

FNSC Club Notices WB 2nd January 2107

Dear All,

Welcome back to all and I hope you all had a lovely Christmas and New Year. We are back and hitting the ground running so please ensure you read the notices fully as there is information for all groups from Learn to swim upwards.

Welcome to Michael Spoor

The majority of you will already know Michael as he has regularly assisted with Skills squad and more recently with Age Squad, as well as being the clubs Disability Officer. Michael qualified as an ASA Assistant Coach in 1994 whilst swimming for Gosport Dolphins Swimming Club. He actively taught from Learn to Swim as well as coaching club training sessions through to year 2000 when work became too difficult to commit to a full time coaching role. He began coaching again in 2010 with Gosport Dolphins when his eldest, Sophie, started competitive swim training and acted as Assistant Coach (whilst also being the Chairman between 2012 and 2015). He coached Sophie at club level and through to Disability National Championships in 2011, 2012 and 2013. Michael will be taking Age squad Wednesday Mornings.

Welcome to Steve Greenfield

I am delighted to announce that Steve Greenfield will be joining the coaching team. Steve has been coaching for 40 years initially as a club helper latterly as a full time professional coach. He is an ASA Coach and former Lead Tutor and co-author of Swimming Coaching Level 2 book. He has coached at all levels from development to international. He has a strong background in technique and the principles of child development. Steve still competes in masters swimming at all levels and has done for many years. Please make Steve welcome, he will be taking Age and Skills on a Wednesday night as well as Age on a Friday night.

Amended Training

Normal Timetable is now back in operation as of today (Tuesday 3rd January)

Saturday 7th January 0615-0745 @Holly Hill –

No training for Top & Age due to FNSC last chance Open Meet.

Sunday 8th January 1815-2000 @Holly Hill –

Top, Age and Skills Squad (moved from Mountbatten due to closure)

Some may be aware that the closure of Mountbatten Leisure Centre has been extended up to, and including Sunday 15th January. We are awaiting confirmation from Holly Hill that we can continue with the existing arrangement of 1800-1945 for Top and Age Squad, this will be confirmed ASAP.

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

Learn to Swim

All Parents/Swimmers should now have received notification as to any group movements as a result of assessments during the autumn term. Any questions please email Janet (learn2swim@farehamnomads.co.uk)

Any outstanding report slips will be available for collection in the new term.

First lessons back will be this coming Friday 6th January 2017.

Club Captains 2017

I am pleased to announce the appointment of Michael Andrews as Men's Captain and Beatrice Hollands as Women's Captain for 2017. Both are fairly well known to the majority of the club but hopefully over the next few months you will all get to know them a little more. I will send around more info on each of them next week.

Thank you to all who applied, we are lucky as a club to have several good candidates who are good role models to the rest of the club.

Bottles at Training

Please can I remind all not to bring bottles with clear plastic caps to training as these clear caps are very difficult to spot if they make their way into the pool and present a very clear choking hazard. Keeping hydrated is very important during sessions hence the recommendations within the kit list for each squad. Please take some time to review this and ensure you have all the correct equipment for your squad, including bottles of water.

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

Other useful parent/swimmer information <http://fnsc.wikidot.com/information:swimmers>

Competition Calendar - ALL

The competition calendar up to the end of the season (August) is being finalised and will hopefully be shared in the next week or two. Club nights for the remainder of the season is also being finalised.

FNSC Last Chance Meet (Saturday 7th January)

We are still very much in need of helpers to enable us to run this meet successfully. If you are able to help in any way please contact Emma ASAP (emma@rowsell.me.uk).

Sessions times have been revised so please ensure you are aware of these (found on the club website).

Full Details Here <http://fnsc.wikidot.com/competitions:competitions-entering>

Littlehampton Splash Into 2017 Open Meet

Good luck to those who are competing – further details have been sent out to you in separate email.

Full Details Here <http://fnsc.wikidot.com/competitions:competitions-entering>

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

All entries should now have been handed or emailed to Barry or Emma by the deadline of 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). Relay selection will be sent out ASAP.

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

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

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 their weaker events. Closing date is Monday 9th January 2017 with all entries to be handed or emailed to Barry (bjewell@sky.com) or Emma (emma@rowsell.me.uk)

Please speak with squad coach for further advice.

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

Kind Regards,



John Molyneaux Head Coach

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