



Nottingham Leander Newsletter June 2016



EXTRA ORDINARY AGM



Please note that it has been necessary for us to call an Extra Ordinary AGM due to a change in our Constitution. This will take place on **Thursday 14th July at Rushcliffe Leisure Centre** at 7pm. This will then be followed by a Committee Meeting starting at 7.30pm.

It is important that we get a quorum to pass this Constitution so your support on the night would be appreciated.



Summer Disco and Quiz Night.

Notts County Conference & Banqueting Suite, Meadow Lane, 16th July 7:30-1am.

Are you ready to boogie? Are you a quiz boffin? (Prize for the quiz champ)

This could just be the night for you, so now's your chance!

Tickets are on sale at most pools priced at £2 per person,

Basket meals available to buy between 8-10pm.

We will also be holding a raffle to which donations of prizes would be greatly appreciated. Please contact me on info@leandersc.com if you would like to donate to the raffle or if you have any difficulties purchasing disco tickets at pools.

Now all you have to do is buy your tickets and get out those dancing

FUN SWIM.

Rushcliffe Leisure Centre 25th July 6-8pm.

We are now selling Fun Swim tickets.

These are on sale at most pools for just £1 per person. Included in this price is a goodie bag for each child after they have finished whizzing down the water slides.

This can be a very enjoyable evening for both Adults and Children to both unwind ready for the long school holidays ahead!

We look forward to seeing you on the 25th July.

Please note all children under 8 must be accompanied by an adult with no more than 2 under 8's per adult.

Please contact me on info@leandersc.com if you have any difficulties purchasing fun swim tickets at pools.



Lisa Albery



Development Clinic

The Development Clinic is a session that is by invitation only and is aimed at improving the top girls and boys in the younger ages with regard to technique, stamina starts and turns etc to help prepare them for competition swimming.

At the moment we are working to bring this session in but at the same time not to disrupt swimmers that already attend the High School session on Friday 6.30-7.30pm. Unfortunately we are aware that we really didn't get this off to a good start with too many of non development swimmers ending up in one lane.

We would ask that all swimmers that normally attend this session still go along and we will

inform you when we have sorted out what we consider to be the best solution to this problem.

We can only apologise at this moment in time for any inconvenience or upset this may have caused but we can assure you we are working on it and hopefully have an answer very shortly.



JUNIOR GALA

Our second Junior Gala of the year was held on Saturday June 25th at Beechdale Baths. A new pool and new time which didn't appear to deter anyone as we had one of the biggest if not the biggest entry ever. The reason for the change in venue and time was because we can only have a two hour slot at the High School and it doesn't allow us to get through the programme. The change in time is due to the fact the Pool will only allow us to have the evening gala because of the public swimming. We will be running the Junior Gala on September 10th 5.30-8.30pm again at Beechdale but because of the expense in the charges at Beechdale £400 for the evening we will be looking for an alternative pool for next year's gala's. Entry to the gala will be £1 per adult and 20p for a programme in September.

I would like to thank Karen from the club for organising the Junior Gala and making it such a success with all her helpers.

Karen would like to thank everybody who helped at the Junior Gala on 25th June and contributed to the success of the day. (5 swimmers entered the Gala which was absolutely brilliant. It was also good to have swimmers too old to take part but supporting by giving their help. If any one would like to offer their help who has not done any thing before for the gala on Sept. 10th please contact Karen on info@leandersc.com

Entry forms should be completed and returned to Dave Scorer no later than 3rd September 2005. Late entries will be accepted but will not be on the programme and swimmers entering without times or on the day will swim in the first races with the slower swimmers.



DAY OUT

ENDLESS SWIM AND GARDEN SHOW

On Sunday June 19th all 5 members of the Robbins family (all Leander members) were up early for an event organised by Nottingham Leander Swimming Club. We were off (before 8 o'clock) to the NEC in Birmingham to the BBC Gardeners Live Show. What has that got to do with

swimming you may ask. We were some of the 20+ Leander swimmers demonstrating an Endless Pool.

When we arrived (on one of the hottest days of the year so far) we had to report to the exhibitor's kiosk to get special passes. The Endless Pool Company had organised free entry into the show. The pool was in one of the exhibition halls. The idea was that all the Leander swimmers would take it in turns to swim in the pool and show the public what it was all about – hopefully tempting people to buy one.

An Endless Pool is a bit like a treadmill for swimmers. It is much smaller than a conventional pool, there being room for just one swimmer. A current comes into the pool and the swimmer stays in one place swimming against it. The speed of the water coming in can be varied to suit all strokes and speeds of the swimmers.

Kate and Rachel from Leander Masters were already there when we arrived. Kate was swimming away. It looked very strange to see someone swimming hard but not actually going anywhere. It was soon Rachel's turn and we could get some initial feedback from Kate. The pool certainly seemed to get a 'thumbs up' from Kate.

It would soon be our turn. We had to change in small tents next to the pool – not very roomy it has to be said. When Rachel had finished, in went Adam. (Age 12) It seemed to take a bit of getting used to. Initially you push hard against the current but learn to relax and swim at a steady pace. There was a camera in the pool showing our strokes underwater. This was very interesting as you could pick out various faults in techniques - a brilliant learning and teaching tool. Adam certainly had a lot of fun, not just swimming but showing everyone how to do other exercises in the pool e.g. running on the spot and exercises against the water resistance.

Jenny (age 9) was next in. She wanted to try out all the strokes but fly was restricted as it splashed too much (dangerous for all the electrics round the pool) She very much enjoyed it and loved trying to beat the current to get to the other end. She said she could have stayed in there forever (or should it be endlessly?)

Helen (also age 9) was in next. She found it quite tiring. In this pool you have to keep going and the children were allotted 15 minutes each. Helen enjoyed kicking holding on to the bar and clinging to the bar as the current was turned up to full power. She tried all the strokes and was even allowed to do fly as she doesn't splash too much.

Maxine (Mum) was in next for a 20-minute stint. She found it was a good workout. The company reckon you expend the same energy in 35 minutes in this pool as you do in a normal hour long training session. No stopping, no turns and no chatting!! Backstroke felt strange as you had to find a point to fix on. There was a mirror underwater to see yourself swimming. Good for making you aware of what is actually happening under there.

Colin (Dad) was swimming on Father's Day – nice treat. He asked them to gradually turn up the power so he was sprinting. Not so good on camera at this point – you couldn't see Colin for turbulence. The spectators seemed to be getting wet as well!

The swim was over – time to look round the rest of the garden show and meet up for lunch.

We all enjoyed the pool and all who swam have come away with a video taken underwater (to be analysed later) Having spoken to other swimmers most people thought it was a fantastic experience and the camera could really help improve technique. Several families would have an endless pool if money were no object – but sadly it is. Wayne is tall and would need an extended go-faster version as he kept up with it on full power and only just fitted in!! It was nice to see swimmers from all sections of the club enjoying the activity and having time to chat away from training. Thanks to Sue Davis for organising it.

Footnote from Sue.

Thank you to everyone who joined in on the Day and for turning up promptly for your swim and extra swims in some cases. We didn't make a lot in donations just £39.86 which we are going to donate to Notts and District Sports for the Disabled.



LEVEL 1 Teachers and Level 2 Teachers

There are two Level 1 teachers courses being ran. The first is on 16th/17th July 10-7 30th/31st July 10-5 and 7th August 10-4 at Retford Leisure Centre. Price for this one is £85. (Maximum no.10)

The second one is on Saturdays 8th and 15th October 10-6pm and Monday to Friday 24th - 28th October 9 - 1.30pm. (Exact times to be confirmed). This will be at East Leake Leisure Centre

The cost is approx £120 payable to Alfred McAlpine Business services, £37.50 assessment fee payable to Amateur Swimming Association (Payable on the first session) and £12 for the text book payable to Nadine Peckover. The maximum number on the course is 9 and Nadine Peckover is the tutor.

A Level 2 teachers course is also being ran at John Carroll L .C Radford

Sunday mornings 4/9/05 - 4/12/05

8.30 am - 12.30pm

Tutor is Paul Dickerson

£205 including assessment fees but candidates need their log books prior to the course starting

Course organiser is Dave Lawson at Woodthorpe Grange tel 0115 9152791 Nadine Peckover has entry forms.

If any of our members or parents would like to take the course please let me know as soon as possible for me to put your names down. Leander will pay for the course as long as you are prepared to sign a letter

stating you will be available to help Lender for 2 years from passing the course. If you should leave the club before the 2 years are up you will be asked to pay a pro rata payment towards the course.

Contact Sue Davis



FOR SALE

Only got 1 pair now, USA size 4-5 English about 4 £5 Contact Sue Freer

If you have something for sale or a wanted please contact me as I will start a list for members to use.
Sue Davis



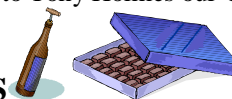
Vacancies

The Executive Committee are please to announce that the vacancies that arose from Mick Dean and Gary Brown leaving have now been filled but in a different capacity. We will not be having a specific Junior and Senior Coach but the new title will be Club Coach.

The roles have been taken on by Craig Albery and job share Sue and Steve Freer. I am sure many of you will already know Craig, Sue and Steve. Craig will be at Cotgrave, High School and East Leake and Sue and Steve will be at Rushcliffe, Southglade and East leake.

We now have six Club Coaches Craig Albery, Karen Adcock, Brian Burgess, Sue and Steve Freer and Bob Langham all reporting to Tony Holmes our Chief Coach.

RAFFLE PRIZES



During the year we do run quite a few raffles and are always on the look out for donations of raffle prizes. If you have something you could donate please contact Lisa Albery or Sue Davis

BOOKLETS AND MEMBERSHIP CARDS



You should have received one of our booklets per family and individual membership cards if you are a paying member of Nottingham Leander.

If you are on a trial you will receive these when your first monthly payment goes through.

If you haven't received your booklet or membership card please contact me at your earliest convenience. Sue Davis



COTGRAVE AND RUSHCLIFFE

Both Cotgrave and Rushcliffe are full and we are not taking any new swimmers on at these pools at the moment. We have got a waiting list and so if you would like your child to attend one of these sessions could you please put your name on the list and you will be contacted when a space is available.

To put your name on the list contact Sue Davis



TADPOLES

Our Tadpole sessions are held at Rushcliffe and, Noel Street on a Monday and Keyworth on a Friday. This is for children from about 4/5 years who are non swimmers. Each course is for 12 weeks and costs £30, once on the course you will automatically be offered the next course until such time as your child has progressed enough to join in Club Swimming.

We have a few vacancies at Noel Street and Keyworth and we are taking names at Rushcliffe. If you are interested or know anyone who might be interested please contact Karen Adcock



LEANDER OPEN SPRINT MEET

The 20th Nottingham Leander Open Meet will take place on Sunday 22nd January 2006, at the Beechdale Swimming Centre.

This year we have a sub committee of five people organising the day. They are Paul and Helen Gardner, Sue and Steve Freer and Barbara Young.

RECORDING OF ACCIDENTS



We would like to make everyone aware of the procedure if anyone should have an accident whilst at one of Leander's training sessions, at a gala or at a club event.

We have Accident Record Forms which are kept at all pools in Leander's green folder also we will be distributing Accident record forms to anyone who might need one whilst organising an event, team managing etc.

If an accident happens this Accident record sheet must be filled in with all the details it asks for. A copy will be sent to Pete Whiting who will keep the sheets in a file in case they are needed for future reference.



FIXTURES 2005

Fixtures for 2005 remain the same as the sheet sent in the last newsletter. If you need a new copy let me know and I will send you one. Sue Davis



CONGRATULATIONS

Goes to Helena Thornton who has been picked for the Youth Olympic Festival Team of 16 swimmers. What an achievement.

Congratulations also go to Oliver Webb who has moved from B2 to B1 at Nova.

If you know of anyone that should be mentioned in the Congratulations column please let me know. Contact Sue Davis



Swimmers Times

Could you please keep me up to date with all times achieved by swimmers. This is used to help selection of teams. I don't need results from Leander events (such as the Leander Open Meet, Junior Galas, Club Champs or any leagues that Leander takes part in), but I really need them from Open Meets, Championships, Trials etc. If you could email them to me, Pete Jenkins, on the website email - info@leandersc.com that would be great.



Results Report **website**
(Full results available on the website)

Results Report
 (Full results available on the website)

Spring Competition

Both A and B teams made the final on May 14th at Mansfield. The teams were not as strong as they could be with several swimmers at a Nova training camp in Spain. The rules of the league also prevented some swimmers from changing teams if they had already swum 2 rounds for the same team. The A team finished second, 10 points behind Calverton. The B team finished 6th.

Sports Centre League

This is the first time we have entered this competition. We have started in Division 3. Two rounds have taken place and we have won both galas. We intend to select a B team for this league - to ensure that the non-regular swimmers get a good taste of competition.

Derby and Notts Junior League

This is the competition where we have made the National Final for the last 2 years. In gala 1 in April we won by 30 points from a strong Derby Phoenix team. In gala 2 in May, we again won, beating Derby Phoenix by 15 points. This result means that we made the top 6 final once more. The final proved to be a very competitive gala with the lead changing hands several times as the gala progressed. By the end we fell short, finishing second behind City of Derby, who will therefore go on to compete in the regional gala and possibly the National Final later in the year. There were nevertheless some good performances from our swimmers, and everyone now has to aim to go one better next year!

Development League

This competition is designed for the smaller clubs who may not enter into the other leagues. There are upper time limits to the events, which mean that if you swim too fast you do not score any points for the team! There are no "results" available yet, but the swimmers times are on the website.

Mary Davies Trophy Gala

This is a friendly gala which took place earlier in June. Again we used it as an opportunity to give the non-regular swimmers a chance at competition. We came a very creditable 3rd. Mansfield won the gala - we feel they put in a strong A team, but our swimmers still enjoyed the evening.

SUMMER CLOSURES

Please see attached list for the summer closures.



CLUB KIT

Remember that incentive scheme vouchers can be put towards all purchases of club kit (one voucher is equivalent to £1.) The following kit is currently in stock but other items can be ordered with discount from the Allens of Kingsbury brochure (see www.allensswimwear.co.uk). If you want to order any items either from the brochure or from stock please contact **Emma Formosa**

- Bags £17.50
- Girls leader back (high leg) Speedo costume with club logo £15.50
- Girls splash back (low leg) Speedo costume with club logo £12.00
- Boys Speedo brief with club logo £9.50
- Club T-Shirt £3.75
- Silicone swim cap with club logo £4.00
- Maru floats £7.50
- Maru Pull Buoy £5.00
- Adidas Water Bottle (0.75L) £3.00
- Adidas Water Bottle (0.5L) £2.00
- Maru synthetic sports body towel £6.00



WEBSITE

Visit our website on regular bases to keep up with current information. 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: -

2005

- Thursday 14th July**
- Thursday 8th September**
- Thursday 10th November**
- Thursday 8th December**



DATES OF FORTHCOMING COACHES MEETINGS

Monday Sept 12th
Monday Oct 10th
Monday Dec 12th



MASTERS NEWS Master's Report

Our first main outing of the year was to Leamington Spa, where only four swimmers were able to attend on the Saturday. Medals were won by Wayne, Colin and Claire, and Mick swam a life time PB in the 50m free style. The highlight of the day was our leisurely excursion into the centre of Leamington Spa at lunchtime to see the sights.

Attended: Wayne, Colin, Claire B. and Mick.

The regular outing to Scarborough in May was well attended, with our biggest turn out for some time. This may be due to the quality of the gala, or may have something to do with the quality of post swimming entertainment. A large number of medals were won, particularly by Adrian, who seemed to be swimming almost every other race.

A special thanks must be given to Stuart for his sobering influence on the younger members of the club.

Hopefully, the success of this event might spur us into the Scarborough gala later in the year (September, I think).

Attended: Wayne, Colin, Mick, Pete A, Adrian, Chris S, Stuart, Hasley, Claire B, Louise, Bobby, Holly, Kate and Carol.

We would like to encourage those swimmers who have not yet taken the opportunity to swim in a master's gala. Swimmers always swim against swimmers who have entered a similar time and therefore you will never be left behind.

Forthcoming Open Meets

Sat 3rd Sept 2005 Dukeries Open (Workshop SC)
Ponds Forge
Age groups 9,10,11/12,13/14, 15 & Over 50m
10/11,12/13,14& Over 100m age
on Day 3rd September 2005
50m & 100m all 4 strokes HDW
Closing date 22nd July 2005
Details email workshop.dolphins@lineone.net

Sat/Sun 1/2nd Oct 2005 Robin Hood Open
(Sherwood) Ponds Forge
Age groups 10,11, 12,13,14,15 & 16+ age
on day 2nd October 2005
50m, 100m, 200m all 4 strokes (not 200 fly)
200IM & 400 Free. HDW
Closing date 25th July 2005 Level 2 meet
upper & lower time limits
Details www.sherwoodswimmingclub.com

Sun 13th Nov 2005 Falcon Open Meet
Beechdale
Age groups 9,10,11,12,13,14,15 & Over age on
day
50m all strokes + 100 IM heats & Finals
Closing date 11th October 2005
Details www.falconasc.co.uk

Same date as Club Champs

Sat/Sun 19/20th Nov 2005 Major Oak Open
(Mansfield) Watermeadows
Age groups 10/11,12/13,14/15,16 & Over age as
20th November 2005
50m,100m,200m all strokes + 200 IM upper &
Lower time limits Closing date
14th October 2005
Details www.mansfieldswimmingclub.co.uk

Nottingham Leander would like to point out that all news and information in the newsletter is collected from individuals and to the best of our knowledge is the correct information at the time of going to print.

The Executive committee would like to wish everyone a lovely summer and to those of you embarking on a well deserved Holiday hope it is a good one.

