

A Word from the Assistant Coach – John Molyneaux

Hopefully, I have managed to meet most of you in my first few months with Nomads and can I start by saying how very welcoming everyone has been. Nomads takes me back to my time swimming for West Wight as it has the same family feel. This is where I would say I was formed as a swimmer, and also where I have gained my coaching ethos: enjoy what you do, work hard and work smart.

I would like to give you a little more insight into myself. I am 26 years old, married to Laura (also an ex GB international swimmer) and have a dog called Roxy. I was born in Surrey and brought up on the Isle of Wight where I started competitive swimming at the age of 10. I completed my degree in Sports and Exercise, where I got a First in my final year project in competitive swimming.

I have been fortunate as a swimmer to have swum to a very high level, as part of the British Swimming World Class program for 3 years. I was encouraged to move to Portsmouth Northsea where, at the age of 16, I stayed and boarded with another swimmers' family.

At the International Island Games in 2001, I was the youngest member of the Isle of Wight team, aged only 13. I was also the youngest medal winner of those same games. I won several medals at Nationals and in 2002 I won Gold for 200m Backstroke. I also won numerous Senior Medals for Ireland, including in 2005 when, at the age of 16, I won the Mens 400IM, in a new National record. At the 2005 World Championship Trials I was 5th at the age of 17. In addition to this, I was the England Schools Men Captain at the International Schools Championships winning 1 Gold and 2 Bronze, plus I represented Hampshire County every year from the age of 12-17 at the ASA County Team Championships.

My swimming career was cut short due to shoulder injuries in 2006 which required 3 operations over the course of 3 years. I was unable to come back fully after such a sustained period of time out of the water, though I did swim again in the Hampshire County Championships in 2010.

I still really enjoy swimming whenever I have spare time, but I also enjoy (fair weather) cycling, and am a Portsmouth Football season ticket holder. My day job is teaching Maths and Science.

I am looking forward to being part of a really bright future at Nomads working under Head Coach, Stewart Crowe, and the rest of the coaching team. Please feel free to come and talk to me whenever I am on deck. I am always happy to share my swimming experience with anyone who wishes to learn more about such a great sport. We are all on a very exciting journey together.

And remember.... **HARD WORK ALWAYS BEATS TALENT WHEN TALENT DOESN'T WORK.**

Forthcoming Events

Fareham Nomads Summer Open Meet - 29 June. Our own Summer meet, with upper limit times. Closing date 2 May. Forms and times limits on website.

Vanessa Knight Memorial Meet - 25 May, Level 3 Meet at Bognor. Entries now closed.

South East Regional Championships – See website for details on Age Group and Youth Competitions.

Hampshire Development Meet – 5, 6 and 12 July. Closing date 6 June. Criteria apply. See website.

From Head Coach – we are running a Team Managers course and are looking for volunteers. Please contact S Crowe.

Also can parents please check when they drop their swimmers off at the session that the coach has arrived at the pool. And also ensure that they arrive prior to the end of the session for pick up from the pool.