

Amended Training

Friday 9th December 1830-2000 @ Holly Hill LC - Arena League Team Club Night

Friday 9th December 1930-2100 @ Fareham LC - Non-Arena League Team Club Night (Skills, Age, Top, Junior Club & Senior Club)

Friday 9th December 2000-2100 @ Holly Hill LC - Masters session moved venue

Sunday 11th December 1815-2000 @ Holly Hill LC - Top & Age (moved from Mountbatten due to 5 week closure)

[All Timetables here](#)

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

With County championships early in the new year it is important to sustain training as much as possible over this period, also those not targeting counties this is important as your target meet (our valentines meet) is also very soon in the new year. The swimming season is 48-50 weeks per year and this includes training though Christmas and new year. Please read carefully as there are some small time adjustments which could be easily over looked (later morning starts which is a nice treat). There are a couple of TBC's which we will confirm ASAP.

[Christmas & New year timetable here](#)

Learn to Swim

Assessment is taking place this week with badges issued next week (week beginning 12th December) Final learn to swim lesson will be Friday 16th December (this will be a fun session run in your normal lesson time).

First lesson back will be Friday 6th January 2017.

West Hill Park - All Users

Please can I remind all users of West Hill Park to make sure we leave the pool and changing rooms as we would expect to find them. Please make sure any rubbish is either put in the bin or taken with you when leaving the pool. Should we leave the pool in a less than desirable state we run the risk of losing the use of this facility.

Club Capitans 2017

I am pleased to announce that we will be introducing Mens and Women's Captain for 2017. This will be open to those ages 16yrs and over as of 31/12/16, applications close 16/12/16.

[Information can be found here](#)

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](#)

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

This is the last chance for swimmers to gain qualification in the 400 FC, 800 & 1500 FC. Should you already have you qualifying time then you are not to enter this event. Having just completed our 800 & 1500 distance championships I would prefer swimmers to focus on the 400 event, but please discuss individual entries with your coach prior to submitting. Please be aware there will be no Coach at this event.

Entries should be emailed to Barry Jewell by Friday 9th December (bjewell@sky.com)

[Information here](#)

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

Its that time again where we will be holding time trails. This is part of the training programme and should be viewed as such. This round of time trials will see Age and Top squad involved. Events are carefully selected to complement the training programme and swimmers are expected to complete both events. This will again operate by opting out if you are unavailable that evening, please can I ask if you do have prior commitments you do let us know as it allows us to plan much more effective any avoids a mad rush 10 mins before the start of the event.

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

[Full Details here](#)

FNSC Winter Distance Meet (Friday 2nd December)

Well done to all who took part in the 800 or 1500 events. Despite the lack of blocks, no one made a fuss and got on with the job in hand. Some fantastic swims resulting in 6 Hampshire qualifying times and 8 consideration times being swum. Whats even better is the number of swimmers competing in these events has grown yet again to 31 this year compared to 23 last year.

[Results Here](#)

Kind Regards,

John Molyneaux Head Coach
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