



NORTHERNER



the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Editor: Sarah Kay

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We hope you had a wonderful festive season and that 2010 will be an even greater success than 2009 - and as you can see from all the PBs at the end of this edition, 2009 was a stunning year for our swimmers!

News and Views from the Club

Presentation Evening 2009

The Presentation Evening held at the end of November was a great evening and wonderful opportunity for everyone to meet up. Along with certificates and trophies for swimming races the following awards were made:

BROOMHILL TROPHY - awarded to a newcomer: Jordan Wildern

Jorden's swimming has improved tremendously since joining the club and she has gained in confidence.

REEVES TROPHY - awarded for improvement Thomas Judson.

Thomas never ceases to amaze the coaches with his hard working attitude towards swimming and his fellow swimmers and clearly puts them first. But underneath when the races are on he turns into a shark and aims for the top every time.

BEE TROPHY awarded to the most reliable member of the club: Timothy Venkatesan
Tim is always ready to help swimmers and coaches; he works hard in sessions and is always ready for a gala.

BEAUCHAMP TROPHY awarded for positive-attitude: Sally Durcan

Sally always comes with a smile on her face and is ready for swimming. Sally works hard in her group and listens to the coaches.

COACHES AWARD for the small pool: Zeyem Shahid.

Zeyem has had a fear of the deep water since he came to the club but with a lot of help he has overcome his fear and is swimming in the tank at 1.8 meters and had a go at club champs in the big pool.

SECRETARYS AWARD for the most improved swimmer in the half hour groups: Frances Stonier. Frances works hard at her swimming and listens, which has helped her to improve,

TREASURERS AWARD for the most improvement half hour group

Hayden Houldsworth. Hayden is more positive with his swimming now it has enabled him to enter galas and it has turned his swimming around

COACHES AWARD was awarded to Tony Alvey for his boundless enthusiasm during his lessons and the encouragement he gives to his pupils

CENTENARY AWARD awarded to Hannah Soar in recognition of everything she has given to the club during her time as a member, from always volunteering to swim in galas, to providing support and encouragement other swimmers as Club captain, to lifeguarding and coaching and to helping out with the administration of the club's events.

Photographs from the Presentation evening in November: please take some time to look through these lovely photos and if you

would like to purchase copies please
contact David Anderson

Changes in Rules for Costumes

As you may know there are major changes to the official FINA swimsuit rules from the 1st January. These rules will apply to our swimmers too.

The FINA rules state that:
"The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

All swimsuits shall be non transparent.

>
The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.

>
In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

>
From 1st January 2010 swimwear for males shall not extend above the navel or below the knee, and for females shall not cover the neck, extend past the shoulder, nor shall extend below knee.

All swimsuits shall be made from textile materials."

If you have any questions about this please speak to Sharon.

Welcome to our new members

Willem Sim
Fabian Ellans
And as helpers
Calvin Houldsworth
Paul Durcan,
Alison Nurse.

ASA and Membership

The time has come to renew everyone's ASA registration. This is a fee we pay to the ASA to cover membership of the ASA and insurance.

The ASA membership fees are

Standard Membership £26.00 (for 1st & 2nd members of the family/£13.00 for subsequent members)

Standard membership with national registration £42.00

Helper/official £1.50

However, pool fees will increase by £1.00/month per swimmer from 1st Feb 2010. This increase in fees will allow us to meet the increased cost of hiring the pools.

The new monthly fees will be -
Main pool swimmers £17.00 if paid by 12 month standing order or £19 if paying cash/cheque

Small pool/diving tank swimmers £9.00 if paid by 12 month standing order or £11 if paying by cash/cheque

Please do pay by standing order over each of the 12 months if you can. This reduces the administration for the Club and gives you a better deal.

The forms have been sent out to you by email. If you have not got one or cannot download one please ask at the desk at one of the training sessions as paper copies will be available. Please return the form, with fees (if applicable), to the swimming club or if it's easier, send to Liz Towlson at 30 Courtney Close, Wollaton, Nottingham, NG8 2BS.

**Please return the form as soon as possible.
The closing date is 14 February 2010.**

If the Club does not receive your form and fees by the 14 Feb you will not be able to swim as you will not be insured.

If you do not wish to renew your membership, please let Liz know.

New Committee

The new Committee met at the beginning of December and Katie Rhodes was elected as Chairperson for a second year. Details of all the committee members can be found on the website.

Committee Meetings are held on the first Wednesday of the month. Minutes of previous

committee meetings are available by email from Dianewilliams44@aol.com or you can obtain a hard copy by contacting Diane Williams, club secretary/coach.

After a huge effort by the Committee members, at a very busy time of year, the audits for Swim 21 have been completed. These have been forwarded to Swim 21 who will review the results and come back to the Committee with suggestions to help improve the club further. A very big thank you to Katie for being so enthusiastic about this project and keeping everyone focused.

Volunteers Needed

To help Northern Swimming Club this year we need volunteers to train as official time keepers and as judges for galas. If you are interested in either of these please ask Michelle Hammond for further details. To train as a time keeper you will need to attend a seminar and complete a short workbook, while to become a judge you will need to complete a workbook and attend galas where training is given under the supervision of the officials. Please do consider it especially if you regularly attend galas.

To help with the training sessions we also need poolside helpers. Northern will fund your training (in return for you helping out for a minimum of two years). This would enable you to help out at the end of the lanes under the supervision of the coaching staff. If you are interested please do speak to Sharon for more information.

Another area where we need help is with the lifeguarding. Again Northern will pay for your course fees in return for you regularly lifeguarding for two sessions a week over a two year period. For more details please ask Jo Smith.

Wanted

Please check your cupboards for unwanted Christmas presents. We need raffle prizes for galas throughout the year so please donate any unwanted tins of biscuits, boxes of chocolates or bottles of wine. Also if you see any good offers at the supermarket please pick a bargain to donate to the raffle fund of the club. Katie (mum to Tim, Alice and Emily) will happily take them off your hands and get them to the right place!

Swimmers of the Month

November

Small pool	Ella Campbell
Diving tank	Oscar Ridley
Diving tank	Molly Round
Main pool	Lauren Hammond

December

Small pool	Megan Edis
Diving tank	Ben Towlson
End lane	Charlotte Alvey
Main pool	Jorden Wilden

One Hundred Club Winners

December

1 st Prize	Martin Judson
2 nd Prize	David Booth
3 rd Prize	Richard Williams

It is that time of year again when we would be grateful if you would renew your membership of 100 Club. This raises much needed funds for the club and gives you the chance to win one of three cash prizes every month. (£15, £10 and £5). If you would like to join the 100 Club or renew your membership for the year please see Michelle Hammond.

Website

The website has expanded dramatically recently. A very big thank you to David Anderson for all the hours he has given to this project and in providing the Club with such a user friendly, accessible resource. David is gradually passing the management of the website over to Nick Hodkinson.

New items on the website include:

Password protected areas: please ask or email any of the Committee members for details of the password.

Teaching aims for each of the pools

Details of the Committee members

Gala and Open Fixtures for 2010

Information on our big event of the year,
the Nottingham Northern Junior Open
Meet on Sunday 27th June

A swimmers page: this is again password
protected and includes details of all the
PBs

Please let the Committee know what you
think of the website and what else you
would like to see on there.

Coach's Corner

We have new Club Captains:
Our Senior Captains are
Hayley Anderson
Nick Hodkinson
as voted for at the Annual General Meeting:

And Junior Captain as voted for by the
swimmers
Hannah Hodkinson
Thomas Judson

The emphasis of training will be on developing
the swimmers to get ready for the Spring galas
and the Counties.

The coaches are looking into asking the
children to swim in T-shirts to help build up
their stamina and strengthen their muscles.
Also to use a tennis ball to help with perfecting
the breast stroke.

Eight swimmers will be representing Northern
at the County Championships during February
and March. They are:

Matthew Anderson
Katie Durcan
Cerys Evison-Varley
Benjamin Hammond
Hannah Hodkinson
Ella Kay
Alice Venkatesan
Emily Venkatesan

For the first time we will be entering a relay
team in the girls 12 and under age group. Go
Girls!

Good luck to all our County Trialists!

PERSONAL BESTS

CULB CHAMPS NOVEMBER 09

A staggering 263 PBs were achieved during
the Club Championships and there were
some brilliant races with nail biting
finishes.

Name	Stroke/ Distance	Time
Benjamin Hammond	200m back	2.55.85
Timothy Venkatesan	200m back	2.52.68
Matthew Beeton	200m back	3.28.88
Ben Allen	200m back	2.50.58
Matthew Anderson	200m back	2.58.97
Sally Durcan	200m back	3.48.36
Daisy Williams	200m back	3.13.63
Alice Venkatesan	200m back	3.00.26
Charlie Homer	200m back	3.19.69
Cerys Evison-Varley	200m back	3.11.05
Hannah Hodkinson	200m back	2.56.67
Lauren Hammond	200m back	3.37.00
Emily Venkatesan	200m back	3.37.93
Ella Kay	400m IM	7.05.19
Charlie Homer	400m IM	7.10.20
Hannah Hodkinson	400m IM	6.23.33
Matthew Anderson	400m IM	6.49.84
Matthew Beeton	200m breast	3.29.19
Thomas Judson	200m breast	4.27.00
Hayley Anderson	200m breast	3.27.03
Beth Doyle	200m breast	3.40.02
Hannah Smith	200m breast	3.24.94
Lauren Hammond	200m breast	4.07.74
Alice Venkatesan	200m breast	3.17.92
Kayla Campbell	200m breast	4.34.13
Katie Durcan	200m breast	3.57.58
Ella Kay	200m breast	3.36.65

Emily Venkatesan	200m breast	3.52.14
Rebecca Booth	200m breast	4.49.52
Hannah Hodkinson	200m breast	3.26.19
Charlie Homer	200m breast	3.40.42
Benjamin Hammond	200m free	2.38.91
Matthew Beeton	200m free	3.03.07
Daniel Smith	200m free	2.24.43
Matthew Anderson	200m free	2.47.45
Thomas Judson	200m free	3.46.85
Maisie Kenton	200m free	2.59.46
Hayley Anderson	200m free	2.49.91
Hannah Smith	200m free	2.50.45
Beth Doyle	200m free	3.07.99
Alice Venkatesan	200m free	2.39.45
Kayla Campbell	200m free	4.30.32
Emily Venkatesan	200m free	3.15.62
Emily Urquhart	200m free	4.35.88
Katie Durcan	200m free	3.18.22
Rebecca Booth	200m free	4.13.11
Hannah Hodkinson	200m free	2.40.32
Cerys Evison-Varley	200m free	3.04.34
Charlie Homer	200m free	3.01.13
Thomas Judson	400m free	7.57.02
Matthew Anderson	400m free	5.57.20
Katie Durcan	400m free	7.18.52
Hannah Hodkinson	400m free	5.40.41
Emily Venkatesan	400m free	7.14.63
Alice Venkatesan	400m free	5.40.42
Lauren Hammond	400m free	6.53.73
Cerys Evison-Varley	400m free	6.23.70
Ella Kay	400m free	6.12.24
Ben Allen	400m free	5.37.49
Matthew Beeton	400m free	6.27.99
Tom Devonshire	400m free	8.11.47
Benjamin Hammond	400m free	5.37.10
James Judson	25m free	1.27.29
Thomas Evison-Varley	25m free	22.16

Daniel Langham	25m free	31.48
Zayem Shahid	25m free	46.42
Adam Razaq	25m free	2.13.66
Daisy Stonier	25m free	46.17
Elli Smith	25m free	33.06
Louis Round	25m free	26.71
Oliver Mackay	25m free	18.43
Ryan Green	25m free	25.39
Oscar Ridley	25m free	22.13
Samual Wheat	25m free	26.72
Hayden Houldsworth	25m free	22.82
Luke Exton	25m free	19.75
Esam Shahid	25m free	34.58
Katie Durcan	25m free	21.70
Jaya Adams	25m free	32.75
Jasmin Mackay	25m free	21.41
Abigail Blane	25m free	25.07
Charlotte Alvey	25m free	25.60
Gemma Halliday	25m free	22.14
Lauren Gibbons	25m free	25.03
Amy Edis	25m free	24.00
Megan Smith	25m free	26.71
Emily Urquhart	25m free	23.32
Jessica Barnes	25m free	25.12
Emily Venkatesan	25m free	17.96
Sian Langham	25m free	31.27
Rebecca Booth	25m free	21.46
Edward Ridley	50m back	47.02
Daniel Fritz	50m back	45.61
Matthew Anderson	50m back	34.64
Molly Round	50m free	58.78
Catrin Manktelow	50m free	43.39
Katie Durcan	50m free	40.63
Jack Taylor	100m free	1.31.94
Mikhial Razaq	100m free	1.55.90
Thomas Judson	100m free	1.35.22
Adam Exton	100m free	1.13.22
Benjamin Hammond	100m free	1.11.92
Matthew Beeton	100m free	1.17.39
Ben Allen	100m free	1.05.06
Zara Mackay	100m free	1.29.07
Annie Edis	100m free	1.41.65
Jordan Wilden	100m free	1.34.50
Ella Kay	100m free	1.19.32
Lauren Hammond	100m free	1.27.02
Hannah Hodkinson	100m free	1.12.36

Rachel Lawrence	100m free	1.46.33
Bethan Manktelow	100m free	1.31.80
Cerys Evison-Varley	100m free	1.22.73
Alice Venkatesan	100m free	1.1.3.47
Charlie Homer	100m free	1.20.16
Sara Bannister	100m free	1.43.71
Lydia Green	100m free	1.28.06
Beth Doyle	100m free	1.19.58
Maisie Kenton	100m free	1.21.19
Sally Durcan	100m free	1.28.85
Hayley Anderson	100m free	1.13.90
Louis Round	25m back	35.02
Oliver Mackay	25m back	23.23
Oscar Ridley	25m back	25.45
Samuel Wheat	25m back	32.37
Luke Exton	25m back	24.94
Esam Shahid	25m back	37.32
Frances Stonier	25m back	38.14
Jaya Adams	25m back	28.60
Gemma Halliday	25m back	28.32
Jessica Barnes	25m back	31.29
Emily Venkatesan	25m back	23.27
Jasmin Mackay	25m back	25.63
Charlotte Alvey	25m back	25.71
Lauren Gibbons	25m back	32.41
Megan Edis	25m back	34.77
Emily Urquhart	25m back	30.10
Sian Langham	25m back	33.69
Rebecca Booth	25m back	25.68
Daniel Fritz	50m back	58.23
Molly Round	50m back	1.01.13
Catrin Manktelow	50m back	52.23
Thomas Judson	100m back	1.57.41
Adam Exton	100m back	1.23.81
Benjamin Hammond	100m back	1.23.81
Daniel Smith	100m back	1.18.77
Zara Mackay	100m back	1.40.60
Annie Edis	100m back	1.53.94
Daisy Williams	100m back	1.35.67
Cerys Evison-Varley	100m back	1.32.66
Alice Venkatesan	100m back	1.26.93
Charlie Homer	100m back	1.31.33
Sophie Monaghan	100m back	2.37.67

Rachel Lawrence	100m back	2.06.49
Bethan Manktelow	100m back	1.54.66
Ella Kay	100m back	1.26.63
Lauren Hammond	100m back	1.46.95
Hannah Hodkinson	100m back	1.24.26
Lydia Green	100m back	1.48.90
Maisie Green	100m back	1.33.22
Sarah Allen	100m back	1.46.90
Sally Durcan	100m back	1.48.75
Rhea Williams	100m back	1.22.90
Adam Exton	100m IM	1.19.80
Benjamin Hammond	100m IM	1.21.89
Matthew Anderson	100m IM	1.26.80
Lydia Green	100m IM	1.37.90
Ella Kay	100m IM	1.23.87
Rebecca Booth	100m IM	2.08.77
Charlie Homer	100m IM	1.30.49
Kayla Campbell	100m IM	2.00.52
Cerys Evison-Varley	100m IM	1.29.40
Lauren Hammond	100m IM	1.37.02
Emily Venkatesan	100m IM	1.42.40
Hannah Hodkinson	100m IM	1.24.32
Katie Durcan	100m IM	1.45.58
Daniel Smith	100m IM	1.20.16
Ben Allen	100m IM	1.19.91
Rhea Williams	100m IM	1.23.38
Luke Exton	50m free	47.22
Hayden Houldsworth	50m free	50.10
Megan Smith	50m free	46.63
Jordan Wilden	50m free	40.12
Cerys Evison-Varley	50m free	36.83
Alice Venkatesan	50m free	33.30
Rebecca Booth	50m free	48.19
Emily Urquhart	50m free	56.17
Rachel Lawrence	50m free	45.40
Hannah Hodkinson	50m free	33.97
Cerys Evison-Varley	50m free	36.13
Sally Durcan	50m free	41.12

Thomas Evison-Varley	25m breast	35.78
Zayem Shahid	25m breast	59.11
Daisy Stonier	25m breast	59.54
Elli Smith	25m breast	47.66
Siobhan Harnett	25m breast	47.63
Oscar Ridley	25m breast	31.11
Ryan Green	25m breast	38.91
Luke Exton	25m breast	26.18
Samuel Wheat	25m breast	39.05
Hayden Houldsworth	25m breast	33.30
Katie Sowter	25m breast	30.60
Jasmine Mackay	25m breast	28.90
Charlotte Alvey	25m breast	29.46
Jessica Barnes	25m breast	25.81
Emily Venkatesan	25m breast	22.23
Frances Stonier	25m breast	40.80
Abigail Blane	25m breast	30.59
Rebecca Booth	25m breast	27.58
Megan Smith	25m breast	27.29
Amy Edis	25m breast	35.57
Ben Towlson	50m breast	1.05.60
Matthew Anderson	50m breast	47.25
Catrin Manktelow	50m breast	57.41
Katie Durcan	50m breast	52.32
Kayla Campbell	50m breast	53.30
Thomas Judson	100m breast	2.03.29
Daniel :Liddle	100m breast	1.46.27
Timothy Venkatesan	100m breast	1.29.06
Adam Exton	100m breast	1.31.83
Benjamin Hammond	100m breast	1.31.42
Matthew Beeton	100m breast	1.35.73
Zara Mackay	100m breast	1.58.06
Annie Edis	100m breast	2.07.26
Charlie Homer	100m breast	1.44.20
Ella Kay	100m breast	1.43.23
Alice Venkatesan	100m breast	1.31.63
Jorden Wilden	100m breast	1.59.70
Cerys Evison-Varley	100m breast	1.47.29
Hannah Hodkinson	100m breast	1.36.60
Rachel Lawrence	100m breast	2.03.08
Lauren Hammond	100m breast	1.53.29
Sara Bannister	100m breast	1.56.59

Lydia Green	100m breast	1.46.06
Sally Durcan	100m breast	1.57.26
Sarah Allen	100m breast	1.48.25
Beth Doyle	100m breast	1.40.80
Rhea Williams	100m breast	1.36.52
Thomas Evison-Varley	25m back	28.47
Daniel Langham	25m back	39.93
Zayem Shahid	25m back	1.07.83
Daisy Stonie	25m back	52.47
Elli Smith	25m back	41.23
Jasmine Mackay	25m fly	27.19
Charlotte Alvey	25m fly	32.74
Megan Smith	25m fly	34.85
Amy Edis	25m fly	39.41
Katie Duran	25m fly	19.82
Jack Taylor	50m fly	52.34
Thomas Judson	50m fly	57.14
Ella Kay	50m fly	43.50
Ben Allen	100m fly	1.40.97
Maisie Kenton	100m fly	1.37.79
Sally Durcan	100m fly	1.53.00
Rhea Williams	100m fly	1.28.22
Hannah Hodkinson	100m fly	1.29.75

TIMES TAKEN FOR COUNTIES IN DECEMBER 09

NOTTS & DISTRICT AT BRAMCOTE ON THE 12TH OF DECEMBER 09

We were short on 15year old boys at this gala but still plenty of PBs achieved.

Name	Distance/Stroke	Time
Ella Kay	50m back	37.13
Hayley Anderson	50m breast	44.54
Matthew Beeton	50m breast	43.65
Sarah Allen	50m breast	51.71
Ella Kay	25m fly	17.90
Keelan Burch	25m fly	20.43
Thomas Judson	50m breast	53.95
Charlie Homer	50m free	36.66
Adam Exton	50m free	31.84
Rhea Williams	50m breast	45.28
Rhea Williams	100m back	1.21.66
Benjamin Hammond	100m breast	1.31.26
Emily Venkatesan	200m free	3.15.45
Benjamin Hammond	50m free	32.08
Matthew Anderson	200m fly	3.32.22

Name	Distance/Stroke	Time
Emily Venkatesan	50m breast	48.11
Katie Durcan	50m breast	50.33
Cerys Evison-Varley	100m back	1.28.00
Benjamin Hammond	100m breast	1.31.30
Hannah Hodgkinson	100m back	1.22.03
Ella Kay	100m back	1.22.37

Dates for Your Diary

Sunday 14.2.10 No training

Sunday 21.3.10 No training

As Beechdale is being used for the County Championships on these two dates.

Next newsletter March 2010