

Nottingham Leander Newsletter

February 2003

TO MEMBERS OF NOTTS COUNTY SWIM SQUAD

As the newsletter is the only way of communicating to all, here is a reminder from the Finance Committee. All Nottingham Leander members of the swim squad need to keep up their membership fees which are £2 per month. This enables us to keep up registration and insurance cover for you all when you represent us at galas. (As well as allowing you to continue as members of the swim squad).

Cheques can be given to any committee member and you will usually find one on poolside. Please try and pay as soon as you can it really is very time consuming having to chase up individuals.

On another point, at the last club championships it was very disappointing to see only one squad member make the effort to compete. Not only is it a shame for the attendance point of view but it denies our younger swimmers the opportunity of seeing the older swimmers and what can be achieved. Don't forget you were all younger swimmers once.

On a brighter note a big thank you to all who swam for us in the various leagues last year. This has been our most successful season ever culminating in our qualifying for the Speedo B Final in Sheffield. Don't forget Sunday 27th April and let's show everyone how good we are.

Easter Closures



The last day for training at Easter will be Thursday 17th April and we will resume training on Wednesday 23rd April 2003.

Sprint Meet 2003

A big thank you to Helen for organising this years Sprint Meet, a very enjoyable day was had by all and the club made a profit of about £400.

Helen would like to thank all her helpers on the day as this greatly contributed to the success of the Meet.

BESTWOOD SWIMMING POOL

Our last session at Bestwood was on Tuesday 11th February. Training will resume on Tuesday 4th March at Southglade Leisure Centre at a new time of 8pm-9pm.

DRINKS

Over the last few weeks I have been reminding swimmers to bring a drink with them when they attend training sessions. WHY?

Just because a swimmer in submerged in water does not mean they do not sweat when training, just as any other athlete. Pools are also hot humid places and training hard adds to the dehydration, sweating and energy loss. A loss of 2% of

your body fluid (which is not much) results in a 20% loss of performance.

Do not wait until you get thirsty, drink regularly. Swimmers should be drinking at least two litres of fluid a day with another litre for training sessions. Drink a little and often and always when you eat. You need to bring a litre of fluid to drink whilst training. You should drink this during the session by having a drink after each set. Do not bring a bottle full and walk off poolside with a full bottle. It should be empty. I will know if you have read this article by the number of plastic (NOT GLASS) drinking bottles on the poolside over the coming days. Please, Please, Please, put your name in or on all your belongings.

Parents don't panic. You do not need to buy expensive sports drinks. Homemade drinks are more than adequate. Cordials, squash or even fruit juice diluted 50/50 with water are good for fluid replacement and carbohydrate replenishment. Do NOT drink fizzy drinks during training. Do NOT bring ice cold drinks to swimming.

As for you slightly older swimmers, no alcohol within 36 hours of competition as it causes dehydration, slows down your digestive system and affects your co-ordination. (It also makes you fall over)

A simple test on whether you are drinking enough is the 'pee test'. (Not to be tried in the pool) You should go to the toilet regularly, produce lots of

urine, which is clear in colour. If this is not the case – drink more.

Mick

P.B.'s

Just to remind everyone that I keep a record of all swimmers times. If you represent the club at a gala then I shall have those results. However, if you swim in an open meet or at school competitions, then I will not be aware of that. Please let me know of your performances stating date, event and times achieved. You can hand these to me or e-mail me at

info@nottinghamleander.freeserve.co.uk

Mick

UPDATED INFORMATION

If your details have changed in the last year eg, address, telephone number or E Mail address could you please let us know. You can E Mail info@nottinghamleander.freeserve.co.uk

Thanking you for your co-operation in this matter.

Dates of Forth Coming Committee Meetings

If you are a committee member or you would like something raising at the committee meeting please make a note of the forthcoming committee meetings date: -

Tues March 11th

Tues April 8th

Tues May 13th

Tues June 10th
Tues July 8th
Tues September 9th
Tues October 14th
Tues November 11th
Tuesday December 9th

Club Swimming Fees

The committee would like to point out that subs are worked out over the whole year. All payments whether it be standing orders, cheques or cash should be paid for 12 months although we usually have most of August off.

Full membership and Water Polo is £14 per month and Juniors under 9years training just once a week is £9 per month.

**SPEEDO NATIONAL 'B' FINAL -
Ponds Forge**
SUNDAY 27TH APRIL – Warm Up
9.15 am

COACHES

We have booked two coaches for anyone who would like to go and watch this final. It is a fantastic opportunity to see our club competing in such a high quality event. There will be no charge on the coaches but you will have to buy your spectator ticket.

The noise will be tremendous from all of the club's spectators. It will really be a great experience for

swimmers and spectators alike. There will be a small prize for the best spectators, so come along join in the fun. Anything goes (face paints, wigs, T-Shirts, anything noisy) **EXCEPT FOR WHISTLES**. Even if you have not swam in Speedo you can still come and cheer the swimmers on.

TICKETS

Each club has been allocated 100 tickets in a block. To ensure we all sit together we have to order and pay for the tickets in advance.

Tickets can be ordered through Glynis but must be paid for in full when ordering. Cheques would be preferred, made payable to Nottingham Leander Swimming Club.

Prices are: Adults £3.00
Concessions £1.50 (I presume these are children and OAP's)

All tickets must be ordered and paid for by 31st March, as we then have to send the money and orders off to Speedo.

More details can be obtained from Glynis via email
info@nottinghamleander.freeserve.co.uk

Club Kit for Sale:

We now have a new Club Kit co-ordinator so if you are in need of any club kit please email
kit@nottinghamleander.freeserve.co.uk

Water Polo

Leanders water polo team are now training in preparation for the new season which starts in March.

Although we didn't do very well League we did reach the final of the Handicap Cup and are very pleased to say for the first time in our history we actually won a cup final.

We are once again looking for new member's s to join our training sessions. Ideally you will be 13years old and over. The training sessions are Friday at Noel St. 8.30pm-9.30pm and Sunday at Beechdale 6pm-7pm.

If you are a Leander member there will be no increase in your monthly subs, if you know someone who would like to join us from outside Leander there will be a trial membership fee for 2 months which is £20 and then £14 monthly thereafter.

For more information, contact Sue
Info@nottinghamleander.freeserve.co.uk

Cheque Payments

If you are paying your monthly subs, tadpole fees or for any club kit by cheque could you please make all cheques payable to Nottingham Leander Swimming Club and not to individual persons.

Your co-operation in this matter would be very much appreciated.

Pool Contacts

I cannot emphasise how important it is that we get a contact person for each pool.

Leander is a large club training in a number of pools in Nottingham; to help us keep in contact with our members we need the help of you as parent/guardians.

All we ask for is one name for each pool to help distribute newsletters and any flyers we might have. Perhaps you take a register and wouldn't mind doing this little extra job for us.

If you would like to know more or would like to offer your help please contact
info@nottinghamleander.freeserve.co.uk

Website

Please check our website regularly for updates. Any closures of pools a new information goes on as soon as we get it.

Nottingham Leander Website
address is:

www.nottinghamleander.freeserve.co.uk

Duty of Care

Leander as a 'Duty of Care' policy which is as

Follows: - ultimately each child is in their parents care but should their child be left in the

Care of another person it is the parent's responsibility to inform the carer of any special needs, health conditions or any medication that the child might need.

It would be much appreciated if parents/guardians could keep us inform on any of the above when leaving their child in the care of any of our coaches, team managers etc.

Thank you for your co-operation in this

Team Selection

Please, please, confirm your availability immediately to the team organiser. A full team consists of 32 swimmers, if you are not available you have to be replaced and the more time the organiser has the more chance they have of selecting another swimmer.

The Executive Committee would like to wish all Leander members and their families a Happy Easter