



Junior Gala

The next Junior Gala is on Saturday 8th April 2006 at the University Pool.6-8pm. Attached to this newsletter is an entry form which we would like to encourage you to fill in and return to Dave Scorer at your earliest convenience the deadline date is Saturday 1st April. Any entries after this date will not be entered on the programme and your child will have to swim in the first heats and not in a heat with children of similar times.

EMERGENCY CONTACT

NUMBERS

Do you know where your child is? The Executive Committee would like to remind parents/guardians that you are fully responsible for your child/children when attending training sessions. The coaches are at the pool to coach the children in the water and not to look after them when they are not in the water.

Please know where your child is and what they are doing, if you have to leave them **UNATTENDED** at the pools please inform the coach or another parent and let us know where we can contact you if we need too.

It is important that we have Emergency Contact Numbers for all our swimmers as we have had couple of problems in the last few weeks resulting in us needing to contact parents/guardian urgently. Thank you to all those on e mail that have let me have their Emergency numbers, if you haven't given this number to us could you do so immediately either by ringing me Tel. 0115 9291689 e mailing contacting Sue Davis or giving it to the register taker who can put it on the register to be transferred to our database.

Executive Committee

Nottingham Leander Newsletter February 2006



Congratulations to Aidan Smith who has been promoted to B1 at Nova and Liam Brown who has been promoted to B2.

MEMBERSHIP TO LEANDER

Last November we starting restructuring how the club is ran. The main difference being that we have abolished the **Trial Membership Period of two months. All swimmers** except for Masters and Water Polo (who come straight in as members) who would like to join Leander must come for a trial, the trials are held the 1st Wednesday in the month at the Boys High School. Tony will assess each swimmer and categorise them, if we feel that we are the right club for them we will offer them a place where we have a vacancy, if we feel that this isn't the right club for them we will advice them of alternative routes in swimming.

To book a place on a trial please contact Sue Davis. **It is important that you book a place as we only take 10 trialists at each trial.**

OPEN SPRINT MEET

20th Annual Sprint Meet

Sunday 22nd January saw the 20th annual Leander Sprint Meet take place at Beechdale Swimming Centre. It was a long day for swimmers, coach's helpers and spectators with the warm-up beginning at 8:30AM, and the last race finishing at 7:30PM.

This year's event attracted 340 swimmers, which is a new 'personal best' with 76 more children than last year. It was great to see so many Leander swimmers enjoying the event and picking up some trophies and medals. It was also good to see a number of swimmers taking part in their first Open Meet; hopefully you all enjoyed the day and will be back next year. If you've not

seen the results yet they are available on the club web-site – www.leandersc.com.

The event ran smoothly thanks to all the helpers, most of which were working solidly for almost 12 hours. This year saw a number of new faces, who rose to the challenge and did a superb job. We would also like to acknowledge the help of many of the familiar faces, who continue to help even after their children have grown too old to swim on the day.

Thoughts now turn to next year's event, and we would appreciate any feedback on the way this year's event went. We are looking to make a few changes to the structure of the Sprint Meet, to enable us to cope with the increasing number of swimmers. We will not however change the ethos of this being a fun, friendly event. After all it will be our 21st!

The Sprint Meet Organising Committee
Sue & Steve Freer, Paul & Helen Gardner,
Barbara Young.

EASTER AND MAY BANK HOLIDAY CLOSURES

Please note there will be no Swimming over the Easter weekend Friday 14th to Monday 17th April inclusive. Swimming will resume on Tuesday 18th April. Rushcliffe will be closed for the two weeks of the Easter holidays. There will be no swimming on Sunday and Monday 30th April and 1st of May and Sunday and Monday 28th and 29th May except for Portland where training will be on for Masters on both Sundays.

“Development Clinic”

The first of this years Junior Gala's takes place on April 8th at the Nottingham University swimming pool, 6.00pm warm up. The gala is available for age groups 12 years and below, with it being 12 as at 31st of December. The gala is for the children to put all the hard work they have been doing into practise, whilst racing against their own age group. With the sole aim to be hopefully the top girl or boy. Their reward is a trophy for finishing top along with trophies also for second and third places, based over the three Gala's. These rewards are handed out at the Club presentation evening in January, this is great night only if you go to watch the

*Chief Coach dance like a “dork” or something similar to Bambi on Ice. Yes, I do perform myself, and yes it is superb, although most people unfortunately had to leave early this year and missed my impeccable version of Swan Lake, with a Gangster rap followed by a Beyonce style “butt jig”, **oh yes!!!***

It is important that the Gala is promoted and we have a good turn out. Not only for the children but for the Club's overall progression. These Gala's are used as part of our selection process for the Gala's in which we compete in throughout the year. But also, they are going to be used for the method of “intake” into and out of the Development Clinic.

We aimed to have 8 swimmers per age group, 8 Boy's and 8 Girl's, but we are also very conscious that this needs to be “fluid”. Children progress in different stages; we have, because of various league rules on, “age on the day swimming”, selected or not selected children. But these same children then play a big part in races that take place in April or October lets say. You may have noticed one or two new arrivals on a Friday. This is because they have shown promise, or because they are being deployed in a competition and we need to improve or have had to increase their stamina levels in order to go to the next stage of their swimming experience. Again, by being “fluid” the door is always open with both the Club and swimmer benefiting.

We have changed a couple of things around. Clive Beckwith has unfortunately left the Club and will be greatly missed. Our current focus is on the 10 year plus age group. Following the County's this year we envisage moving some of these on to the later Friday session. This will be based on their individual needs; one child may move on but is not as quick as a child that remains in Development who needs stamina, starts or turns. One thing is for sure. The Junior Gala is and will be a great experience for all of our swimmers and should not be missed.

Craig Albery

MASTERS NEWS

Masters Gala • Clay Cross

On the 4th February 2006 a select group of masters swimmers competed at the masters open meet at Shirley Park leisure centre in Clay Cross. The gala was used by all swimmers as an early test of their fitness following the distractions of Christmas. It was not surprising that the times achieved were a little below par, however, this does allow for significant improvement over the year.

400m Freestyle Kate Redfern 5.57.62 Wayne Stott 4.41.53	50m Freestyle Susan Gill 31.13 Wayne Stott 26.88 Mick Kingsbury 32.94
Individual Medley Kate Redfern 1.30.61 Claire Burgess 1.20.08 Mick Kingsbury 1.27.55	100m Backstroke Kate Redfern 1.28.63 Claire Burgess 1.22.89
50m Breaststroke Mick Kingsbury 42.52	Mixed Medley Relay Kate (Backstroke) Wayne (Breaststroke) Mick (Fly) Susan (Freestyle) 1.07.18
50m Butterfly Susan Gill 35.74	

Several medals were won on the day, however, the relay team were pushed out of the medals finishing an unfortunate fourth.

A great time was had by all, and we are looking forward to the next gala where we hope to achieve a higher turn out of swimmers.

Please could you let us know if you change your contact details so we can keep up to date records.

NEW YEAR DISCO

Thank you to everyone who attended this years New Year Disco. We had an excellent turnout and everyone seem to enjoy themselves.

LOST & FOUND

1 Leander T shirt at the Sprint Meet.

If anyone picked this up could you please let me know Sue Davis

E Mail Address & Phone Numbers.

If you have recently changed your phone number or acquired an e mail address could you let me know the details please? If you have given an e mail address but have changed it please e mail me the change. I have several addresses that messages keep bouncing back saying it isn't a valid address. This might be you if you haven't been receiving e mails from us.

Contact Sue Davis

CLUB KIT

Item No	Description	Selling Price each
1	Leander Caps	4.00
3	Floats(Reggie & Rita)	6.50
4	Win Rubber Fins 11- 1	8.00
5	Win Rubber Fins 2 - 2.1/2	8.00
6	Win Training Fins 2 - 4	7.50
7	Win Training Fins 4 - 6	8.00
8	Win Training Fins 6 - 8	8.50
9	Win Training Fins 8 - 10	9.50
10	Win Training Fins 10 - 12	10.00
11	Keifer Silicone Fins Sizes 3 - 7	10.00
14	Keifer Silicone Fins Sizes 7 -12	11.00
18	Speedsocket Goggles - Smoke	12.70
19	Speedo Futura Goggles	7.60
21	Speedo Bottle - Large	3.00
22	Sports Towel	6.00
23	Mesh Bags	2.60
24	Speedo Drawstring Bag	4.21
25	Win Junior Pull Buoy	2.30
26	Win Ear Band - Junior Blue	1.92
27	Win Ear Band - Junior Pink	1.92
28	Leander Polo Shirt - Green Sm	15.00
29	Leander Polo Shirt - Green Med	15.00
30	Leander Polo Shirt - Green Large	15.00
31	Leander Polo Shirt - Green	15.00

	XLarge	
32	Leander Polo Shirt - Green XXLarge	15.00
33	Leander Polo Shirt - White Sm	15.00
34	Leander Polo Shirt - White Med	15.00
35	Leander Polo Shirt - White Large	15.00
36	Leander Polo Shirt - White XLarge	15.00
37	Leander Boys Trunks Size 24 - 32	9.50
42	Leander Boys Trunks Size 34	12.50
43	Leander T Shirts Gr/Yell 9 - 10	3.75
43	Leander T Shirts Gr/Yell 9 - 10	3.75
44	Leander T Shirts Gr/Yell 12 - 13	3.75
45	Leander T Shirts Gr/Yell Small	3.75
46	Leander Girls Leader Backs 26 - 32	15.50
50	Leander Girls Leader Backs 34- 36	18.00
52	Leander Girls Splashback 24 - 32	12.00
62	Speedo Hats	3.35
63	Speed Sockets - Metalic	8.50
64	Speedo Xenithlight Goggles	8.50
71	Win Sports Bottle	2.30
72	Speedsocket Goggles - Mirror	17.00
73	Leander Tracksuits Size 128-152	30.00
74	Leander Tracksuits Size 164-XL	37.00
75	Hats	5.00
76	Shorts	8.00

The tracksuits are available on an order only basis.
Samples will be available for viewing early February
2006.

This is the February 2006 Price List
Enquires to Emma Formosa

Remember that incentive scheme vouchers can be
put towards all purchases of club kit (one voucher
is equivalent to £1.)

WEBSITE

Please note we have changed our website
address, it is now www.leandersc.com

DATES OF FORTH COMING COMMITTEE MEETINGS

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

2006

Thursday 12th January

Thursday 11th May

Thursday 13th July
Thursday 14th September
Thursday 9th November
Thursday 14th December

DATES OF FORTHCOMING COACHES MEETINGS

2006

Monday 10th April (possibly changing to 24th April)

Monday 26th June

Monday 11th September

Monday 9th October

Monday 11th December

FUN SWIM & DISCO

We will be holding a Fun Swim in July and
hopefully another Disco also in July. Dates are
still to be confirmed.

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