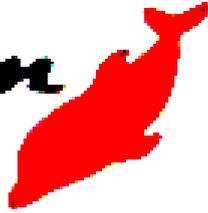




# Fareham Nomads



## SWIMMING CLUB

May 2013

### Head Coach Runs London Marathon

On 21 April our Head Coach Rob Knott went to London to run the London Marathon. He had spent many months in training, trying to juggle running the Club, work and running. He ran it for a charity CRY!!- Cardiac Risk in the Young. CRY was founded in 1995 to raise awareness of conditions that can lead to Young Sudden Cardiac Death (YSCD) and Sudden Death Syndrome (SDS). These conditions can happen to any young person at and at any time. To help reduce the numbers of children and young adults that are affected by these conditions CRY run ECG Screening Clinics for those aged between 14 and 35 years old. This can help identify and prevent risks before they become life threatening.

2013 marks the tenth anniversary of the tragic passing of his Reading Swimming Club Team mate; Joseph Korting. "I really enjoyed training with Joe as our times were close and we could pace & race each other. I remember the Wednesday night session that we lost Joe well. I remember during the session thinking that Joe was swimming really well and that it was hard to keep up with him. Joe was just 17 and was an amazing person, always smiling and who embraced life to the full"...a fact that shows how easily cardiac conditions in young sports men/women can go unnoticed and how important the work that CRY carries out is.

Rob's training was made more pressured by helping the Club out and taking over the Head Coach role. He ran the marathon in a superb time of 4 hours 25 minutes and 4 seconds. A huge well done to him and the money he has raised for CRY.

If you would like to support Rob and CRY then his donation website is  
<http://uk.virginmoneygiving.com/RobertKnott>.

#### **Coaching Update**

Rob Knott will continue to lead the Club for the foreseeable future until the role of Development Coach has been sorted.

Adverts are out going out for coaches who will help take sessions for the Club to help ease the pressure on our present Coaches, while the Committee organises a new Development Coach.

#### Forthcoming Events

**Fareham Open Meet.** 30 June at Havant and Waterlooville. Entries now closed.

**Hampshire Development Meet.** 6, 7 and 13 July at The Quays. Full details on website

**Portsmouth End of Season Meet.** 13/14 July level 3 long course meet. Closing date 24 May. Entry forms to the Friday desk, or to Fiona Ross

#### **Youth South East Regional Open Meet**

Fareham had 8 swimmers and 30 swims at the Youth Regional Championships over the May Bank Holiday weekend.

Daniel Cameron, who already had one National time was chasing another in the 50m backstroke but did not quite get it.

We had mixed fortunes with some swimmers getting fantastic BPs such as Michael Gill. Well done to all of them.

Age Group Regionals are at the end of May and good luck to our swimmers competing there

#### *Bank Holiday Training*

*Please watch your emails and noticeboards for training changes over the next bank holiday weekend.  
All training on the Bank Holiday Sunday and Monday is cancelled*