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Fareham Nomads News

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Chairman's foreword

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Welcome to the last newsletter of what has been another exciting season of swimming.

Highlights for me have been the third round of the Arena League, the result leaving Fareham Nomads in the top half of the division having only narrowly avoided relegation the year before. My second highlight was our successfully joint open meet with Havant and Waterlooville Swimming Club and the third was the schools' gala that we hosted and organised for Fareham and Gosport primary schools. My final highlight was our National qualifiers - the highest number for several years, congratulation to Arthur, Jess, Jo and Seb. All these successes have been facilitated by the hard work of coaches, swimmers and all the

volunteer officials and helpers, without whose generous efforts these wouldn't have happened.

Whilst we have achieved a lot there is always more we can and should do. I have no doubt that whatever skills you have we could use them to the benefit of the club. Even if you think you could only spare a couple of hours a month we could use your help! For those of you who have already taken the first steps, how about joining the committee?

The committee is important since it runs the Club on behalf of you, the members, typically it has consisted of parents of senior swimmers so it would be great to have some nominations

for parents with swimmers in the small pool and swim clinics. For further details of the process for nominations please contact Kerry West or contact me if you would like to find out more about the running of the Club and any contribution you could make.

Enjoy the (short) break I look forward to seeing you all at the start of next season.

David Finch, Chairman



[Latest news items in our local newspapers \(click on the links\):](#)

- ❖ [Fareham Nomads enjoy duel in the pool](#)
- ❖ [Fareham Nomads masters make history](#)



Notices



Newsletter submissions

If you want your picture or story to appear in the next newsletter please email me via:
lauramolneaux@hotmail.co.uk

Swimmers of the Month

May:

Learn To Swim - Heidi Gellett
 Swim Clinic – Katie Egan
 Sharks – Tim Czura
 Skills – Francis Moore
 Age – Cillian Ross
 Top - Not Awarded

June:

Learn To Swim - Mackenzie Kennedy
 Swim Clinic – Megan Young
 Sharks – Kyle Saunders
 Skills – Zoe West
 Age – Shona McGrath
 Top - Beatrice Hollands

July:

Learn To Swim - Megan Cusack
 Swim Clinic – Jennifer Howell
 Sharks – Alice Rowsell
 Skills – Evie Rowsell
 Age – Joe Davies
 Top - Izzy Talbot

WELL DONE!

Welcome new members

Welcome to all those that have joined us since the last newsletter.

On behalf of all current swimmers and coaches we wish you a very successful and enjoyable time with Fareham Nomads Swimming Club:

Izzy Talbot, Christian Price, Oliver Bulpett, James Baxter, Thomas Thornley, Zachary Luxton, Phillip Disley, Peter Wylie, Kelly Bennetts, Habina Seo, Emma Skelton, Thomas Hitchcock, Isobelle and Liberty Stonier, MacKenzie Kennedy and Harriet Burnham, Harry Hudson, Molly Pessoll, Evie Nicholls, Harvey Spoor, Jess and Jake McGarvey.

Apologies to any that we may have missed.

Important reminder

Parents, guardians and carers please ensure that prior to leaving their children/child at any of the venues the club use please ensure a coach is in attendance, do not just drop off and leave. Additionally please ensure that you are at the pool to pick up prior to the end of the session.



Head Coach Report

As we approach the end of the swimming year and a well-earned break from the rigors of training and competition it is probably a good time to start to look forward to the new swimming year. Much has been achieved during the past 12 months, this was very well illustrated by the 50 swimmers that competed at the 'Swim out of your Skin' open meet in June. During the next 12 months all connected with the club should be ensuring that we have an even more successful time in and out of the pool during the remainder of 2015 and through to July 2016.

Any success achieved is only possible through the swimmers, without them we would not be a competitive swimming club. In turn the swimmers are supported by the coaching staff; I can assure you that our role is to get the most improvement for all swimmers whether they are a member of the Swim Clinic or a new member to the Top Squad. For this to be done the essential requirement of the swimmers is for them to maximise their attendance at training and to do their best at all sessions.

A squad training programme is designed to get the best out of all swimmers, sometimes this may not work for an individual swimmer. If this is the case then we as coaches will try to resolve this, however if this fails then in conjunction with my fellow coaches a swimmer may be moved to a squad more suited to their ability and perhaps more importantly their commitment to 'Do Their Best.' Some swimmers may 'get stuck' and not improve for months, this is very difficult for a young swimmer to accept; the only advice I can give is keep at it, you do not become a good swimmer overnight, nor do you become a bad one overnight.

The best compliment the coaches and management of the club can receive is to have swimmers join from other clubs. During the past few months we have had new members join from Hamble Aquatics, Gosport Dolphins, Winchester City Penguins, Locks Heath and Fareham Leisure Centre's Swim School.

The autumn will be a busy period with the club competing in our most important League; The Arena League will be held three rounds on the 10th October, 14th November and 12th December. As always there is not an easy draw in this League and in the 1st Round we will compete against Kingston Royals, Maidenhead, Portsmouth Northsea, Alton and Walker Tigers (Jersey). Added to the above will be Minor Lge Rd 2 A & B Teams, Junior Cup, Club Championships, James Moreno OM to name but a few.

To compete successfully swimmers need to maintain a high level of attendance and not to 'rest' unless advised to do so by the coaching staff.

I hope you all have a relaxing time and look forward to seeing you back in the water during the tick over period and back to full training as from Tuesday 1st September. During the break please only go swimming for fun.

Stewart Crowe, Head Coach



Please see the FNESC website for our Summer Tick Over Programme. Please check carefully and any queries please contact a member of coaching staff or committee member.

For a direct link click [HERE](#)

The new world of social media

Facebook

Can we urge all members to make full use of our Facebook page and the Club website, both contain lots of information to help all our members to be kept up-to-date. Fareham Nomads currently has the following Facebook pages/groups:

OPEN GROUP

1. [Fareham Nomads Swimming Club](#). The Fareham Nomads Swimming Club Facebook page can be seen by all members of the public and is used to publicise the Club's achievements, meets and general swimming interest. Members of Facebook who choose to 'like' the page will see all the posts and pictures on their own feed and therefore keep up-to-date with the goings on of the Club. If people chose to share a particularly interesting post, that persons 'friends' will then see it, essentially creating a wider audience and interest in FNOSC.

So please remember everything you post on here can be seen by everyone... potential new swimmers, members of other clubs, members of the press, people within the Club and anyone who searches for Fareham Nomads. Therefore if you would like something to appear on the page, or you have a complaint, please contact one of the administrators. The key rule is – keep it positive!

CLOSED GROUPS

1. Fareham Nomads Swimming Club (Members Page). The Fareham Nomads Swimming Club is a group for members of the Club. It is used as an internal way of communicating with people, whether it be for lost property, closures of pools (though we hope this isn't the case!), requests for people to help with meets, fundraisers etc. Its members can only see posts in this group, all of whom have been approved by the administrators.

2. FNOSC Masters. This is a closed group in which only Masters swimmers and coaches are members of. It keeps the Masters up-to-date with training, Masters competitions, results and general chitchat. This is a great means of communication between swimmers who train once, twice or sporadically due to work, kids, family commitments etc.

Twitter

Fareham Nomads SC can be found on Twitter @FNOSCNews. All the Facebook posts on the Fareham Nomads Swimming Club (open group) page, link through to Twitter. On Twitter users can only use 140 characters so it is a good way of feeding people through to the full post on Facebook so people can read it in full. Again, Twitter is used as a tool to promote the Club's achievements, meets and general swimming interest. It can be seen by anyone who searches for the Club on the Internet.

If users follow @FNOSCNews then they will see all the posts on their feed. If a user 'Retweets' a post then that post will then appear on all their followers' feeds. People can also 'Favourite' Tweets in which a star will appear next to the post (similar to a 'like' on Facebook). People can also mention @FNOSCNews which will highlight to the Club someone is talking about it.

THE IMPORTANT THING ABOUT SOCIAL MEDIA... please think about the reputation of the Club before you post anything negative. Instead please talk to a coach or member of the committee to resolve any issues. But we hope you will help us promote the Club by 'liking' us and 'following' us in our quest to have more of an online presence!

Competition round-up

We can only report on the competitions and achievements we know about so please let Stewart know so we can consider it for inclusion. Thank you.

National Masters Championships – Manchester Aquatics Centre

Six members of Fareham Nomads became the most successful Masters team in the Club's history having claimed eight gold, two silver and three bronze medals at the 2015 National Masters Championships.

Jo Corben, Tony Corben, Laura Molyneaux, John Molyneaux, Noemie Peignon and Claire Tagg represented Fareham Nomads at the Manchester Aquatics Centre between the 12th and 14th June.

For the first time in the clubs history a Ladies Medley team was represented at the long course meet with Jo Corben, Claire Tagg, Noemie Peignon and Laura Molyneaux winning gold in a time of 5.01.74.

Stewart Crowe, head coach, said: "Previously the Masters had been represented at this level by Jo and Tony Corben; however with the formation of a dedicated Masters Squad the Club have a new star in John Molyneaux the Clubs Assistant Coach.

"Competing for the first time at this event he claimed four Gold in the 50m, 100m, and 200m Backstroke posting impressive times of 27.58, 1.00.11 and 2.14.61 respectively. He demonstrated his all-round ability with Gold in the 200m Individual Medley winning this event by a clear four seconds in a time of 2.17.96. He also gained Silver in the 400m Individual Medley recording a time of 5.00.43. It was great to see many former swimmers back in the pool and still enjoy competitive swimming. The team have a strong work ethic and great camaraderie in and out of the pool."

Joanna Corben was good enough to win double gold in the 100m and 200m Backstroke with times of 1.09.45 and 2.29.42 respectively. Noemie Peignon also won gold in the 200m Butterfly in a time of 2.46.07, with her teammate Laura Molyneaux claiming the Silver in 2.50.40. Tony Corben recorded his best times for many years winning two Bronze Medals in the 100m and 200m Butterfly in times of 1.15.65 and 2.58.49.



Competition round-up continued...

'Swim out of Your Skins Open Meet' – WaterlooVille

Hundreds of swimmers from across the south took part in the 'Swim out of Your Skins Open Meet' during the weekend of June 13 and 14.

Eleven clubs from were represented at the competition, which was jointly hosted by Fareham Nomads and Havant and WaterlooVille swimming clubs.

Swimmers, who were aged nine years old and over, competed for Alton and District; Bognor; Chichester; East Grinstead; Fareham Nomads; Hamble Aquatics; Haslemere; Havant and WaterlooVille; Portsmouth Northsea; Romsey and Totton and Wildern Wave.

Head coach Stewart Crowe said: "It was great to see Fareham Nomads and Havant and WaterlooVille work in conjunction with each other to put on such a successful competition. It was the first time many swimmers swum in a 'skins' type event, whereby swimmers race a randomly drawn stroke for 50-metres. Each round the swimmer who comes last is eliminated until the last four compete for the final positions, which all have cash prizes. This made for a great atmosphere on poolside and exciting swimming."

Some fifty members of Fareham Nomads Swimming Club competed extremely well during the two days of tough competition. Out of 271 swims FNSC achieved 198 personal best times, 33 gold medals, 42 silver medals and 36 bronze medals.

Stewart added: "Some started to wane, complained they were tired; but somehow managed to sum up that little bit extra when it came to the 'skins', perhaps the financial inducement had something to do with 'finding that bit extra'. The magnitude in terms of personal best times was massive, more importantly from my view was the technical improvement, improved racing skills, pacing and bringing races back fast. Of those that entered, 38 swimmers won at least one medal, some got greedy and won upwards of five, so well done to our multi medal winners Ellen Jewell, Alice Moyse, Oliver Bulpett, Daisy Ireland, Beatrice Hollands and Ryan Ireland."

Meet Statistics

271 Swims
 198 Personal Best Times (73%)
 Did Not Swim - 3
 DQ's - 4
 Gold Medals - 33
 Silver - 42
 Bronze - 36

Selection notice

Congratulations to Christian Price on being selected for the Southern Region Water Polo Squad.



Competition round-up continued...

Rother Premier League Gala

Fareham Nomads Swimming Club had their busiest weekend of the swimming year with 50 members competing at the joint 'Swim out of Yours Skins Open Meet' hosted in conjunction with Havant & Waterlooville.

After an exhausting day of competition many of the youngsters turned out in the evening to represent the club at an inter-club league gala. Even without a day of racing they faced a difficult challenge competing against Winchester City Penguins, Worthing, Hart and Ringwood Seals.

The individual winners for the team were 10-year old Ellen Jewell in the U/12 50m Backstroke 36.68, she followed this up with a fine display in the U/12 50m Butterfly, 36.65. The clubs only other winner was Hannah Cooper in the U/13 50m Breaststroke (40.58).

Fine second places were gained by Joe Davies (3), Daisy Ireland (2), Francis Moore, George Lambert, Ellie Sproul, Thomas Dickson, Ryan Ireland, Anna Ross and Ben King.

Head coach Stewart Crowe said: "The mental toughness of so many young swimmers was probably one of the most pleasing aspects of the gala, together with a better display of technical skills from starting, turning and finishing."

Finals Points: Winchester 212, Worthing 159, Fareham Nomads 146, Hart 138, Ringwood 104.

Stewart added: "During the past 12 to 18 months a vast amount of improvement has been made by the majority of swimmers which is very promising for the future success of the Fareham based Club. This is now being noticed outside the Club with swimmers joining from other clubs."

Novice Gala Report - from Julie Loosemore & Ken Bishop

On Saturday 6th June FNSC swimmers attended a Novice Gala at Bishops Waltham Pool swimming against The Mitres Swimming Club. Our teams consisted of some very novice swimmers and some very young swimmers swimming up into the higher ages, some eight and nine years old swimming against 11/12 years old but they held out and everyone swam their very best in support of the Club. Lot of cheers, praise and support from parents and from fellow swimmers gave the gala a lively atmosphere.

Jess Davies and Chris Finch kindly stepped in to help with the swimmers ensuring they were in the right lanes at the right time which was hard at times since swimmers were switching teams to ensure everyone had as many swims as possible. Lisa and Maddie Thompson also supported swimmers in the backstroke races so they swam with confidence into the finishes. Huge thanks to you all.

The races were scored and the final scoring was very close with Mitres just pipping us in the final squadron. Lot of smiles from everyone at the end of the gala made it a very exciting introduction to galas for our young swimmers. Thank you to all swimmers attending and to all parents supporting this event.

Julie & Ken

Competition round-up continued...

Regional Championships

In the Age Group Championships only Joe Davies, Daisy Ireland and Alex Finch competed. The events competed in were Joe 200m Freestyle and 50m Back, Daisy 200m Butterfly and Alex 50m Breaststroke.

In the Junior and Open events our competitors were Jess Davies, Chris Finch, Seb Williams, Jamie O'Donnell Clive Marquis and Dan Cameron.

Between them they entered 30 Events with some good performances from the small group with Seb Williams winning Silver in the 50m Breaststroke and Bronze in the 50m Freestyle. His times in the 100m Freestyle and Butterfly as were those in the 50m events all personal best times.

Although not on the medal podium Jess Davies made the finals of the 50m, 100m and 200m Backstroke, achieving personal best times for the 50m and 100m events.

Jamie O'Donnell, competing at this level for the first time after a break of a few years swam well to make the finals of the 200m Individual Medley and 50m Freestyle.

Hampshire Games – Aldershot Garrison

Ryan Ireland was selected in the Fareham Schools swimming squad as part of the Hampshire Games at Aldershot Garrison. This is Ryan's account of the day:

"We left early on a minibus to drive to the pool, which I recognised from the Arena League last year. I was a bit nervous but because I was used to going to competitions, I didn't feel as bad as some of the other people who were new to swimming competitions. There were lots of fun events like skulling, diving through hoops and a swim relay, which included throwing a ball at a target, which was a bit different to normal competitions and galas, as well as doing 25m lengths in all the different strokes. It was strange not seeing any of our Nomads coaches there on poolside, but we had my teacher there to cheer us all on. Some of my team were not club swimmers, but there was lots of cheering to help them finish their race. I think I recognised some other Fareham Nomads swimmers, and some other children from different clubs that I recognised from galas (like Locks Heath and Winchester). It was a fun and exciting day, and I was glad to have been picked."

National Championships selection

Congratulations to Seb Williams, Jess Davies, Jo Corben and Arthur Morley that have gained qualifications for the Summer National Championships. It is the first time that Seb, Jess and Arthur have qualified but for Jo she last swam at this type of event as a teenager some 30 years ago.

Competition round-up continued...

Minor League Round 1 – Fareham Leisure Centre

Fareham Nomads A & B Teams competed in the first round of the Hants Minor League on the 11th July at Fareham Leisure Centre when they hosted clubs from Hamble Aquatics and Farnham. The 'A' Team led from the very early stages of the gala and of the 53 events won 24 and were placed 2nd in a further 14 events.

Head coach Stewart Crowe said: "Although the club will face sterner opposition in the months to come, particularly during the Autumn when they will compete in the Arena League it was a very pleasing result for the club."

Individual winners for the A Team were Chris Finch (2), Jess Davies (2), Joe Davies (2), Oliver Burton (2), Ellen Jewell (2), Olivia Busher, Ryan Ireland, Alex Finch, Hannah Cooper, Dan Alberts, Daisy Ireland, Francis Moore and John Molyneaux. For the B Team Anna Ross and Laura Molyneaux upstaged there A team counterparts by gaining maximum points.

Stewart added: "The continued improvement of the swimmers is down to them being more self-disciplined and motivated to achieve, the majority of swimmers now being easier to coach."

The two teams accumulated a total of 56 Personal Best times.

Final Points & Positions:

Fareham Nomads A Team 1st 161

Hamble Aquatics 2nd 151

Farnham 3rd 118

Fareham Nomads B Team 4th 89

Portsmouth Northsea End of Season Open Meet – Mountbatten Swimming Pool

A small contingent of members from Fareham Nomads competed in the annual PNSC End of Season Open Meet; between them the 12 swimmers won a total of 10 medals and achieved 18 personal best times.

Newcomers to the Club, Izzy Talbot, Oliver Bulpett and James Baxter, swam well representing their new club for the first time at an open meet. Between them they won a total of 10 medals - 5 Gold, 1 Silver and 4 Bronze - achieving 18 personal best times.

John Molyneaux led the way with two Gold in the 50 and 100m backstroke events. Gold was also achieved by Izzy Talbot 200 Backstroke in a time of 2.28.23, James Baxter 200m Backstroke Gold 2.34.97 and Bronze in the 100m Breaststroke 1.25.03. Hannah Cooper gained the top spot in the 50m Breaststroke in a time of 40.40.

Much improved Joe Davies won Silver in the 50m Backstroke and Bronze in the 100m Backstroke. The final medallists were Anna Ross and Oliver Bulpett in the 50m Freestyle and 400 Freestyle respectively.

Fareham Nomads Swimming Club Committee

July 2015

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