

Fareham Nomads



SWIMMING CLUB

March 2014

Message from Head Coach

Well done to all that competed over the 3 weekends of the County Championships. I thought the results gained indicated that you have made significant improvement since the beginning of September. ALL of us should now start to plan for the 2015 County Championships.

An important part of this planning is to ensure that you attend sufficient training, which does include early mornings for Age, Top and Club. The next important factor for you to consider is to look at the qualifying times for this year, work out your age for next year as at the 15th of March or the 22nd March as one of these two dates will probably be the 'Age As At for 2015.' All you need to do then is achieve the times!!

In the relay events it was very noticeable that you were willing to work hard for each other, so great team spirit – Very Well Done.

In the short term for those that have gained qualifying times for the Regional Championships is to ensure you are fully aware to the conditions of entry and work to improve upon the times achieved at the County Championships. ALWAYS SWIM FAST and NOT HARD.

John Moylneaux

John is our new assistant Coach and comes well qualified. He has been in post now for several months.

More information about him to come in the next newsletter.

Closure of Fareham Leisure Centre

Fareham Leisure Centre Big Pool closes for refurbishment on 1 April. The Small Pool will remain open and it is business as normal for them. There is a second stage towards July when the Small Pool will close but the Big Pool will re-open. More information will follow about that nearer the time.

This does have an impact on training. There is a temporary pool which we will be using but it has limitations due to the nature of the squads.

The Committee and Stewart have put together a temporary time table, to try and maximise pool swimming time, and minimise disruption. The new timetable is now on the website and should have been distributed to all involved.

We are aware that this may mean issues regarding drop offs and pick up. Please speak to your coach about these issues and we will try and be as flexible as possible.

Some squads do not have as much pool time, and fees will be adjusted for this. As there may be further changes the Committee felt it was easier to credit accounts with these adjustments rather than keep changing standing orders. These credits will be handed at the end of the works and possibly used to offset next years' membership, if appropriate.

We aim to keep you fully informed of progress and any further changes as things happen. Please bear with us and feedback any issues to your Squad Liaisons

Easter Fun Night

On Friday 28 March the Club will be having an Easter Fun night. It will be held at FLC and there will be Easter Themed Fun Races with a Creme Egg for every competitor! Bring old t-shirt, shorts & socks. The fun starts from 1830 for Swim clinic and Sharks and 1930 for Age Group and Skills. The Small Pool will do their own Easter fun session, with Crème Eggs of course. See posters for full details.

Forthcoming Events

Bournemouth Open Meet - 5/6 April. Level 2 meet with qualifying times. Closed for entries

Salisbury Spring Meet – Sunday 13 April. Level 3 meet with upper and lower level qualifying times. Also closed for entries.

Vanessa Knight Memorial meet – Sunday 25 May. Level 3 meet with upper limit entry times. This is an excellent first Open meet, and for those who do not meet faster Meet criteria. Closing date for entries 4 April. Please note on line payment details available.

Regional Championships – Youth (3-5 May). Closing date for entries 21 April. Age Group (31 May, 1 June 14/15 June). Closing date for entries 19 May. Please see website for qualifying times and entry detail.