

Amended Training

Friday 2nd December 1930-2100 @ Fareham LC - Top Squad invited to train with Age & Junior Club Squad at Fareham Leisure Centre (no session at Holly Hill)

Sunday 4th December 1815-2000 @ Holly Hill LC - Top & Age (moved from Mountbatten due to 5 week closure)

[Timetables here](#)

Swimmer Drop Off & Collection

Please can I remind all parents who drop off swimmers to sessions that they are responsible for their child until they are on poolside with a coach and from the moment that the child leaves the poolside (i.e. in the changing rooms). Please can I ask that particularly with the darker nights that parents walk swimmers to the pool (particularly at West Hill Park). More importantly that parents arrive to collect swimmers before the end of the session and collect from the pool rather than wait in the car park. If parents continually arrive after the session has ended I will be forced to insist that they remain present for the duration of the session in order to allow their child to swim, the alternative being they will not allowed to swim.

Arena League Rd 3 (Saturday 10th December)

The 3rd and final round will be held at The Triangle, Burgess Hill. I would like all team members to travel on the coach to Burgess Hill. Please meet no later than 1620 at Fareham Leisure Centre. Non Travelling Reserves - If you are required to swim I will contact you at the earliest opportunity, if you have other activities planned for this day please let me know.

Parents/Supporters - If you require a seat on the coach please contact Ann Ireland gandaireland@sky.com to reserve a seat. £5.00 per swimmer/spectator.

[Team Selection Here](#)

Atlantis Meet (Saturday 19th November 2016)

This was an absolutely fantastic meet made all the better from having a good size team from multiple squads, young to old, as well as some superb racing. In summary: 253 Swims, 184 PBs (72%), 180 Top 8 placings, 31 Gold, 22 Silver, 35 Bronze.

Well done to Jamie King, Ellen Jewell & Anna Ross on winning the top gun awards (most points from the 4 50m sprint events).

There were many notable performances but I have to say its very satisfying as a coach to see a couple of 1, 2 ,3s amongst the results from our 9yr old girls in the 100 Fly and 200 IM. Finally to the whole team for not only being great representatives of the club but also on claiming 3rd spot overall behind 2 significantly bigger teams and also ahead of some notable "bigger" clubs. I would like to return here again next year with an even bigger team and of course stronger team!

[Results Here](#)

FNSC Distance Championships (Friday 2nd December)

Good Luck to all competing at the distance Championships this coming Friday.

[Programme of events](#)

FNSC Last Chance Meet (Saturday 7th January)

Closing date this Friday 3rd December! Entries to Barry Jewell or Emma Rowsell.

This is for swimmers targeting County Qualification and is the last opportunity to do so.

[Entry Information Here](#)

Littlehampton Splash Into 2017 Open Meet (Sunday 8th January)

Closing date this Friday 3rd December! Entries to Barry Jewell or Emma Rowsell.

Reminder that this is targeted to Academy, Sharks and Skills and is not open to Age or Top. Swimmers targeting County Qualification should target our own last chance meet rather than the Littlehampton meet (this cross over will mainly be in Skills squad - if in doubt please speak with Stewart)

[Entry Information Here](#)

Kind Regards,

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