club Captain. Matthew is swimming with the County Squad and has become the fastest 12 year old at 100m back in not just the County but the whole Country!! We are looking forward to cheering you on at the Northern Open Matt.

Talking of the Open, to ensure our swimmers get to swim in the Meet please hand in your entry form (available on the website) and entry fee to Michelle Hammond by Friday 20th May. This is ten days before the advertised closing date but we need to ensure our swimmers get in before the Meet is full. If you are not sure whether to enter or what is involved please have a chat with Sharon or your lane coach.

If you have recently ordered a T-shirt, they have arrived. You need to pay for the T-shirt as you pick it up, Shirts will not be given out without payment.

A very big thank you to David Anderson for all the work he has put into our website. David has handed the website over to Andrew Phillips. Thank you for all the time you have put into the website David.

A plea to all parents, please make sure that you have updated your standing order to take account of the recent £1 increase in monthly fees. If you are unsure please see Gill, on the door for further information.

The Club would like to remind all parents and carers that you are only allowed in the changing rooms for the length of time that you are supervising your child.

A reminder to swimmers - the Club expects you to behave while you are getting changed and not mess around with other swimmers' belongings. Please respect others.

Great excitement! Northern has been awarded a grant from British Gas of £800 towards the cost of a new electronic starter. As a club we have to raise a further £200 - so please make sure you sign up for the last Friday of the month cake stall and bring along homemade cakes to sell. To sign up please see the sheet on the notice board.

Welcome to our new members

Swimmers
Emma Malpass –
Matty Jackson
Annie Edis

Swimmers of the Month

April
Small pool Olivia Halliday
Diving tank Jaya Adams
Diving tank Ryan Green
Main pool Daniel Fritz

Fundraising

The Club's next fundraising event is a sponsored swim. As well as raising much needed funds for the Club, the event will give swimmers a chance to try for distance badges (from 25m to 5000m). The swim will take place on Sunday 12th June for the younger swimmers and Monday 13th June for the older swimmers. Please can all the younger swimmers arrive at 1pm (even if your usual swim time is 1.30pm) so you can then swim for as much of the hour as you can.

Sponsorship forms will be emailed out shortly and paper copies will be available on the door.

The Club needs funds to send the coaching staff on courses to ensure that the children are receiving up-to-date coaching lessons.

Coaches Corner

Thank you to everyone who took part in the Time Trials in April. This gave the coaching team a great chance to look at the swimmers techniques and will help influence future training sessions to help the swimmers swim faster through improved strokes.

Thank you too to everyone who helped with the Trials and did time keeping etc.

Your PBs from the Time trials are available on the Swimmers Page of the website. You need the password to access this page. Please ask on the door if you do not have the password.

When you are swimming at galas and open meets please remember to wear your Northern hat. At such events please wear flip flops or Crocs to keep your feet warm between races.

Personal Bests

SPRING COMP (R3) at Bramcote 7.5.11

Name	Stroke/distance	Time
Mikhail Razaq	100m breast	1.44.67
Sally Durcan	100m fly	1.40.28
Daniel fritz	50m fly	42.49
Ryan Green	50m breast	1.12.04
Megan Smith	50m breast	51.50
Matthew Anderson	50m fly	33.23
Emily Venkatesan	50m fly	39.60
Hayden Houldsworth	25m fly	22.55
Daniel Fritz	50m free	35.64
Matthew	100m back	1.09.08

Anderson		
Daniel Fritz	100m IM	1.39.35

ARNOLD TROPHY GALA HUCKNALL 14.5.11

Name	Stroke/distance	Time
Samuel Wheat	25m back	25.75
Harry Barbour-Ackinson	50m breast	52.30
Emily Venkatesan	50m breast	40.91
Daniel Fritz	50m fly	42.43
Alice Venkatesan	50m fly	34.08
Yograj Deorukhkar	100m free	1.33.49
Sally Durcan	100m free	1.22.61
Ben Allen	100m back	1.18.89
Hayden Houldsworth	50m fly	1.05.40
Emily Venkatesan	50m free	35.07
Ben Allen	100m fly	1.32.09
Daisy Williams	100m fly	1.27.36
Harry Barbour-Ackinson	50m back	48.34
Thomas Judson	50m breast	49.44

Dates for Your Diary

No swimming on

Monday 30.5.11

Last swim of the term

29.7.11

Returning on Monday 5.9.11

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