



Halloween Disco and Awards Evening

October 27 at Titchfield Community Centre 7pm -11.45pm

Entry via ticket from Jenny/Joanne.

Cost - FREE. - But you still need a ticket as numbers are limited.

This is the awards evening for Club Championships. Each age Group has an award for 1st 2nd and 3rd place. This is from the positions of your best 10 events from club championships. There will also be a disco, fancy dress prize and competitions, bar and music.

Membership fees are now overdue.

Please pay your fees to the Friday desk ASAP.

Ask for a membership form to update your details at the same time please.

Are you paying the correct Standing order?

Committee News

Nominations for the Committee are now open.

We are always keen for new members. You could do something to help Fareham Nomads.

The Committee is particularly looking for representatives from Small Pool and Swim Clinic.

All queries or forms please contact Joanne Gill Secretary on secretaryfncs@btinternet.com

Forthcoming Events

Peter Bull Open Meet 1/2nd December. This is a level 3 Bagcat meet for the younger swimmers. Closing date: 22nd October.

Bournemouth Open Meet 15/16th December, which is a level 2 meet. Lower limit entries times. Closing date: 2nd November.

Forms are on the website.

Coaching - What is a Bagcat?

This measures and compares the performances of swimmers stands for British Age Group CATegory.

In this measurement system, points are scored for particular times in individual events based on their relative performance to top 10 historic all time performances. Points are based on a FINA scoring model. 'Top Boy' or 'Top Girl' trophies are awarded based on the total BAGCAT points scored by swimmers in a selection of events.

The original intent of this was to encourage younger swimmers to compete in a wide range of events and not specialise too early.

Typically these will be grouped as best sprint (50m), best 100m, best Individual Medley, best distance (200m+) and best non-Freestyle performance (confusingly known as a 'Form stroke'). The stroke groups change as swimmers get older.

Most Open Meets for younger swimmers are in the form of these BAGCAT events such as the Peter Bull Open Meet.