



Affiliated to ASA South East Region and Hampshire County ASA

## **FNSC Club Notices WB 16<sup>th</sup> January 2017**

### **Amended Training**

Wednesday 18th January 0600-0700 @Holly Hill, Age Squad (amended time)

Sunday 22nd January 1815-2000 @Holly Hill, Top and Age Squad

(moved from Mountbatten due to closure)

We should be back into Mountbatten from Sunday 29th January.

[All Timetables here](http://fnsc.wikidot.com/training:weekly-schedule) <http://fnsc.wikidot.com/training:weekly-schedule>

### **Club Nights**

Please see schedule for Club nights for the rest of the 2016/17 season. This includes altered training over the 3 weekends of County Championships so please read carefully.

[All Timetables here](http://fnsc.wikidot.com/training:weekly-schedule) <http://fnsc.wikidot.com/training:weekly-schedule>

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

Please take time to read the revised team selection which includes confirmed session times for all sessions over all 3 weekends. Please make sure this is read in detail to ensure arriving at the pool at the correct time. At present we have not had confirmation of any additional warm ups for swimmers only competing in relays in sessions 1, 2, 3 & 4 so we will be working on the presumption that there will not be one until we hear otherwise. If this situation changes and update will be issued to all.

[Relay Team Selection & Session Times Here](http://fnsc.wdfiles.com/local--files/competitions:documents/Final%20Relay%20Team%20Selection%20+%20Timings%202017%20.pdf) [http://fnsc.wdfiles.com/local--](http://fnsc.wdfiles.com/local--files/competitions:documents/Final%20Relay%20Team%20Selection%20+%20Timings%202017%20.pdf)

[files/competitions:documents/Final%20Relay%20Team%20Selection%20+%20Timings%202017%20.pdf](http://fnsc.wdfiles.com/local--files/competitions:documents/Final%20Relay%20Team%20Selection%20+%20Timings%202017%20.pdf)

[15 & Over Full Details Here](https://www.swimmeets.org/calendar/showevent.php?id=752) <https://www.swimmeets.org/calendar/showevent.php?id=752>

[14 & Under Full Details Here](https://www.swimmeets.org/calendar/showevent.php?id=787) <https://www.swimmeets.org/calendar/showevent.php?id=787>

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

All entries should now have been submitted now. If you are able to assist in any way please contact Emma ([emma@rowsell.me.uk](mailto:emma@rowsell.me.uk))

[Full Details Here](http://fnsc.wikidot.com/competitions:competitions-entering) <http://fnsc.wikidot.com/competitions:competitions-entering>

## Competition Calendar

The competition calendar for the remainder of the 2016/17 season is now available. There are some dates to be confirmed as well as some meets to be confirmed so please ensure you regularly check the club website to ensure you are working from the most up to date version (meets may be added or removed at any point). Further advice and guidance as to which squads and swimmer within squads should be targeting which meet will be given as we go through the remainder of the season. Please seek advice from your coach if you have any question which meets you should be targeting or when completing entry forms for event selection.

[Competition Calendar Here](#) (found under the competitions tab on the website)

<http://fnsc.wdfiles.com/local--files/competitions:documents/Competition%20Calendar%202016-17.pdf>

## Squad Movements

It is coming to that time of the season where as coaches we look at potential movement between squads. I appreciate that this is an exciting as well as anxious time for some so feel it worth reminding all swimmers and parents that movement from squad to squad is about swimmer development and what, as coaches we think is right for them in the long term. Remember we are here as coaches to develop swimmers to allow them to progress. Not moving squad is not being "held back" it is about being in the place suited to your age/ability/potential/effort/attendance/attitude/hunger/coach-ability (and many more).

There are many factors taken into consideration, which are detailed in the squad criteria for each group. All must understand that it's not always cut and dry and as coaches we have to use our experience and instinct at times. To those who don't move squads, all I ask is that you remember it's about your individual development, too often when swimmer A moves squad Swimmer B instantly looks to compare themselves to Swimmer A (but I'm faster than them at x, y and z event) rather than looking internally and asking firstly 'am I doing what I need to be in the squad I'm in at the moment? Am I doing what's needed to be progress to the next squad', and finally speak with your coach.

Any changes to squads will be discussed/announced after the end of the County Championships.

[Squad Criteria Here](#) (This includes expectations of all, individual squad criteria and kit lists)

<http://fnsc.wdfiles.com/local--files/information:documents/All%20Squad%20Criteria%202016-17.pdf>

## Team Unify

Be advised that you will be receiving an email verification from Team Unify, our new online management system. This is generated by the club and is safe. Please keep an eye on your inbox and junk folders and ensure you follow the direction on the email to verify your account.

It is very important that all do this to allow the club to effectively roll this out ASAP.

## Level 1 ASA Coaching / Teaching Courses

If any of our older swimmers are interested in doing there ASA Level 1 course please get in touch. You must be over 16 to take the course. There are bursaries available through the ASA we can apply for (although they limited).

Kind Regards,



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