

# Fareham Nomads



## SWIMMING CLUB

February 2014

### Message from Stewart Crowe, Nomads Head Coach

I have now been in post for approximately 6 months. It has not been easy with several difficulties to overcome not least of all the disruption caused to training with the closure of WHP prior to Christmas. We now have to face another obstacle with the closure of FLC for a considerable time during the early summer for the main pool and late summer for the small pool. I will be working with my fellow coaches and committee members to revise a training programme. This cannot be finalised until FLC notify us of any alternative arrangements that they are putting in place.

Another matter that has caused some difficulty for some swimmers is the change of approach to training. Some swimmers are having difficulty with these changes, and others, I am pleased to say, have accepted the challenge and are working hard to achieve a higher level of competitive performance.

All squads have criteria and if swimmers wish to remain in their current squad then they must do everything possible to meet these criteria. As already indicated some may have difficulty in achieving the standards I have set out. If this is the case then you must come and speak with me. The criteria have been set to enable those that have the desire to achieve will be given every opportunity to do so, but I will be flexible in my approach. Those that do not wish to achieve at a higher level must be placed in a squad suitable to their aspirations, talent and desire.

All members of the club should be fully aware of the 'Swimmers Code of Conduct' that is in place for the benefit of all swimmers and coaches. Those that do not follow this endanger the future squad set up and overall performance. At times I do forget that 'X' swimmer will not be at training for a particular reason. If raised with the swimmer do not throw the rattle out of the pram, come and speak with me. I have a couple of hundred swimmers to try and keep tabs on, so apologies in advance!!

When accepting the position of Head Coach, I was asked if I could return the club to the levels of achievement previously attained. My answer was yes, but it needs all connected with the club to work together including swimmers to attend a minimum of 75/80% of training available to them. If we do this then we can all look forward to even more success. The next competitive challenge for the swimmers is the forthcoming County Championships. Many were close to gaining qualification but just missed out. To those swimmers I say start the work now for 2015. In the relay events it will give me a chance to see how we rank against other clubs as a team and not individually. The recent results at our open meet and the City of Southampton meet provided further evidence of improvement so well done to all that competed.

I will in the near future hold squad meetings, please attend these, it will be your chance to learn a little more about competitive swimming, ask me questions and allow me to get to know you a bit more.

This will not be done overnight, it will take time and I believe that with the help of all we will achieve.

### **Success for Nomads January Open Meet**

At the end of January Nomads held their first January Open Meet on the same lines as the revamped July one. It was again a huge success, with many Clubs attending. It ran smoothly and Nomads had numerous swimmers taking part. They had loads of PBs and all swam really well. A huge thank you to the Open Meet Committee, who arranged the event, and to their band of helpers amongst the parents. Without these and the Officials the meet could not take place. There is a full report on the results on the Nomads Website [www.fnsc.wikidot.com](http://www.fnsc.wikidot.com). The Open Meet Committee are looking for recruits for the next Nomads meet in July.

### **Forthcoming Events**

**County Championships** - 1/2 8/9 and 15/16 March. See programme for details and watch website for training changes.

**Bournemouth Open Meet** - 5/6 April. Level 2 meet. Closing date passed 21 February.

**Salisbury Spring Meet** - 13 April. Level 3. For those not doing Bournemouth. Forms on website. Closing date Feb 24.

**In May** – Youth Regional Championships followed by the Age Group Regional Championship, and the Vanessa Knight Open Meet (great for those who need Meet experience). Forms will be on the website shortly.