



NORTHERNER

the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

Issue 100

May 2012

Welcome to the 100th edition of the Northerner! Hopefully you as swimmers and your families find the newsletter useful and enjoy seeing your PBs in glorious black and white!

With the countdown to the Northern Open moving swiftly towards June we hope you are enjoying training and the opportunity to improve your technique and build up your stamina ready for the big day.

News and Views from the Club

Congratulations to Ben Hammond, Club Captain, on gaining his 1st Degree Black Belt in Taekwondo. We are delighted that all your hard work and training has paid off Ben.

Congratulations to Daisy Williams on completing her first open water triathlon. Daisy swam 200m in water that was only just over the minimum 10 degrees, rode for 14km and then did a 3.5km run and all in 60 minutes. Fab-u-lous Daisy!

Congratulations too to Charlotte Alvey and Louis Round who have been chosen to swim for their school.

Further congratulations go to Michelle Hammond for raising money for the Marie Curie Cancer by swimming 100 lengths in 65 minutes - a PB! Thank you to everyone in the club who sponsored Michelle and helped make it so worthwhile.

Welcome to Our New Members

Dominique Cologiovanni
Cali Reynolds
Katie Morley
Isaac Kirkpatrick
Liui Sprakes
Anais Sprakes
Lucy Billington

Cassie Sergeant
Oliver Smith
Kiana Williams

Congratulations to the following swimmers who have recently passed their Competitive Start Awards:

Phoebe Ackroyd
Ryan Green
Connor McKay
Mikhail Razaq
Louis Round
Harry Atkinson
James Kelly
Esam Shahid
Grace Phillips

Badges are available for a small fee - please see Sharon if you would like one.

100 Club Winners

March

1st £15 - 17 - Jane Urquhart
2nd £10 - 91 NNSC
3rd £5 - 8 Adam Wheat

April

1st - 31 Mark Smith
2nd - 41 Rebekah Dussek
3rd 84 NNSC

A very big thank you to all our members who have swapped to paying the fees by standing order. We appreciate that this may not have been easy for you to do but has made a big difference to helping us be more efficient.

Have you lost anything at swimming recently? Gill has a collection of items so do ask if you are missing anything. The Committee agreed that in future we would keep items for a month and if after this they remained unclaimed they would be donated to a local charity shop.

To help do our bit for recycling in the Club Tony Alvey suggested that we have an old flippers swap shop. If you have old flippers you would like to donate to other members of the club please put the details on the notice board at Beechdale. If you are looking to get new flippers check the board out first and see if there are some that are a perfect fit.

If you would like a Northern Polo Shirt in time for the Northern Open please see Diane Williams. The shirts cost £12 to £15 dependent on the size and how big an order we place. They are perfect for swimmers to keep warm between races and help advertise the club if helpers and Northern spectators wear them too.

We would like to put an order in for Hoodies, priced £22 but need a minimum order of 6. So if you fancy one or perhaps need an original gift for Fathers' Day please see Diane.

Sponsored Swim

We are holding a sponsored swim on Sunday 27th May for swimmers from the small pool and tank, and on Monday 28th May for the lane swimmers. The Club needs to raise funds to support the training of the coaches and we would greatly appreciate your support with this fundraising event. It is a fantastic opportunity for the children to see how far they can swim. Diane has sent a sponsor form out via email. If you would like a paper copy please do ask one of the Committee members for one.

Two pleas

Unfortunately there have been a couple of incidents of bad behaviour in the changing rooms at Beechdale Pool. Please stop this. Northern is a friendly club and we want swimmers to enjoy training and not be afraid of what is going to happen to them or their

possessions in the changing rooms. If you see anyone misbehaving please let one of the coaches know immediately.

Please do not use your laptop or phone poolside. This is not a Club ruling but a pool rule. We appreciate that watching your child go and up and down the pool does provide a great chance to catch up on work, emails or the gossip from Facebook etc but we cannot allow parents/carers to use phones and laptops poolside.

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 some volunteers to take over the running of the 100 Club that helps raise much needed funds for the Club and 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.

Northern Open Meet

This year the Open is being held on Sunday 24th June at Beechdale. It is our big event of the year. If you swim in the main pool and haven't entered yet, download a form from the website and fill it in! If you are unsure ask your coach.

The success of the day is down in part to it running smoothly and on time. To help ensure this we need lots and lots of volunteers. If your child is swimming please volunteer some of your time to help with handing round drinks, marshalling children, selling raffle tickets or one of the many other jobs we need help with. The more help we have the easier it will be. You can also support the day by sponsoring a race for £10. This means that in the programme and when the race is called out you will get a mention and gives a great advertising boost to your business etc.

A further way to help is to donate raffle prizes to help tempting visiting supporters to part with their money. Please have a look around at home for any unwanted gifts you have or donate an item that you get free/on promotion when you are next going round the supermarket. We want to make the 2012

Northern Open Meet a very special, memorable day - please help us achieve this,

Swimmers of the Month

February

Small pool	Jessica Lambert
Diving tank	Zayem Shahid
Diving tank	Grace Phillips
Main pool	Alice Venkatesan

March

Small pool	Danae Fritz
Diving tank	James Judson
End lane	Ryan Green
Main pool	Emily Urquhart

April

Small pool	Caitlin Brown
Diving tank	Adam Razaq
Diving Tank	Isaac Kirkpatrick
Main pool	Gina Taylor

Coach's Corner

A big thank you to our teenagers from the club who are helping out in the smaller pools with our young swimmers. It is really making a difference and helping the younger swimmers improve both their technique and their confidence.

Congratulations to all the swimmers that took part in the Junior Gala on Sunday 18th March. It was a great day and thank you to all the spectators for all the cheering and encouragement you gave the swimmers.

If you are chosen to represent the Club at a gala please only accept the place if you know you will be able to attend. It makes it very difficult for the coaches and team managers when people drop out at the last minute.

PERSONAL BESTS

Nottingham League Gala

Stage 2 Round 1

Mansfield 10.3.12

Tilly Sweeney	50m free	54.69
Christy Byrne	50m breast	44.45
Timothy Venkatesan	50m fly	34.13
James Kelly	50m back	45.47
Charlotte Alvey	50m back	43.57
Nick Green	50m back	37.33
Ella Kay	50m back	34.67
Eoin Byrne	50m breast	59.96
Harry Atkinson	50m fly	47.34
Connor McKay	50m free	34.18
Sara Bannister	50m breast	47.75
Mikhail Razaq	50m breast	46.88
Nick Green	50m free	30.73

Nottingham League Gala

Stage 2 Round 2

Arnold 21.4.12

Eoin Byrne	50m back	49.21
Meg Edis	50m back	58.23
James Kelly	50m back	43.66
Connor McKay	50m	49.47
Katie Durcan	50m fly	42.08
Daniel Fritz	50m free	34.00
Harry Atkinson	50m free	38.03

Dolphins Trophy Gala

Hucknall 28.4.12

Hayden		
Houldsworth	50m free	39.69
Daniel Fritz	100m back	1.23.77
Phoebe Ackroyd	50m breast	48.94
Harry Atkinson	50m breast	49.25
Frances Stonier	50m breast	1.01.23
Louis Round	50m breast	52.10
Cerys		
Evison-Varley	100m free	1.13.27
James Kelly	100m breast	1.41.74
Harry Atkinson	50m back	43.19
Samuel Wheat	50m back	48.95

Dates for Your Diary

No swimming on

Sunday 3.6.12

Monday 4.6.12

Presentation Evening Saturday 24th November
at the Irish Centre

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