

### **Amended Training**

Friday 16th December @ Fareham LC - LTS & Academy Christmas Fun in Normal session time

Friday 16th December 1930-2100 @ Fareham LC - Christmas Club Night (Sharks, Skills, Age, Top, Junior Club & Senior Club)

Friday 16th December 2000-2100 @ West Hill Park - Masters No Session

Sunday 18th December 1815-2000 @ Holly Hill LC - Top & Age (moved from Mountbatten due to 5 week closure)

Christmas Fun Poster

[All Timetables here](#)

### **Christmas & New Year Timetable - Academy, Sharks, Skills, Age, Top, Masters, Junior Club & Senior Club**

Fully Confirmed Timetable now available. There are slight time changes so please read updated version. Please aim to keep up attendance at training over this period. This will be in action from Friday 16th Dec to Monday 2nd Jan inclusive.

[Christmas & New year timetable here](#)

### **Learn to Swim**

All swimmers should have or be receiving there feedback slips. Please take this to the Cafe where you will be able to collect you certificates.

Well done to all - this is the first term we have implemented the ASA national plan so thank you to you all for your patience with this.

Final learn to swim lesson will be this Friday 16th December (this will be a fun session run in your normal lesson time).

First lesson back will be Friday 6th January 2017.

[More Info](#)

### **Academy**

Please make sure you are aware that over the Christmas period you still have sessions available, please see Christmas & New Year Timetable

[Christmas & New year timetable here](#)

### **Club Captains 2017**

Reminder that the closing date for you to apply to become a club captain is this Friday 16th December.

[Information can be found here](#)

### **Social Events (Academy, Sharks, Skills & Age)**

Academy, Sharks & Skills - Funkidories on Tues 20th Dec from 6.30- 8.30pm. Please make sure you have emailed Emma Rowsell ([emma@rowsell.me.uk](mailto:emma@rowsell.me.uk)) a if Your Child/Children ARE NOT attending.

Age - Donutting at Southampton Ski slope on 20th December. Arrive at 5.30 to get kit on. Please bring gloves and wear warm / waterproof clothing. Donutting from 5.45 - 6.45 and then pizza afterwards.

Top Squad - Date to be confirmed for the new year, Most likely to be at Flip Out after County Championships.

### **Arena League Rd 3 (Saturday 10th December)**

Well done on a spirited finish to this years Arena League. As expected it was a very close gala and we were not at full strength due to many injuries and illness. Finish 4th was a good result and there was some superb racing over the evening. Arena League is a real team effort so well done to all 45

swimmers involved over the 3 rounds, you all contributed towards the club finishing 10th in Division 1 West

[FNSC Results](#)

[League Table](#)

### **H&W Joint Distance Meet (Saturday 17th December) - County Chasers**

Best of Luck to those attending this competition this coming Saturday. Havant & Waterlooville have asked if we can provide officials for this meet. If you have a swimmer going can you let Emma know ([emma@rowsell.me.uk](mailto:emma@rowsell.me.uk)). At the moment they do not have enough officials for it to go ahead.

### **FNSC Club Time Trials (Monday 19th December) - Stage 7, Academy, Sharks, Skills, Age & Top**

Further to last weeks notice, there have been very few swimmers so far who have made us aware that they are unavailable, this is great news as it means all are available to swim! I must stress though if you are unavailable that evening due to prior commitments that you let us know as it allows us to plan much more effectively and avoids delays on the night, empty lanes etc etc. Events will be as follows:

Top & Age - 400 IM & 200 FC (unless otherwise specified by coach)

Skills - 200 IM & 200 FC

Sharks & Academy - 100 IM & 100 FC

Stage 7 - 50 FC & 25 FLY

Please email Emma Rowsell ([emma@rowsell.me.uk](mailto:emma@rowsell.me.uk)) by 1700 on Friday 16th December if you are unavailable.

[Full Details here](#)

### **Hampshire County Championships 2017 (28/29th Jan + 4/5th Feb + 11/12th Feb)**

All information is now available on the website for this Championships. All entries for to be handed or emailed to Barry ([bjewell@sky.com](mailto:bjewell@sky.com)) or Emma ([emma@rowsell.me.uk](mailto:emma@rowsell.me.uk)) by Monday 19th December. Any additional entries or entry time changes over the following few weeks MUST be emailed to Barry no later than 6pm on Sunday 8th January (Note - money payable after entries are accepted).

Please speak with squad coach for any further advice on entries.

[Full Details here](#)

### **FNSC Valentines Meet (Sunday 19th February)**

All information is now available on the website for this meet. Please note this is the target meet for all those non county qualifiers and should be entered by all those in competitive squads (Sharks, Skills, Age & Top). It is of course open to all squads (and Academy), those who have qualified for counties should target there weaker events. Please speak with squad coach for further advice.

[Full Details here](#)

Kind Regards,

**John Molyneaux** Head Coach  
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