

### Nomads Says Goodbye to Head Coach.

Mark Corben, our Head Coach is leaving after being with Fareham Nomads for just over a year. He is moving to progress his career as Head Coach at Salisbury.

During his time with us Mark has worked hard with the top Squad Performance. He has introduced a new gruelling schedule that includes land training. Under his Coaching Fareham Nomads has achieved success in the Arena League with promotion to League 1.

We are sorry to see him go, and wish him luck in his new job.

### Christmas Sprint Night

Fareham Nomads held a Sprint night on 21st December. This was a licenced meet so times can be used to qualify for the County Championship in March. Events swam were 50m in all strokes and the 100m IM. Medals were awarded for top 3 in all age groups.

The contest was fast and furious. It was great to see so many Club members competing from the youngsters doing 25m freestyle to the top members thrashing down a 50m butterfly in less than 30 seconds.

There were loads of PBs by swimmers from the higher squads to the lower squads. A brilliant time was had by all, including the coaches and officials. It was a fantastic way to end the year.

### **Congratulations to Dan Cameron**

15 year old Dan Cameron, who swims with Performance, achieved his first National Time just before Christmas. He swam 100m backstroke in 1:01.43, inside the 1:02.23 qualifying time. He was also very close in two other events he swam at Portsmouth.

National times can only be obtained in a 50m pool, but there is still plenty of time and Open Meets for Dan to try and add to his National tally

### **Committee News**

With Marks' resignation the Committee will meet and decide a way forward regarding a new Head Coach. It will take some time to advertise and interview for this post.

Please be assured that the Committee are committed to finding someone for the role that will continue to take the Club forward, but do not want to rush into any decisions that may lead to the detriment of Fareham Nomads.

### **Forthcoming Events**

**Portsmouth New Year Meet.** This is a long course meet on 12/13 January.

**Southampton Meet.** Level 3 meet on 10 February. Last chance to get those all important County times

**Hampshire County Championship.** The first big Open Meet of the year spread over 3 weekends. Closing date for entries is 10th February. Please see Nomads Website for event details and qualifying times.