

O C T O B E R 2 0 1 4

Fareham Nomads News

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Website: www.fnsc.wikidot.com



Chairman's foreword

Already as we get stuck into the new season, the summer break seems a dim and distant memory, but I hope you all enjoyed it.

The first newsletter of the new season conveniently coincides with the preparations for the club's Annual General Meeting (AGM), which will take place on the 19th November. The AGM should be an important event for every member of the club, as it is the occasion when the committee who run your club feedback to you the events of the previous year, explain the plans for the coming year and report to you the financial position of the club. It is also the time when you decide who you wish to run the club on your behalf in the coming year. As a member of the club who did not make an effort initially to attend AGMs (it was the only night in the week I didn't take one or other of my boys training) I fully understand why you may be reluctant to attend. However, we try and keep the meeting relatively short, and it does give a good insight into the running of your club, giving attendees the opportunity to ask questions and raise any concerns they may have. It is also the occasion when you elect the committee and officers of the club for the next 12 months.

We are fortunate as a club

that in general we have not had problems finding committee members, although rarely have nominations exceeded places and therefore required an election! However, inevitably due to a variety of reasons, there is always a space on the committee come the AGM and I'm sure this year will be no different. So why should you become a committee member?

Elsewhere in the newsletter you will find an article by Kerry West explaining her personal reasons for becoming a committee member, but purely from a Chairman's perspective, the reasons I think you should join the committee are as follows: You want to become more involved in the day to day running of the club; this may be because you think you have a skill which the club needs, because you feel there is an area of the club which you could improve or perhaps because your swimmer gets a lot out enjoyment from being a member of the club and you want to ensure that those opportunities will exist for swimmers in the future.

But what about if you want to achieve all those things but are either not at present able to make a "permanent" commitment or would like to dip your toe in the water before you take the plunge (dreadful analogies I know!)?

Thankfully, although the committee conducts most of the administration of the club, there are plenty of opportunities for others to help out and contribute with specific events or tasks. As well as admin, opportunities to become officials, team managers or even coaches exist for those who want to.

Nomads, although run by volunteers, faces many of the challenges of a business and from time to time needs advice on a variety of issues relating to finance, HR, legal, marketing, sponsorship, health and safety and IT to name but a few. Obviously if we are required to pay externally for these services this reduces the amount of money we have to spend on swimming. To this end we will shortly be conducting a skills survey in which we will ask what skills you have and whether you would be prepared use them to help the club.

All that's left for me to do now is to encourage you to attend the AGM and consider standing for the committee (forms to be submitted by 10th October) and whilst ours may not be as lavish as Multi-National's AGM, I'll see if our Treasurer can be persuaded to allow us to buy a few nibbles!

Hope to see you there.

David Finch - Chairman

Notices

Welcome to all our new Nomads

The following swimmers have recently joined the club:

Haydn Clinton, Millie Cheyne, Thomas Dickson, Ava Bennell, Henry Beardsall, Jamie O'Donnell, Olivia Busher, Polly Ewart-Smith, Rory Taylor, Charlie Edgson, Georgia & Isobelle Kennedy, Chloe Heames, Aimee & Luke Treharne, Lois Moore, Zara Scrivens, Emma Hunter, Andy Smith, Oscar, Mia and Daisy Read and Thomas Squires.

We wish them a long and successful time with us. Apologies to any that have been missed off of the list. Please let me know and I will correct it in the next newsletter.

Got a story or a lovely picture?

For story and picture submission for this newsletter please email Laura Molyneux: lauramolneaux@hotmail.co.uk



Christmas proposed closing dates

So that members can plan ahead it is proposed that the following will be the close dates for Christmas and New Year. These dates are subject to change and will be confirmed nearer the time.

FLC:

Last session Main Pool and LTS Friday 19th Dec, Return on Monday 5th Jan

Wildern:

Normal training on Tue 23rd Dec. There will be no training at Wildern on December 31. Age will train at WHP 6-7.30 (no land) and Top will train at WHP 7.30-9pm.

Mountbatten:

All bookings in Dec and Jan as per normal with exception of any that need to be cancelled due to competition.

WHP:

Normal training up until and including 23rd Dec. All sessions cancelled on 24th, 25th, 26th, 27th Dec, 31st Dec and 1st January.



Studying success out of the pool

Belated congratulations to Chris, Oliver, Lara and Michael on their GCSE results:

Chris Finch Maths - A*, Further Maths - A*, Statistics - A (2013), English Language – A (2013) English Literature – A, Physics - A*, Biology – A, Chemistry – A, P.E - A*, Double P.E - A*, Geography - A*, History - A*, Religious Studies - A*, Spanish - B (2012).

Chris will be attending Barton Peveril to study Maths, Further Maths, Physics and Economics.

Oliver Tubb A*: ICT, A: English Literature, A: English Language, A: Maths, A: Chemistry, A: Biology, A: Core Science, A: History B: Geography, B: French. C: German.

Oli will attend Barton Peveril to study Maths, Further Maths, Chemistry, Physics and Philosophy.

Lara Barnett Will be attending Itchen 6th Form College to study P.E and Sport A-levels.



A-Level achievements for our swimmers

Also well done to Charlotte Cameron, Kelly Childs and Joe Riley who recently sat their A-levels and gained the following results:

Charlotte - Achieved four A-levels in PE, Biology, Chemistry and Psychology. Charlotte will be moving to Chichester University to study Sports Therapy.

Kelly - Will be moving to Bath University to study Music. She achieved 4 A-Levels in Music, Maths, Biology and Chemistry, her grades were all C's and above.

Joe - Geography A*, plus an A and a B in two other subjects. Joe will be studying Geography at Southampton University.

We wish them all the very best with their university studies and also for whatever they decide to do in the future. They have all been a part of the club for many years, Charlotte and Kelly will be well known to our younger swimmers as they have both given invaluable assistance in the Learn to Swim pool and with the lower competitive squads.



Paralympian Chloe Davies inspires

On Friday 22nd August we were delighted to welcome back Chloe Davies to our Friday night session at Fareham Leisure Centre.

Chloe is a Paralympic swimmer and has the classification of S14. This classification is awarded to swimmers with a significant learning disability. Chloe has Auditory Processing Disorder and severe memory difficulties. This affects Chloe in many ways, she cannot retain information so finds it hard to remember racing tactics, also at times, Chloe can forget how many lengths she has swum.

Chloe, who has been representing **Team GB** since she was 13 years old had just finished competing in the International Paralympic Committee (IPC) European Championships in Eindhoven, Holland. At this competition she secured a bronze medal in the 200m freestyle in a time of 2:12:36, a massive improvement of three seconds.

Chloe is now 15-years old, attends a mainstream school and trains 22 hours a week which includes five early morning sessions starting at 5.30-6.00 land training and 6.00-8.00 in the pool!

Chloe has already competed in Regional, National, European, World and Paralympic championships and at the age of 13 was the youngest competitor at London 2012.

During her visit she gave Swim Clinic 1 a master class alongside Tony, and swam with Swim Clinic 6 and she worked alongside Ken with Skills, demonstrating each stroke.

Chloe returns to her full training schedule next week where she is preparing for the World Championships next Summer and then Rio (Paralympics) in 2016.

We were really grateful that she was able to visit us and train during her two week holiday. We wish her all the best for her next competition and we look forward to her next visit.

You can read more information about Chloe on the British Swimming website:

<http://www.swimming.org/britishswimming/para-swimming/womens-world-class-pathway-podium/chloe-davies/15433/>



Competition round-up

Recent Results

Jean Hillman Memorial Trophy. Two teams represented the club in this annual event, which is now in its' 27th year. The event gave many of our younger swimmers the opportunity to represent the club, many of them for the first time. Guests of the club were Adrian Hillman and his wife Beccy. Adrian was a member of the club back in the late 80's through to the late 90's. Adrian was and remains as one of the most successful members of the club, competing at County, Regional, National and Junior International level.

Now to the result – the parents seemed pleased, even the Head Coach was pleased so it must have been a good evening.

It was inspiring and rewarding to see a packed spectator balcony at FLC with parents, aunts, uncles and grandparents supporting the young members of their families.

There were individual wins for Alex Finch, Zoe West, Kaeden Stander well supported with 2nd place finishes from Anna Ross, Francis Moore, Daisy Ireland, Joe Davies and Ben King.

The club finished in 3rd place, but the coaches said the performance was more important than the result and the swimmers should be very pleased with their efforts.

Save the date – confirmed fixtures for autumn and winter

The annual fixture list is available to download from our website, this is updated on a regular basis so please check regularly for changes to the annual programme.

Upcoming competitions...

- Arena League 11th October, 8th November, 13th December
- Hants Minor League 15th November (B Team)
- Schools Championships 23rd November
- Peter Bull Open Meet 22nd & 23rd November
- Club Championships (All Swimmers) Will be held on the 3rd, 6th, 12th, 13th, 16th and 19th of October. Please check website and emails for any updates and changes to the normal weekly training schedule.

New teachers – Congratulations!

Well done to Jess Davies and Dan Alberts – both from top squad – who have both gained their Level 2 Teaching qualification.

Jess and Dan are both helping in the Learn to Swim Pool.

Why I joined the committee...

I was just a parent sitting poolside at WHP, when I was approached to join the committee & 'just turn up once a month on a Wednesday evening' ... little did I know where I would be two years on!

Unfortunately I missed the AGM where I was voted on as a member of the committee – by the time I'd taken my daughter home from training and arrived at the Lysees, it was all over! At my first meeting, I just sat and listened (I'd never been on a committee before) but ended up with the press secretary role by the end of the evening.

This led me to write a couple of post meet reports for the papers and update the notice boards with new posters I'd made, newsletters and other documents. I also tried to help recruit new swimmers by asking people to put my posters up in their children's schools – I've always had an eye for things that need doing!

By the next meeting we had a huge rise of pool fees to contend with, closely followed by the first of a series of coaches leaving at short notice – work on the committee was very 'interesting' to say the least. As well as the routine stuff, there were always new issues to deal with (never a dull moment) - the minutes are all on our website if you want to see. I eventually took on the role of typing up the minutes and my email inbox was always busy...

In the meantime, I had started to help Hazel in the Learn To Swim pool, by enrolling new

members and also helping man the Friday desk. As I lived



YOUR CLUB NEEDS YOU!

nearby and my youngest daughter was swimming at FLC twice a week it was easy for me to be there most Monday and Friday evenings, answering queries from parents and then enrolling new members for Julie and Swim Clinic too. I also helped to chase payments owed to the club on behalf of the treasurer, again as I was there so often on the frontline.

As the next AGM approached, the chairman asked me if I would consider taking on the role of club secretary and I said yes (maybe I should have asked for a job description!) With it I also took on the role of membership secretary, as by this point I was doing the majority of enrolments anyway. So here I am, dealing with enquiries, new members, ASA registrations, filing, designing and collecting forms, making posters, spreadsheets, emailing, (lots of emailing!), planning committee meetings, AGM's, sorting people for training courses and generally keeping the communications flowing.

In my spare time I do timekeeping and am training to be a judge. With so much of my spare time spent helping the club, it's a good job my husband knows how to cook and iron!

The issues that the committee has to deal with to keep the club running have not stopped since I joined. Meetings are always choc-a-bloc with discussions, decisions and points to be actioned... we spend a lot of time in between sorting things out and there are never enough people to do everything that we'd like to be done. That is why we'd like more people to help, either on the committee, where we make decisions to ensure the club is run in the best interest of all the members (and sort out the challenges...) or just taking on some of the roles and tasks that you don't have to be on the committee to do.

I volunteer for the Club because I like to help people and solve problems – if I can do something I will. If I see something needs doing, I want to get it done! I admit it has snowballed somewhat from my 'turn up once a month' starting point, and I probably do a lot more than most people have time for, but I take pride in knowing I'm helping to keep the Club running and my girls swimming!

Kerry West – Club and Membership Secretary

Volunteer today!

Many of the coaches and poolside helpers are volunteers and the few who are actually paid also give a lot more of their time unpaid. Some have been doing it for many years!

Without ALL the volunteers there would not be FNSC!

All the committee members and other volunteers give what time they can, but we always need MORE help, however much or however little! Could you give YOUR CLUB some of your time?

Do you have a skill, an area of expertise or just something you love to do ?

Many parents have already helped at Open Meets, from announcing, to organising swimmers, to sorting food and drinks, plus those that have trained to do timekeeping and a few who are training to be judges (we need more of these!)

Are you good with data input (all our competition forms), databases (competition data), computers (our website) social media (promote us on Facebook / Twitter), people (we need to organise and train our volunteers), marketing (promote our club to new swimmers), organising (help with competitions & events) money (from counting pennies to working out the budget), employment (we need the legal bits checking), HR (more legal bits), communications (liaise with parents and swimmers), fundraising (from selling raffle tickets to finding sponsorship) or are you good with children (train to help poolside or become a coach)?

You don't need to be on the committee to help – just donate some of your time, maybe while your children swim or maybe at home. Maybe over a glass of wine with other parents (after all we are a very friendly club!)

The more people that help, the easier it becomes for us all.

If you are interested in finding out more, please read our volunteering page on the website or speak to a committee member.

Would you like to be a committee member and contribute to the discussions and decisions that keep the club running?

If you are interested in JOINING the committee then please speak to David Finch (Chairman) or Kerry West (Secretary).

Nominations for committee members need to be in by 10th October, the AGM will be on Wednesday 19th November, 7.30pm at Lysees House Hotel, Fareham.

Forms are available on the website, on the notice board at FLC or from the Friday desk.

Kerry West – Club and Membership Secretary



**KEEP
CALM
AND
VOLUNTEER**

YOUR CLUB



**Come along to
the AGM on
Wednesday
19th November
to Lysees
House Hotel at
7.30pm.**

NEEDS YOU

Head Coach Report

Summer now seems a long time ago, the mornings are now darker and the evenings getting shorter. On behalf of my fellow coaches, teachers and helpers it is hoped that you all had a restful and enjoyable summer break.

As I enter my second year on my return to the club I can only hope that we do not suffer the disruption during this swimming year as we did last. Losing one pool is careless but losing three in the same year!!! I would like to thank all connected with the club for their support and understanding during closure of West Hill Park, the Main Pool of FLC and then the Small Pool.

The first 12 months can only be described as being very successful, with many swimmers surpassing my expectations and I hope some surpassing their own expectations. That makes forthcoming years even more difficult for the 'Team' and individuals to make further improvements.

My coaching staff and I will give all the opportunity to achieve but in return we need you the swimmer to give us the opportunity. This can be done quite easily if you follow this simple guidance: Attend Training Regularly, Listen and Learn, ALWAYS do your very best and make sure you quickly learn to become a 'more coachable swimmer.'

The FNSC AGM will be held on Wed 19th November at the Lysees Hotel Fareham commencing at 7.30pm. I encourage all swimmers of Age and Top to attend, others of course are more than welcome.

I wish you all a successful 2014/2015 swimming year.

Stewart Crowe - Head Coach

Swimmer of the month - September



WELL DONE!

Learn to Swim: William Williams
Swim Clinic: Ella Wylie
Sharks: William Horne
Skills: Eleanor Curran
Age: Nicole Ainsworth
Top Squad: Oliver Tubb



OUR COMMITTEE

Chairman	David Finch	chairmanfnsc@hotmail.co.uk
Club Secretary	Kerry West	secretaryfnsc@virginmedia.com
Membership Secretary	Kerry West	
Treasurer	Janet Kingshott	nomadstreasurer@hotmail.co.uk
Competition Secretary and Welfare Officer	Caroline Burton	caroline355.burton@gmail.com
Swim 21 Coordinator	Vicky Jones	vicky.ryleyjones@virgin.net
Badges, Awards and Swim Shop	Suzanne Childs	suzannechilds@mac.com
Minutes Secretary	Emma Rowsell	
Fund Raising & Social Secretary	Jenny Davies	jenny@alandavies.co.uk
Nomads Open Meet Management Committee	Joanne Gill & Fiona Ross	farehamnomads@yahoo.co.uk
Press Liaison Officer	Lesley Wrankmore	
Disability Officer	Mary Bond	
Schools Liaison Officer	Kim Quick	
Trophies and Medals	Caroline Cooper	
Website and Database Manager	Ken Bishop	
Health and safety	Gary Ireland	
Open Meet Co-ordinator	Fiona Ross	farehamnomads@yahoo.co.uk

