



NORTHERNER



the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

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I have to say that my voice is only just recovering from the excitement of the Stage 2 Gala at Bramcote. It was a wonderful evening with Northern swimmers performing brilliantly and achieving 4th overall. Congratulations to all the swimmers and a big thank you to coaches and parents who turned up to help everything run so smoothly and provide the loudest cheering! Can't wait for Club Champs!

News and Views from the Club

Thank You

Thank you to Diane and Daisy Williams for writing the newsletter in the Summer. Many thanks for stepping in.

Congratulations to Hannah Hodgkinson and Daisy Williams on training as lifeguards over the summer holidays. Thank you too to the Coalfield Regeneration Fund for proving the funding towards the courses.

Congratulations to all our members who have recently passed their Level One Judges Award - Jane Urquhart, Peter Stonier, Sarah Phillips, and David Ackroyd. Good to hear that some of you are working towards your Judge Two Award. A big thank you to Roy Crampton, our Officials Mentor) who has been giving up his time on a Friday evening to teach and help them achieve their awards.

Thank you to everyone who took part in the Sponsored Swim. The swim raised a staggering £754.94. Thank you all for working so hard. The money has been used to purchase an ipad for Sharon and the coaches to use during the sessions. Sharon can film the swimmers and then they can see how they are swimming and it is then easier for them to make the changes to

improve their strokes. The film clips are deleted as soon as they have been discussed with the swimmer and nothing is saved on the Ipad. The money has also been used to pay for Michelle Hammond to complete her Level One Coaching Award. Our warmest congratulations Michelle.

A very big thank you to the Hammond Family who have generously donated two new trophies for Club Champs. The trophies are for the new category of U12s 800m Freestyle boy and girl. A huge thank you to Cathy Troup who has kindly taken on the role of Membership Secretary recently. If you have any queries about membership you can find Cathy's email details on the membership page of our website.

Many thanks to Bernadette Watkins. Bernadette has taken on the role of Workforce Co-ordinator. Bernadette is standing by and ready to receive any certificates from courses such as safeguarding that any of us attend. Bernadette will then photocopy your certificate and keep the copy for the Club records. If anyone would like to help with the running of Northern (there are lots of jobs, big and small, admin or poolside, so don't be shy) please ask Bernadette.

Thank you to Emma Reynolds who is taking on the role of Gala Co-ordinator for the galas for the younger swimmers. Your help is much appreciated.

Our thanks to Pranita Badhe for joining the team managers at galas.

Club Championships

Club Champs started on the 17th October with the last event on Monday 25th November. Please come with lots of supporters so we can create a great atmosphere for the swimmers and then hopefully we will have lots of personal bests and even new Club Records to record.

The Nottingham Northern Starter is away being repaired at the moment and as yet we are not sure it will be back in time for Club Champs.

To those swimmers who have not entered Club Champs please check with your coach if there is any swimming for your lane during the Club Champ sessions. Swimming sessions for swimmers in the small pool will continue.

Presentation Evening and Raffle Prizes

Yes it is that time of year again! Our Club Presentation Evening is on Saturday 30th November at the Nottingham Irish Centre, 4 Wilford Street, Nottingham NG2 1AA at 7pm. We are making some changes from the arrangements we had last year to make sure there is room for everyone. Tickets (priced £7 for adults, £4 for child/OAP and £20 for a family ticket) will be available shortly. Food will be served from 7.15 to 7.45pm. The presentations will start at 7.45pm PROMPT.

In the meantime we would welcome any donations of prizes for the raffle, bottles of wine and food for the hamper. Please bring your donations in to the desk and ask for Jodie Adams.

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.

Swim 21

Katie Rhodes is leading the Club through the revalidation process for Swim 21. This is an important process to ensure the Club is up to date and in line with all Amateur Swimming Association (ASA) policies. It involves a huge amount of work. So our thanks to Katie for taking the lead on this and to Karen Rodkin who has been helping with the Swim 21 revalidation documents.

If you have any suggestions on how Northern can do things better please let Katie know.

Karen has taken on the role of marketing officer for the Club. To help her with this she needs a team of willing, enthusiastic and creative teenagers who are good with IT. If you are a teenager who fits this bill and are looking for something else to add to your CV or personal statement let Karen or Katie know.

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.

100 Club Winners

September
1st Paul Durcan
2nd NNSC
3rd Marilyn Wheat

October
1st NNSC
2nd NNSC
3rd Sarah Atkinson

Thank you to Rita Sim for organising this for us.

Swimmers of the Month

September
Small pool Archie Withan-Neale
Diving tank Viraj Deorukhkar
Diving tank Neel Badhe
Main pool Jaya Adams

Parkrun

If you fancy enhancing your swimming training with some running check out Parkrun. Parkrun is a free 5km run/walk event held on Saturday mornings at venues throughout Nottingham and indeed the world! To take part you need to register on their website (www.parkrun.org.uk) and then you will be emailed a unique bar code. You then turn up to the event of your choice (check out their website for details), do your run/walk and then have your barcode scanned at the finish line. You can then look up your time and see if you have achieved a PB on their web page. It's a great family occasion (dogs and pushchairs always welcome) and a fun way to build up your fitness and stamina further for swimming.

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 the Club Championships start. On Club Champ nights remember to bring with you some flip flops to keep your feet warm between races, a t-shirt to wear between your events and a drink to keep you hydrated.

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.

Dates for Your Diary

03.11.13	No swimming
30.11.13	Presentation Evening
20.12.13	Last swim before Christmas
03.01.14	Training starts again
19.3.14	Northern AGM
29.6.14	Northern Open