



Junior Gala

The next Junior Gala is on Saturday 24th June 2006 at the University Pool. 5.45-8.15pm. Entry forms have been sent out electronically if we have your e-mail address and they are also being given out at pools. If you would like to enter your child and haven't had access to a form please contact me and I will make sure you get one. We would like to encourage you to fill in your entry forms and return to Dave Scorer at your earliest convenience the deadline date is Saturday June 17th.

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.

SUMMER DISCO & QUIZ

Saturday 15th July is the day for this year's Summer Disco and Quiz evening. This year we are holding it at David Lloyd, Aspley Lane, Aspley 7.30-11pm. Tickets are now on sale at a £1 a ticket. If you have any problems obtaining tickets which are on sale at most pools please let me know and I will arrange you to buy some. We will also be holding a raffle to which donations of prizes would be greatly appreciated. Now all you have to do is buy your tickets and get out there dancing.

FUN SWIM

Rushcliffe Leisure Centre 24th 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.

Nottingham Leander Newsletter June 2006

Summer Outing

Cariba Creek Water Park

We are planning a club day out for Leander members and their families. This will take place on Sunday 10th September 2006. We are going to the Cariba Creek Water Park at Alton Towers. This Water Park has both indoor and outdoor attractions and rides. Details can be found on the website:

<http://www.alton-towers.co.uk/waterpark/>

Nottingham Leander Swimming Club will be providing the transport for us. The cost of entrance is as follows:

£12.00 per person, or £37.50 for a family ticket (2 adults and 2 children or 1 adult and 3 children)

Bus transportation will depart from David Lloyd Sports Centre, Aspley and/or Rushcliffe Leisure Centre, West Bridgford at 10.15 am. Details to be confirmed.

All children must be accompanied by an adult. No under 16's without adult supervision please. The ratios of adults to children required are: under 4's – 1 adult to 1 child, 5-9 years – 1 adult to 2 children. Under 10's must be supervised in the water. Over 10's will be allowed in the water without an adult, but may not come on the trip without adult supervision. You may not consume your own food whilst in the Water Park. However, food is available to purchase.

Places on this trip are strictly limited and will be allocated on a first come first served basis. If you would like to come please fill in the attached form and return it, before Friday 14th July too:

If you have any questions please feel free to contact: Louisa Langton or Sue Davis

Hope you can come!



Congratulations to Olivia Harker and Ryan Webb swimming their first competitive gala in the Development league on 6th May.

Following successes at the Counties we have swimmers invited to join

Nova Development : Georgie Young and Liam Albery; B1 Gemma Walker

Several swimmers have also moved squads Sam Collingham, Jenny Young, Leanne Martin to B2; Liam Smith to A squad; Georgia Hohman; Elpitha Soldatou to B1

Rebecca Addlington has been chosen to represent Great Britain at the European Champs in July, and join the Mare Nostrum tour in Barcelona, swimming alongside recent commonwealth games medal winners!

Helena Thornton has also been chosen to represent GB at the European Junior Champs being held at Palma de Mallorca in July

GOOD LUCK

We have a record crop of swimmers who are taking part in the Midlands district competition at present, on behalf of Leander I would like to wish them all Good Luck.

Officials Course

To all parents - Officials courses

We urgently need volunteers to take timekeeping and judges courses in order to compete in galas during the year. It is a requirement that we supply qualified officials and as most of our officials are now parents of older swimmers that do not swim at many of our galas, we need to keep the positions filled. There is very little involved, a short seminar of 1-2 hours, followed by a short written exam and a practical later, for both positions. It is necessary to do the timekeeping qualification first. If you feel that you could do this for your children and the club then please contact Steve Freer and you will be informed of the next course.

Thanks

LEVEL 1 Teachers and Level 2 Teachers

Nottingham Leander are running a Level 1 teachers course starting 4th September to 13th November (except for 23rd October) 6-10pm. The cost of the course is £170 which includes £12 for the text book and £42.50 for the assessment fee.

Leander will pay for anyone who would like to take the course from the club on the condition that a letter is signed to say that you will be available to help us for 2 years. If you do leave the club within 2 years the club can claim a pro rota fee back from you.

We still have a few places left so please contact me if you are interested in taking the Level 1.

Sue Davis

Synchronised Swimming

Would you like to try something different?

The Green Arrows Synchronised Swimming Club is offering a number of "Come and try Synchronised" sessions for all swimmers that can complete a 200m swim. They are running through June and July and start on Thursday 8th June at 8pm at the High School in Nottingham.

Synchronised swimming is a mixture of swimming, gymnastics and dance in one activity.

If you are interested, please call Elaine (0115 8471183) to find a day and time that suits you, or check out the web-site at www.green-arrows-synchro.org.uk

SUMMER HOLIDAY CLOSURES

Attached to this newsletter is the list of Summer Holiday closures. Please make a note of the dates and/or pin the list up on your notice board.

Thank You

Coming up to the summer break we would like to thank all our coaches and helpers in whatever capacity for all the hard work and commitment they have put in this year. Most of this is voluntary and this is very much appreciated.

We are as a club always looking to improve ourselves so if anyone has got any comments good or bad on how we run the club or on the coaching side of things please bring them to our attention. Please contact Sue Davis who will make sure all comments are looked at either at the Coaching meetings or the Executive meetings.

FIXTURES 2005

The updated Fixture List is attached to the newsletter

MASTERS NEWS

10 of the masters went to a meet in Scarborough on 13th/14th May, a gala that has turned into an annual event.

The weekend went well and we had quite an impressive medal tally.

	Gold	Silver	Bronze
Wayne Stott	50m free 100m free 200m free		50m fly
Blaise Ford		50m free	50m back 50m breast
Kate Redfern		200m free	100m IM 100m Back
Men 120yrs+		100m free relay 100m IM relay	
Men 160yrs+	100m free relay		100m IM relay
Women 120yrs+			100m IM relay

Other successes included PBs for Matt Pearce in the 100m freestyle and Rachel Howard in the 50m fly, an event Rachel was pleased to complete!! Mick Kingsbury was incredibly close to his PB for 50m Breast while Maxine Robbins was pleased with her 50m back time – although not a lifetime PB it was the best time since 1994 (before Jenny and Helen were born!). Haseley Gordon swam well in the relays and Chris Sheppard a late entrant was happy with his swims.

The weekend was rounded off by a dip in the sea on Sunday morning for Kate, Maxine and Rachel Howard in preparation for the channel relay swim! The swim is planned for summer 2007 when a team of 6 with reserves from Nottingham Leander Masters will take the plunge. Each swimmer will swim for 1 hour before the next swimmer can take over until they reach France. Wetsuits are not allowed just regular swim suits and a little bit of lard!! All that remains is the training....quite a few of the team are preparing for the event by training in Colwick West Lake and competing in the Colwick Annual Championships either in a 2k or 4k swim on May 21st – hopefully the sun will be shining!!

There are good numbers at training sessions with numbers increasing on a Thursday.

Results from masters doing Colwick Lake swim (in the rain)
Wayne – 2nd in 4K mens
Kate – 3rd in 4K ladies
Maxine – 1st in 2K ladies
I think Pete Lewis may have got a place but not too sure in the 2K

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

OPEN SPRINT MEET

21st Annual Sprint Meet

Sunday 21st January 2007 is the date to pencil down in your diary well in the back of this years as this is the date for next years Leander Open Meet. More information in the next newsletter.

The Sprint Meet Organising Committee

Sue & Steve Freer, Paul & Helen Gardner and Barbara Young

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 at your earliest convenience.

Discounts

Club members on production of your membership card are now able to receive 10% discount from at Clothing Co.(Ruddington) East Midland District Ltd 1, Clifton lane, Ruddington Nottingham NG11 6DD Tel. 0845 226 8282. The discount will be given on all stock but not Leander kit.

Clothing Co.(Ruddington) have quite a lot of stock trousers, jumpers, sweatshirts, shorts, socks, tights, blazers(school uniform), tracksuits, sporting accessories eg shinpads, gloves,

mouthguards etc. They also stock workwear Hi Vis Jackets, trousers and a small range of boots.

Don't forget to take your membership card.

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 XLarge	15.00
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.)

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 13th July

Thursday 14th September

Thursday 9th November

Thursday 14th December

DATES OF FORTHCOMING COACHES MEETINGS

2006

Monday 26th June

Monday 11th September

Monday 9th October

Monday 11th December

Open Meets

Myself and Barbara have volunteered to co-ordinate open meets for the club. We'd really like to help plan and co-ordinate participation at various open meets, with the intention that the swimmers get support from coaches and team managers on poolside and have an enjoyable and productive time! Part of this is allowing swimmers to gain experience in various sprint and distance events (including long course pools), and encouraging our older experienced swimmers to help support the newer swimmers. We'll be working with coaches to identify the best meets, and get the info out as soon as possible (preferably via e-mail).

We have a few meets already planned including:

City of Derby B grade meet @ QLC Derby July 8th (www.coderby.co.uk closing date 8th June!)

Workshop Dolphin "Dukeries" meet @ Ponds Forge, Sheffield (long course) September 2nd.

If you are planning to attend these meets (or have already booked in) please let us know. We'll be co-

ordinating a team entry for the “Dukeries” meet, so if interested please forward a completed entry form and cheque to myself, Barbara or Craig Albery.

Other potential meets for later in the year include

Leicester Penguins Open meet (licensed at Level 2) @ Braunstone Leisure centre, Leicester Sunday 8th October (Closing date 14 August; www.leicester-penguins.co.uk)

Lincoln Vulcans open meet @ Ponds Forge, Sheffield (Level 2 long course), Oct 21

Nottingham Falcon open meet @ Beechdale Nottingham Nov 12

City of Lincoln Pentaqua Level 2 distance meet @ RAF Cranwell Sunday Nov 26 (www.pentaqua.co.uk/)

Recent meets **FIXTURES 2005**

The updated Fixture List is attached to the newsletter

A number of swimmers have had great success at recent meets, and here's some highlights from the meets I attended.

At the City of Derby open meet in April, there were some fantastic swims with several Midland and National times being set. Elpitha Soldatou finished in second place overall in the 11 yrs girls category and James Holder won the 14 yrs boys category with some stunning swims in the 200m free and 200m back. Sam Collingham and Jenny Young swam very well, establishing some Midland District times. There were some excellent swims at the City of Leicester open meet, also held in April. Zara McLaren produced seriously impressive and jaw dropping swims to win the 200m breast and 200m backstroke, and James Holder continued his winning ways in the 200 back and 200IM. Georgia Hohman proved that you don't need goggles to swim a really excellent backstroke and set a Midlands time! Leander had three swimmers (Bethany Kendall, Jenny & Georgie Young) all make the final of the 9/10 yrs girls 100m breast stroke, a sisterly needle match which was won by Jenny Young. Liam and Aidan Smith came home with a fine clutch of medals following some excellent swims, with Liam Albery and Andrew Wright also returning home happy after setting Midlands time in the 200IM and 200m Back respectively.

At the Rykneld open meet held on May 6; Bethany Kendall was placed in all five events she competed in and won the girls 10 yrs 50m breast stroke. Both her and Georgie Young came home with a fine haul of trophies and more importantly several new PB's.

What was fantastic about these events was the level of support the swimmers provided to each other, so a big vote of thanks must go to Katie Langton, Elpitha, Georgia, Liam, Aidan, James and Zara for cheering on the younger swimmers and setting such fantastic examples. Big thanks also to Keith Langton and Chris Brown for being on poolside and supporting, encouraging and shouting for the swimmers at these and other more recent events!

Apologies if I have missed anyone out from my ramblings; my memory isn't quite what it used to be!

Useful Contact Information

Leanders Website - www.leandersc.com

The Executive Committee would like to wish all Leander members and their families have an Enjoyable Holiday