



NORTHERNER

the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

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Welcome back to training. Hope you had a great summer and have been inspired by all the amazing sport this summer to work even harder in your training to achieve even more PBs than last year! The coaches are on a mission to make the Northern 2012 Club Championships the best ever.

News and Views from the Club

Thank you

A very big thank you to Hannah Smith. Hannah has been with the Club for many years and successfully represented the club at galas and open meets. Hannah has been Club Captain and more recently has given up her time to coach our swimmers. We wish you all the very best at University Hannah and thank you for all that you have given to Northern.

Congratulations

Our congratulations go to 3 Northern Swimmers who took part in a triathlon this month. In the 13-14 age group Rebekah Dussek came 5th, Cerys Evison-Varley came 8th and in the 15-16 age group Daisy Williams came 8th. Fab-u-lous!

If you have achieved something special outside of Northern let us know so we can celebrate your success in a future edition.

Club Championships 2012

Hopefully you received an email earlier this month with the Club Champ details and entry form. If you did not, please let us know and provide us an up to date email address. An information leaflet and entry form is now available to download from our website. Please complete the entry form and hand it in with the fee by October the 5th. Please note we

cannot accept entries after this date as time is needed to organise the races.

Usually the Club Champ races fill the session time so if it's a session you normally train at, enter the event and aim for a PB.

If you have a trophy from last year please return it to the Club by the end of September. Please ensure you have had the trophy engraved and you have cleaned it ready for Presentation Evening.

Welcome to Our New Members

July/August 2012

Patrick Harrison

Niamh Morley

100 Club Winners

July

1st Adam Wheat

2nd NNSC

3rd Jane Urqhart

August

1st NNSC

2nd Katie Rhodes

3rd NNSC

Rita Sim has taken on the 100 Club. There are numbers available so if you would like the chance to win cash please ask her for a number. Rita is usually at training on Fridays and Sundays.

Apologies to those of you with a birthday in August for the late arrival of your birthday card.

Swimmers of the Month

July

Small pool	Joseph Stonier
Diving tank	Neel Badhe
Diving tank	Katie Morley
Main pool	Katie Durcan

Equipment

If you need some flippers etc or if you have some you no longer need, please email Diane Williams (dianewilliams44@aol.com) and she will let the other members know and new homes can be found.

AGM

Our Club AGM is being held at the Plough Inn, 17 Peter's Street Radford NG7 3EN at 7.30pm. Please come along and help us vote for Club Captains and new committee members. The meeting lasts less than an hour and you can see how the Club in run and have your say.

Presentation Evening

Our Club Presentation Evening is being held on Saturday 24th November at the Irish Centre. Tickets will go on sale nearer the time. Please come along and bring the family. It's a chance to have a bite to eat and celebrate all the successes your child and the other swimmers have achieved as well as a lovely social occasion with a chance to take to the dance floor!

Raffle Prizes

We hold a raffle during the Presentation Evening to help raise funds for the Club. We would be grateful if you could donate any suitable prizes to the Club - hand them in to the desk on a Friday on Sunday training session. Wine, soft drinks, unused gifts, new books or toiletries make great prizes. Thank you. Raffle tickets will be on sale nearer the time.

Club Questionnaire

Thank you on behalf of the committee to all of you who filled in our questionnaire on the club. 32 questionnaires were received in time for the analysis and many had more than one swimmer. A few questionnaires came late but comments were taken on board.

Here is some of the information we learnt:

Nearly every person found the club welcoming, friendly and supportive. Swimmers enjoyed coming. The website was helpful and up to date.

How do you find out about what is happening in the club?

emails	27	84%
talking to others	18	56%
notice board	17	53%
website	18	56%

Quality of the Coaching

	excellent	good	satisfactory
teaching pool	61%	30%	7%
tank	70%	23%	6%
main pool	62%	38%	

No one considered the coaching to be unsatisfactory.

Comments were noted by the committee and discussed at a coaches meeting. As a result of these discussions we have actioned the following:

- 1) We have put a notice on the website to ensure that we have your correct email. This is an important method of communication for you.
- 2) We have put more information on the gala page on the website on how we select swimmers for galas.
- 3) We will send more communication via emails.
- 4) The coaches have taken on board the comments made; they would appreciate any issues, queries or concerns that parents may have about their swimmers to be raised with them directly and promptly. *If you don't know how your child is getting on please feel free to ask their coach after a session.* Let's face it; most of us parents are not swimmers!!!
Katie Rhodes (Chair of committee)

Coach's Corner

Please can you ensure that the swimmers drink plenty of water before the training sessions start. This helps to prevent them developing cramp during the training.

Please arrive poolside a couple of minutes before the session starts so that training can start promptly. Late arrivals disrupt the warm up.

PERSONAL BESTS

NOTTINGHAM LEAGUE

STAGE 3 GALA (R1)

RETFORD 8.9.12

Samuel Wheat	100m Back	1.39.65
Daniel Fritz	100m Fly	1.32.53
Meg Atkinson	100m IM	2.04.88
Samuel Wheat	100m IM	1.44.38
Katie Durcan	100m Breast	1.32.78
Christy Byrne	100m Breast	1.32.35
Katie Morley	100m Free	1.47.59
Samuel Wheat	100m Free	1.39.86
Emily Urquhart	200m IM	3.39.05
Matthew Anderson	200m IM	2.31.31
Meg Atkinson	100m Breast	2.05.06
Harry Atkinson	100 Free	1.26.86

Dates for Your Diary

Next trials for Club are on Sunday 14th October - please bring a friend or two along to see if they would like to join the club.

No swimming
Thursday 4.10.12
Thursday 13.12.12

Club Champs

Closing date for entries
Friday 5.10.12

Races

Thursday	11.10.12 6.30pm
Thursday	18.10.12 6.30pm
Monday	5.11.12
Thursday	8.11.12
Friday	9.11.12
Monday	12.11.12
Thursday	15.11.12 6.30pm
Friday	16.11.12
Monday	19.11.12

Club AGM
Wednesday 14.11.12

Presentation Evening
Saturday 24.11.12
at the Irish Centre

Last session before Christmas
Friday 21.12.12

Swimming restarts
Thursday 3.1.13

Next newsletter
November 2012