

FNSC Club Notices WB 13th February 2017

Amended Training

Sunday 19th February - All training cancelled due to hosting our FNSC Valentines Meet:

- Skills @WHP 1600-1730 (Cancelled)
- Masters & Senior Club @WHP 1730-1900 (Cancelled)
- Top & Age @HHLC 1815-2000 (Cancelled)

[All Timetables here](#) ([FNSC Website](#) / [Training](#) / [Weekly Schedule](#))

Team Unify

Great to see many members have verified their email address and have successfully logged into their accounts. It is key that all members do so ASAP as this will then allow us to start the process of moving billing and payments over. Can I also ask all members to make sure they have gone through the details and amended as necessary, including correct emails, phone numbers, medical information etc.

[Team Unify Link](#) (available on club website home page)

Hampshire County Championships 2017

Well what a 3 weekends that was – it all gets better and better. Not only did we have more swimmers competing in more events this year, we also managed to successfully turn this into more medals than last year (details below). What's really pleasing is the increase in relay medalists from 3 in 2016 to 5 in 2017, as well as more medal winners, with 9 different individual medal winners in 2017 compared to 7 in 2016. Many swimmers attended their first counties this year either individually or as part of relay teams and hopefully this, as well as the success of the team, helps inspire you and others to come back for more next year.

I am very proud of the improvement the club (**you**) continues to make. Something that is not achieved overnight. Success is a long term thing, training for 2018 County Championships has already started, make every session count and there is no limit to what we can go on to achieve next year.

[FNSC Results Here](#)

[FNSC Medal Winners](#)

[Full Results Here](#)

Sports Bottle Tops

Please can I ask that if you choose to use commercial sport drinks that these are used from refillable drinks bottles as we are regularly finding the clear plastic tops around poolside. Should these find their way into the pool they are nearly impossible to see and cause a significant choking hazard. Please ensure you have sufficient liquid during all sessions, these are detailed within each squads squad's criteria. Arriving at the pool for a 2hr session with a 500ml bottle of Lucozade or alike is not sufficient! 2 liters of water/squash is a far better option.

West Hill Park

Please be aware that the shoe cover dispenser can now be found located in the porch entrance to the swimming pool.

The school has requested that all parents use the shoe covers and all swimmers remove their shoes before they enter the changing rooms. I ask all parents and swimmers to please adhere to this request.

Galas

We have a couple of galas coming up soon for which team selection can now be found on the club website. Please let me know if you are unavailable ASAP.

- Fun Gala - Hosted by PNSC - Saturday 25th February (LTS/Academy) [Here](#)
- Gemini Trophy - Saturday 4th March [Here](#)

Gemini gala also to be sent out on Team Unify as a trial, please edit your commitment to indicate your availability. **This will be emailed to all squads but please make sure you only accept/decline do this if you are selected.** A guide on how to edit commitment to an event (accept/decline gala selection) can be found [Here](#).

Competition Entry

Littlehampton Easter meet has now been added to the competition entry page of the club website. Should you need any help or advice on meet/event selection please speak with your coach.

You will also find details on the 2017 South East Region Championships here, including the programme of events and qualifying times.

[All Meet Entry Info](#) ([FNSC Website](#) / [Competitions](#) / [Competition Entry](#))
[Competition Calendar](#) ([FNSC Website](#) / [Competitions](#) / [Calendar](#))

Kind Regards,



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