

A P R I L 2 0 1 5

Fareham Nomads News

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Chairman's foreword

When I was told it was two months since the last newsletter I couldn't believe it, but looking back lots of swimming has happened so perhaps I shouldn't be surprised the time has flown.

I was particularly struck by the performances of our younger swimmers at County's, which bodes well for the future; some of our not so young swimmers also did very well too.

County's were quickly followed by the Portsmouth Easter Meet, I share the disappointment of many of you at the number of Nomads rejections. The problem of oversubscription of Level 1 meets in particular would appear to be an unintended consequence of using

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rankings rather than qualification times for Nationals. Going forward the committee and Head Coach will be looking at next year's competition programme to ensure there are appropriate opportunities for all who wish to compete.

I will close by briefly mentioning the "lifesaving" course, which a number of members of the club attended a couple of weeks ago.

You will not be surprised that most of the attendees were coaches. However, the course was also attended (and passed) by the club Treasurer, the editor of this newsletter and myself.

Having individuals with this qualification means hopefully the need to cancel any sessions is minimised. You also learn valuable skills of both rescue and first aid, which although I hope I will never use, its good to know I could if needed.

The success of the course was discussed at a recent committee meeting where we agreed that if there is sufficient interest from parents, we would look to arrange another course.

David Finch, Chairman



[Latest news items in our local newspapers \(click on the links\):](#)

- ❖ **Corben continues hot streak with two European records**
- ❖ **Swimmers gear up for Hampshire Championships**
- ❖ **High standard set in flagship meet**



Notices



Squad moves

Congratulations to Daisy Ireland, Maddy Thompson and Matthew Sullivan who have been promoted to the Top Squad from Age Squad.

Swimmers of the Month

March:

Learn To Swim - William Percy-Loosemore
Swim Clinic – Lucy Brown
Sharks – Ryan Ireland
Skills – Edward Hollands
Age – Fiona Murdoch
Top - Clive Marquis

April:

Learn To Swim - Rory Murdoch
Swim Clinic – Ava Bennell
Sharks – Farrah Thompson
Skills – Ellen Jewell
Age – Alex Finch
Top - Jess Davies

WELL DONE!

Everyone Active Vouchers

We are collecting Sainbury's Everyone Active Vouchers. If you could please give them to Su Childs who runs the Swim Shop that would be much appreciated. Thank you.

Welcome new members

Welcome to Shona McGrath, Christian Price, Beatrice Adams, Megan Cusack, Olivia Young, Amelia Boyes, Harriet Boyes, Evie Druce, Megan Young, Isaac Hughes, Erin Coffey, Jamie King, Eric Ngwata and Sophie Kent

The comment below from one of our younger members is what it means to be a member of a club, a part of a team. This is one of the reasons Stewart says he coaches.

Haydn Clinton: 'It was my first ever counties and I felt nervous and excited at the same time even though I only had one race which was the 50m free relay. My nervousness didn't help when my goggles fell off on the training dive. Luckily one of the helpers came to save the day and our team came 5th. It was a different and great experience which I will treasure forever and tick off the bucket list.'

Newsletter submissions

If you want your picture or story to appear in the next newsletter please email me via: lauramolneaux@hotmail.co.uk

100 Club

The winner of the final draw of the old 100 Club in March was David Finch. The winner for April in the newly revamped 100 Club was Jackie Pike.

There are still some numbers left so if you are interested please contact Jennie Davies or Kerry West for details.

Head Coach Report

The County Championships were completed during the middle of March and overall the swimmers displayed some very encouraging performances 12 months on from 2014. This has come about through a lot of hard work by the swimmers and my fellow coaches.

I analyse all results achieved by the swimmers and no matter which way I look at the results at County Championships all is positive. More swimmers qualified, more events competed, more personal best times, more medal winners, more swimmers in finals. This now puts the pressure on the swimmers (and coaches) for next year, as all of us must be aiming for further improvement.

How can this be gained, the simple answer is that ALL swimmers need to maximise their attendance at training, ALL need to do their best at training, even if this is done it is not a guarantee of success, however, I can assure you that without hard work and regular and consistent effort at training success will be that much more difficult to obtain. Unfortunately some are not putting in the required effort nor attending sufficient training to ensure continued improvement.

We are now approaching the mid-point of the swimming year with some swimmers aiming for Regional Championships, National Championships, our own end of season Open Meet, The Masters National Championships and Masters County Championships plus a few inter-club and League Galas. There is still a lot to aim for between now and the end of the swimming year.

Best of Luck to you ALL.

A couple of thoughts to help you through the rest of the swimming years:

SUCCESS DOES NOT COME FROM WHAT YOU CAN DO; IT COMES FROM OVERCOMING THE THINGS THAT YOU ONCE THOUGHT YOU COULDN'T DO.

HARD WORK WILL BEAT TALENT WHEN TALENT DOES NOT WORK HARD.



Stewart Crowe, Head Coach



Patience, the ability and play the long waiting game

We live in a culture of instant results. Need to contact someone, use text, Snap-chat, Instagram, Twitter etc. With the use of any of these mediums an immediate response is more or less gained. Some think that swimming is the same and instant or immediate success is going to be achieved. The world is getting faster and faster. We expect our media at our fingertips. We expect miracle supplements to work *el* magic. And we expect hacks and tricks to be able to sneak us past the hard work line-up. But a little talked about aspect of elite swimming requires the opposite... The ability to sit back and be patient.

In 1980, Russia's Vladimir Salnikov was the 1500m freestyle Olympic champion - Sort of. The gold was nice. And the world record was nice too—with his 14:58 he was the first man to ever break 15 minutes. And being able to slip under what was at that time an unbreakable barrier in front of a home crowd in Moscow was surely satisfying. But there was something very noticeable missing from that Olympic performance...

The Western world. Most notably the American team, in 1980 the Russians and the West were not exactly on speaking terms. Full-blown frenemies, one might say. With the Cold War quietly raging, the Americans (and many other Western countries) boycotted the 1980 Games to protest the Soviet invasion of Afghanistan. For Salnikov, it was a hollow win.

He wanted to win the Olympics when the whole world was there. So he continued training. Kept at it. Continued plotting and planning for Olympic gold.

In 1984 the Soviets, and 14 other Eastern Bloc countries followed up the '80 boycott with one of their own, refusing to send their athletes to the Los Angeles Olympics. Again, Salnikov would not get his chance to compete against the best in the world. So what did he do? He continued training. Kept at it.

In the years between '84 and '88 the iron grip that Salnikov had on the mile began to loosen. At the 1986 World Championships he placed outside of the medals. In 1987 at the European championships he didn't even advance to the final.

If not for a last minute intervention by the Soviet sports ministry Salnikov would have been left off the team heading to Seoul entirely. After going unbeaten in the event for nearly 10 years, and at age 28-- well past what was considered at the time to be his prime—Salnikov was considered washed up. But he kept at it. Kept going.

At the Seoul Olympics, Salnikov would hang with the field until the 700m mark, at which point he began to surge ahead. With the crowd at his back, the "Monster of the Waves" (that was his nickname—how awesome and intimidating is that!) powered on, touching first in 15:00.40.

Finally, after eight years of waiting and training, of being doubted, of being "washed up"... Salnikov had finally won his gold medal with the whole world present. That night when he walked into the cafeteria in the Olympic village all of the athletes stood up and gave him a standing ovation.

Athletes of every country, from every sport, they all rose to honour the incredible patience and grit of the legendary Russian swimmer. Patience... The ability to play the long game... To see beyond the current struggle in order to gain a greater victory...

Competition round-up

Results Round Up – I do my best to report on all activities/achievements of all swimmers in the club, this includes school swimming events, biathlons etc. However I can only report what is reported to me.

County Championships:

The first weekend of the City Championships saw the club get off to a very good start with the younger members representing the club.

Total number of swims 72, of which 16 were in the finals

Personal Best Times = 50 = 69%

Top eight places = 22

Medals and Finalists:

Alexander Finch: 50m Breaststroke Gold 37.42 (pb).
6th 100m Breaststroke 1.26.00 (pb). 6th 200m Breaststroke 3.10.53 (pb)

Oliver Burton: 200m Backstroke Silver 2.30.99 (pb). 7th 100m Backstroke 1.11.30. 7th 50m Backstroke 33.71.

Ellen Jewell: 200m Backstroke Bronze 2.57.12 (pb); 50m Butterfly Bronze 37.86 (pb). 4th 50m Backstroke 38.59.

4th 50m Freestyle 33.06 (pb). 5th 200m Freestyle 2.43.13 (pb). 5th 100m Backstroke 1.23.81 (pb). 7th 100m Freestyle 1.14.90 (pb)

Other Placings:

Joe Davies 5th 100m Backstroke 1.16.56 (pb). 5th 50m Backstroke 35.70 (pb). 6th 200m Backstroke 2.42.04 (pb). 8th 50m Freestyle 31.36 (pb). 8th 50m Breaststroke 43.18 (pb).

Daisy Ireland 5th 200m Butterfly 2.59.82

Hannah Cooper 6th 100m Breaststroke 1.29.74 (pb)

Matthew Sullivan 8th 50m Breaststroke 41.24. 8th 50m Backstroke 35.05 (pb).

Special mention to Ellen Jewell who swam exceptionally well throughout the weekend, she was competing in the 10/11 years age group and at the time of the Championships was only 10 Years and 2 months. She will be competing in this age group next year.

The relay teams also did extremely well surpassing the results gained last year. The full results and all times can be found on the club web site.



Competition round-up continued...

Arthur Morley competed in the disability events and continued his recent good progress winning gold in the 400m Freestyle and five silver medals in the 100 Freestyle, 100 Backstroke, 100 Breaststroke, 100 Butterfly and 50 Freestyle. All times with the exception of the 50m Freestyle were personal best times. The best of these being the 400m Freestyle in which he improved his long course time by some 11 seconds.

The Open 4x100m Individual Medley men's team, consisting of John Molyneaux, Jamie O'Donnell, Dan Cameron and Chris Finch, picked up a podium finish by placing third.

Jo Corben, 44, impressed and showed that age is no barrier to success with fine displays in the 100m and 200m Backstroke, her time in the latter being just shy of the World Masters Record by just 0.06 seconds.

"The overall results achieved by this group of swimmers surpassed the expectations of the coaching staff and was a vast improvement upon last year's Championships. Improvement based upon the number of personal best times was impressive with a total of 91 best times from the 136 swims."

Ladies Fareham Nomads Masters Team, Jo Corben, Claire Tagg, Noemie Peignon and Laura Molyneaux, received a lot of positive comments from many spectators and officials as they place 10th in the 4x100 Medley Relay and 14th in the 4x100m Freestyle Relay. The team's average age was 36 years.

Top eight finishes were gained by the following swimmers:

Jess Davies 50 Back 4th, 100m Back 4th, 50 F/C 5th, 200 Back 7th

Chris Finch 400 F/C 7th. He also made the finals of the 100 F/C, 100m Back and 200m Back but elected not to swim these.

John Molyneaux 100m and 50m Back 4th

Jo Corben 200m Back 8th, 100m Back 7th

Dan Cameron 50 Fly 5th, 100 Fly 6th

British Schools Biathlon Championships – London Aquatics Centre

Fareham Nomads Swimming Club member Chris Finch clinched victory in the Under 19 Age Group of the British Schools Biathlon Championships.

Nomads swimmers Chris Finch, of Barton Peveril College. Olivia Busher, of St Swithuns School, placed 33rd of 131; Ellie Sproul WHP placed 24th of 97 with a great swim of 1.11.78, a long course personal best time.

Others to compete in the championships at London Aquatics Centre on March 29 were Zavier Barfoot WHP 94th of 124 and Francis Moore WHP 31st of 122.



Competition round-up continued...

Cammy McMillan, a recent new member of Fareham Nomads having joined from Winchester City Penguins, also swam a personal best time in the swim of 2.34.13 for the 200m Freestyle. She placed 29th from 31 competitors in the U/16 age group.

“The event attracted the cream of biathletes from throughout the country with a number of the athlete’s members of the GB Modern Pentathlon team or members of the MPAGB Development Programme.”

Chris Finch was competing in the Under 19 Age Group and was one of the youngest competitors and faced extremely tough competition from athletes such as Henry Choong, whom competed for GB at the Youth Olympics for Modern Pentathlon and holds the European Pentathlon Swimming Record.

After the 1600m run the Nomads swimmer was in 8th place only 60 points behind the winner of the run, James Rustom – representing Millfield School.

A strong 200m Freestyle swim saw Finch claim 2nd place in a personal best time of 2.00.83, a small margin of 1.11 seconds behind the winner of the swim, Jamie Cunningham of Farnborough 6th Form College.

The points scored in the swim of 1292 combined with the 1094 run points gave a total of 2386 which was good enough to be the Under 19 Champion by the small margin of 12 points from James Rustom of Millfield. A total of 21 athletes participated in this age group.

PNSC Easter Meet

13 Swimmers entered the PNSC Easter Meet. Total Swims 47. PB's 24. DNS 18. DQ's 1.

Finals 5 Jess Davies (4), Chris Finch 1.
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Jess Davies 4th Placed 17/O Girl.

Medals Jess Davies 17/O 2 Bronze 200m Back, 50m Back.

Other Top 8 Age Group Places: Jess Davies 5, Joe Davies 4, Chris Finch 4, Seb Williams 2, Jo Corben 1, Dan Cameron 1

British Championships:

Congratulations to Sebastian Williams (Top Squad) who competed at these championships, held at the London Aquatics Centre. Seb swam in the 50m Freestyle and placed 25th from 50 swimmers recording a personal best time of 25.28.

Salisbury OM:

Some great swims, lots of personal bests from the large squad that competed at this annual event. To date I have not had time to collate all the results, a full report will be made in the next newsletter.



Competition round-up continued...

Swimathon:

Some great reports from parents and swimmers that took part in the annual Swimathon held at FLC on Friday 17th April. The following members from the club participated:

Lily and Solomon Bond, Poppy Deabill, Evie Rowsell, Farrah and Maddie Thompson, Katie and Oliver Jones, Rory, Carole, Jock, Fiona and Lucy Murdoch, Ben, Jacqui and Toby King, John Vulliamy, Matt Sullivan, Hillary Vulliamy and Becca Young.

From the reports I have received the highlights from our club swimmers came from Katie Jones, who swam 2.5k individually in 54mins 30seconds and Oli Jones who didn't just swim 5k, but raced it in a time of 1hour 15 seconds beating all of the team entries!!!! (Really great Swim Oli, that averages just over 1.30 per 100m – Stewart).

They all did their coaches proud, and created a lovely supportive atmosphere.

South East Region Inter County Schools:

Jess Davies was selected to represent Hampshire in the South East Region Inter County Schools at the long course meet in Guildford. Jess came fourth in the 16-18years 100m freestyle in a time of 1.01.88. Assistant coach John Molyneaux was selected to coach the Hampshire team, which came first out of four counties. John has now been selected to coach the South East Region team at the national finals in Sunderland.

Stewart Crowe, Head Coach



The new world of social media

Facebook

Fareham Nomads currently has the following Facebook pages/groups:

OPEN GROUP

1. [Fareham Nomads Swimming Club](#). The Fareham Nomads Swimming Club Facebook page can be seen by all members of the public and is used to publicise the Club's achievements, meets and general swimming interest. Members of Facebook who choose to 'like' the page will see all the posts and pictures on their own feed and therefore keep up-to-date with the goings on of the Club. If people chose to share a particularly interesting post, that persons 'friends' will then see it, essentially creating a wider audience and interest in FNOSC.

So please remember everything you post on here can be seen by everyone... potential new swimmers, members of other clubs, members of the press, people within the Club and anyone who searches for Fareham Nomads. Therefore if you would like something to appear on the page, or you have a complaint, please contact one of the administrators. The key rule is – keep it positive!

CLOSED GROUPS

1. Fareham Nomads Swimming Club (Members Page). The Fareham Nomads Swimming Club is a group for members of the Club. It is used as an internal way of communicating with people, whether it be for lost property, closures of pools (though we hope this isn't the case!), requests for people to help with meets, fundraisers etc. Its members can only see posts in this group, all of whom have been approved by the administrators.

2. FNOSC Masters. This is a closed group in which only Masters swimmers and coaches are members of. It keeps the Masters up-to-date with training, Masters competitions, results and general chitchat. This is a great means of communication between swimmers who train once, twice or sporadically due to work, kids, family commitments etc.

Twitter

Fareham Nomads SC can be found on Twitter @FNOSCNews. All the Facebook posts on the Fareham Nomads Swimming Club (open group) page, link through to Twitter. On Twitter users can only use 140 characters so it is a good way of feeding people through to the full post on Facebook so people can read it in full. Again, Twitter is used as a tool to promote the Club's achievements, meets and general swimming interest. It can be seen by anyone who searches for the Club on the Internet.

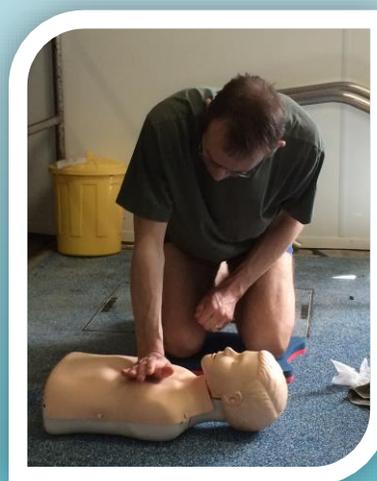
If users follow @FNOSCNews then they will see all the posts on their feed. If a user 'Retweets' a post then that post will then appear on all their followers' feeds. People can also 'Favourite' Tweets in which a star will appear next to the post (similar to a 'like' on Facebook). People can also mention @FNOSCNews which will highlight to the Club someone is talking about it.

THE IMPORTANT THING ABOUT SOCIAL MEDIA... please think about the reputation of the Club before you post anything negative. Instead please talk to a coach or member of the committee to resolve any issues. But we hope you will help us promote the Club by 'liking' us and 'following' us in our quest to have more of an online presence!

Coaches, swimmers and committee members pass pool rescue

Congratulations to Julie Loosemore, Helen Andrews, Jess Davies, Laura Molyneaux, Gary Ireland, David Finch, Chris Finch, Dan Alberts, Jock Murdoch Michael Gill and Stewart Crowe for recently passing the Rescue Test Award for Swimming Teachers and Coaches.

They spent a weekend at West Hill Park Pool learning what do in an emergency – ranging from a heart attack to drowning to a cut knee –before taking an assessment, which they all passed!



Reminder – Will parents, guardians and carers please ensure that prior to leaving their children/child at any of the venues the club use please ensure a coach is in attendance, do not just drop off and leave. Additionally please ensure that you are at the pool to pick up prior to the end of the session.

How to fail...

All clubs have more swimmers that prefer to fail than to succeed...because in every squad, in every club, in every town, in every city and in every country it seems like a lot of swimmers are doing just that – **choosing to fail, rather than choosing to succeed.**

Coaches must use the words ‘Streamline, Skill, Turns’ 1000’s of times per year. Have all the swimmers that they coached followed those ‘coaching instructions’ every time. Unfortunately the answer is NO. All swimmers and coaches know that streamlining is important, so why doesn’t every swimmer streamline off the wall every time? **They choose not to and would prefer to fail rather than succeed.**

To help all of those swimmers who actually prefer failure to being fast, fantastic and fabulous, here’s The 5 Things You Must Do If You Want to Guarantee Your Position on the Rostrum of Failure.

1. Turn up late or not at all. This is essential if you really love losing. Be late for every training session. Don’t set your own alarm; rely upon Mum or Dad to get you up. Make sure that you do not pack your swim gear the night before, do it in the morning, this wastes time and will definitely ensure you are late. Make sure that you miss as many sessions as possible. Finally, when the training is getting tough, the workload has increased and you are a bit tired or a little sore or feeling flat and unloved by the coach, take the day off and just hang out at home eating pizza and chocolate and drinking extra-large jumbo size sugary drinks.

2. Allow other people to take responsibility for your swimming. Now this tip is really important. Allow other people to take responsibility for your swimming. Tell Mum and Dad that it is their job to pack your swim gear, carry it to and from the car, rinse out your costume after training, hang up your towel, refill your drink and put it in the fridge for the next session, make your breakfast. Swim slowly and with poor skills until coach yells and screams at you for the 30th time during the training session, when this occurs a Bronze medal for failure is more or less in the bag. If you allow other people to do as much as possible for you, when you fail you have lots of people to blame (except yourself).

3. Don’t be committed. This is a must remember and a MUST DO tip. Get out of training as often as possible, there are lots of reasons for the swimmer to use: Adjust Costume, Tie Up Trunks, Get Cramp, Need to Stretch, Adjust Goggles, Go to Changing Room for Spare Goggles, Need the Loo, there are others but these are the most common ones and the ones that other swimmers that have failed have used a lot. Make sure that you get out early from morning training; lots of reasons for this – not least of all – have to get to school, even if school is only a mile away; still get out at 7am or even earlier if possible. When getting changed after the morning session, make sure you allow at least 30 minutes; even if you could change in 10 or 15 minutes. Remember if you trained for the extra 10 or 15 minutes you would lessen your chances of failure and increase your chances of success and you do not want that to happen.

4. Look for short cuts. This is another essential lesson in the list of learning to lose or become a complete failure. Training at maximum speed during sprint sets training is not for those aiming to fail. Working hard consistently – that’s something they did in the “old-days”. Finishing every Front Crawl or Butterfly repeat, not breathing inside the flags – not for those that are aiming to fail. Those dummies that train hard every day and give all they’ve got to their workouts have got it wrong. There’s an easier way – a much much better way. Keep looking for short cuts, cutting corners and keep believing you can swim faster with less effort, less energy and with much less training time, don’t maximise your attendance at training – if you do you might be successful and that is not your aim.

How to fail... continued

5. Forget all about your skills – starts, turns, finishes, underwater work – until it's actually race day. This is the final one, the one to ensure that everything falls into place on the big day. Make sure your skills in training are terrible, your turns are slow, your underwater work loose and sloppy and your starts tediously lazy. Don't bother with stroke Count, Distance per Stroke, Taking Times, Correct Amount of Rest or Swim Rest Time; and finally ensure that you never train at the correct intensity.

Just cruise along in training every day. Don't give your skills work a thought – it will be all ok on race day. Perfect practice? Waste of time! Just do whatever you feel like, don't spend another moment thinking about consistently training everyday with race quality skills and when you get to your next meet, you'll get exactly what you deserve.

There it is.

This guide is for all that wish to increase their chances of failing.

For those of you that want to be even more successful then just listen to the coaches, attend training regularly, bring all your kit (ready to use), do everything with perfect Skill/Technique,

DO THE OPPOSITE TO ALL OF THE ABOVE.

Stewart Crowe, Head Coach



Could you join our dedicated army of volunteers?

Volunteers are the lifeblood of a swimming club. Without them, the sight of our national athletes standing on a central podium raising the gold would be a dream rather than a reality.

Any of you who were at the Jean Hillman Gala on Saturday, and many of you may be new to swimming competitions, will have seen the large number of volunteers and officials it took to run it effectively. Also there were several new Nomads trainees taking (and passing!) their Timekeeper training – so now we have a lot of qualified Timekeepers – congratulations to them all!

This year however, there has been a change in the ASA Open Meet rules, which now means that Timekeepers at Level 3 meets (which our own Open Meets are) must be a minimum of J1 in training and qualified to timekeeper.

We are therefore looking for parents who are willing to do Judge 1 training to make sure we always have enough officials to help run the competitions for our children to swim in – not only in our own competitions, because if we enter other Clubs Meets we have to provide a certain amount of officials to help them run too!

Timekeeping is relatively straightforward, and Judge 1 is about also learning the rules for the different strokes, so you can check the starts, turns and finishes as well – not much different to knowing the rules of football, netball or any other sport really!

You don't have to pay for the training, just spare a bit of 'classroom' time to learn the basics, then the rest is mostly practical poolside experience, usually when your child is swimming anyway, alongside a mentor (you only have to be 'in training' to be a timekeeper at a Level 3 meet). There are often other benefits to being an Official at a meet, like free entry, free lunch & free parking!

If you would like to help the Club and children by volunteering as an official, please email Kerry West (email on last page of this newsletter) for a form and return it to her by **Friday 8th May**, or contact Dave Greenaway, (who trains all our officials, as well as organising all the officials for our competitions and very often referees as well!) for more information.

You don't have to be a Timekeeper to sign up for J1 as it is incorporated in the training.

For more information on Official Training:

<http://www.swimming.org/britishswimming/swimming/organising-officials-training/>

For more information on swimming competition:

<http://fncs.wdfiles.com/local--files/information:documents/GuideToCompetitions.pdf>

or talk to other parents in the Club!

If you would like to help the Club but feel this is not the role for you – please contact me or speak to any committee member <http://fncs.wikidot.com/contacts:committee>, as there are many other things you can do to help!

<http://fncs.wikidot.com/information:volunteering>

Fareham Nomads Swimming Club Committee

APRIL 2015

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