



All contact details are at the end of the newsletter.

### Gap Personnel Sponsorship

Thank you to Richard Bignall from Gap Personnel who sponsored the tops for the Speedo final. Richard will continue to sponsor Nottingham Leander in the form of a commission to the club for anyone who goes through Gap-Personnel for employment or uses Gap Personnel to employ staff.

If you are looking for work or you have a business and need to employ staff please contact Richard and mention Nottingham Leander. Richard has two offices one in Nottingham and one in Derby.

E Mail [Richard.bignall@gap-personnel.com](mailto:Richard.bignall@gap-personnel.com)  
or Telephone 0115 8451005

### COFFEE MORNING

The Masters are holding a Coffee Morning at 153, Harrow Road, Wollaton on Saturday 30<sup>th</sup> June 9.30-12.30. Admission a £1 including refreshments. There will also be a Raffle, Cakes, Phoenix cards, Books, Bonsai Trees, House Plants and Jewellery. All proceeds to be divided between the two charities Beating Bowel cancer and Danielle Becan memorial Trust as part of the Channel Relay Swim.

If you can't make it and would like to sponsor the relay team please contact Maxine Robbins or look on the website [www.channelrelay.com](http://www.channelrelay.com)

### JUNIOR GALA

Our third and final Junior Gala of the year is being held on Saturday 15<sup>th</sup> September at The University Pool 5.45-8.15pm. An entry form is attached to your newsletter the closing date for entries is 8th September.

We would like to encourage all swimmers between 7 and 12 years of age to enter as this gives you times for the events you enter and is used when we pick teams for galas. Also if you obtain a personal best time you will receive a token to spend in the club shop.

To enable us to run the Junior Gala's we need lots of help. If you can help in anyway as an Official or Poolside Helper please let Karen Adcock know.

### 2008 Junior Galas

We are looking for someone to co-ordinate the Junior Galas for 2008, if you are interested please contact either Karen Adcock or Sue Davis to find out what this entails.

### 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.

### VACANCIES

We have several roles that we need to fill they are:

Trophy Officer  
Junior Gala Co-ordinator  
Open Meet Co-ordinators 4-5 people

For more information please contact Sue Davis

### FUN SWIM

The summer Fun Swim will be held at Rushcliffe Leisure Centre on 23rd July 6-8pm. Tickets are now on sale at most pools for just £1per 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 23rd July.**

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

**Half of the proceeds from tickets sales will be donated to the charities from the Channel Relay Swim.**

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### **Coaches**

At last years AGM the question was asked which coaches were paid at Nottingham Leander and how much. It was passed at the AGM that we would publish the names of paid coaches in the next newsletter, it wasn't agreed to publish the reimbursement they get.

**I must apologies as this information was omitted.**

Nottingham Leander are fortunate to be able to pay a small number of coaches most of which they get covers their travelling expenses; in some cases it doesn't even cover that.

Coaches that we paid in the last financial year are: Tony Holmes (Chief Coach), Karen Adcock, Craig Albery, Brian Burgess, Steve and Sue Freer and Bob Langham.

We have a number of coaches that give their time voluntary and without these the club would not be able to run. A big thank you to all of these coaches.

### **CLOTHING**

**This was another question asked at the AGM.**

First of all the question was asked on why so much had been spent on clothing. We had invoices totalling £6721.93 for Costumes, Polo Shirts, Hats, T Shirts, Embroidery etc and our income from the sale of the same was £3207.40 which gave us a deficit of £3514.53. We gave Tops, Costumes, Hats and Shorts to the finalists in the Speedo and Derby and Notts, tops to all poolside coaches and paid half to track suits for any coach that wanted one. We also now give all new members a Hat and a top is given to a swimmer when they swim in their first gala for us.

Regarding the stock in hand 2005 £846.20 and for 2006 it was £846 just 20p difference. This was the

figure on the day of the stock take (figures vary on a weekly if not a daily bases) and believe it to just be pure coincidence.

### **Water Polo Results**

The Junior Water Polo team recently beat Southwell 10 - 9 as several players were only playing their first or second game we were pleased with the result.

Most particularly, however that Jennie Robbins played in the game and become the first female ever to play in a Leander Water Polo team (in the 48 year history of the team). We've had girls/ladies come to training several times but I'm sure none ever played in a "proper" game against another club.

The Junior Water Polo tournament held on 22<sup>nd</sup> April at RAF Cranwell Pool

The joint Nottingham and Leander team (3 from Nottingham and 5 from Leander) finished joint top in a league of 6 teams (all playing each other once).

Nottm/Leander 5 v 1 South Derbys  
Nottm/Leander 3 v 1 Melton  
Nottm/Leander 2 v 1 Grantham  
Nottm/Leander 3 v 3 Hucknall  
Nottm/Leander 3 v 3 Bingham

The Junior Water Polo tournament held at Leicester on 20th May. The Nottingham and Leander team finished runners-up.

They beat Leicester 4 - 1 and beat Hucknall 4 - 2 in a league, then lost to South Derbyshire 3 - 2 in the final.

If you are aged 10 years and older and are interested in playing Water Polo please attend Sunday at Beechdale 5.30-6pm. All welcome boys and girls.

### **SUMMER CLOSURES**

Gosh it's the summer closures again where does the time go.....

Attached to this newsletter is a list of the Summer Closures, why not pin it to your notice board as a reminder.

### **HIGH SCHOOL CLOSURE**

Regarding the High School closure from Friday 22nd June until 12th August the following arrangements will be in place.

Tuesdays - Masters will train at the University from 26th June until 7th August returning to the High School on Tuesday 14th August. The session at the University will be 7.30-8.30pm and there will be three lanes. Masters please note there will be no training on Fridays at Noel Street in July.

Wednesdays - Sessions will transfer to Victoria Gala Pool as follows:

6.30-7.30 High School session, Lane 1,2 & 3 will swim at Victoria from 7-8 on 27th June, 11th and 18th July. Note there will be no training on 4th July. Lane 4 & 5 and the High School 7.30-8.30 session will swim 8-9 on the 27th June, 4th, 11th and 18th July. If you have siblings in the first session they will swim together in the early session at Victoria. The reason for there being no swimming for the early session on 4th July is because we can only have Victoria for 1 hour.

Friday- Both High School sessions will go to Beechdale on 22nd and 29th June. On the 6th, 13th, 20th and 27th July the 6.30-7.30 session will go to Noel Street 7.30-8.15 and the 7.30-9 session will go to Noel Street 8.15-9.

Noel Street Friday session - from 22nd June the Noel Street session that has been swimming at Beechdale will return to Noel Street. They will swim 7.30-8.30 on 22nd and 29th June and 8.15-9 on 6th, 13th, 20th and 27th July.

Nottingham Leander appreciates that the arrangements we have made may not suit everyone but we have tried our best to accommodate swimmers as best we can.

### SWIM 21

Swim 21, Element Ref No.17 Audit Ref No 71,72,73  
"Club provides an annual education programme for athletes- minimum 2 workshops per year (CM 28)"

In order for us to achieve the next level of Swim 21 we must fulfil the above criteria on an external audit conducted by the ASA.

To achieve this, we need your help!!!

Do you possess a skill that could potentially improve the performance of our swimmers if you share with them? Or, would you be happy to research a topic and present it to a group?

Ideas could include:

Lessons on nutrition- pre and post competition  
Biomechanics  
Anatomy and Physiology  
Physiotherapy: Management and Treatment of injury

Please note, numerous swimmers have just sat their GCSE's in Physical Education and are eager to be of assistance in the delivery of such a session.

If you can help, please contact Ros Perry by 7th July 2007



### NOVA MOVEMENT MAY 07

Leander swimmers who have been promoted on Nova:

A Squad

Zara McClaren

B1 Squad.

Liam Brown

Sam Collingham

B2 squad

Liam Albery

Andrew Wright

Francesca Hay

Development Squad based on their BAGCAT results from the County Championships

10 years age group

Adam Sperry

Tom Platt

Jessica More

9yrs age group

Charlie Collingham

Lawrence Walker

Aaron Scholz

Lara Robinson

Danielle Binks

Emma Lowry

Ruth Bates

Cambell Plant who swims with Nottingham Leander took part in the National Junior DSE (DISABILITY SPORTS EVENTS)

Championships on the 3rd/4th March at Ponds Forge. Cambell swam in the under 14's and in her disability category she won gold in the 50 metres breaststroke, and silvers in the 50 & 100 metre freestyle, 50 & 100 metre backstroke, respectively.

Well done Cambell you are an inspiration to us all.

Congratulations to Chris Slater and Chris Scotney who has passed the Water Polo Referees course and are Grade D referees.

Adam Sperry at the age of 11years scored his first ever goal for Nottingham Leander Water Polo

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

#### LEANDER OPEN SPRINT MEET 22nd Annual Leander Open Sprint Meet

We have booked Beechdale baths for our 22<sup>nd</sup> Annual Open Meet on 20th January 2008. To enable us to run this event we need a small group of 4 or 5 people to coordinate the event. If you think you may be interested in helping please contact Sue Davis who will be happy to give you more details.

#### AGM

This years AGM is on Monday 12th November 2007 and will take place Rushcliffe Leisure centre at 8pm.

#### 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: -

2007

Thursday 12<sup>th</sup> July

Thursday 20<sup>th</sup> September (note change of date)

Thursday 8<sup>th</sup> November

Monday 5<sup>th</sup> February

Thursday 13<sup>th</sup> December

#### DATES OF FORTHCOMING COACHES MEETINGS

2007

Monday 25<sup>th</sup> June

Monday 24<sup>th</sup> September

Monday 26<sup>th</sup> November

#### FIXTURES 2007

There has been no changes to the previous Fixture list for 2007. If you haven't got a copy and would like one please let me know.  
Sue Davis

#### Nottinghamshire ASA County Championships 2007

The county championships were held 10<sup>th</sup> February to 24<sup>th</sup> March, scattered across Nottinghamshire from Beechdale to Mansfield and back again via Nottingham University pool!

Nottingham Leander had a large number of swimmers taking part; in fact we think it was approaching record levels! Swimmers from age 9 to "open" age group swam brilliantly and were a credit to the club. Leander swimmers won 64 of the individual events, with triumphs ranging from 50 to 1500m. If gold medals had been awarded, then Zara McLaren, Liam Albery and James Holder would have suffered severe neck strain, winning 9-10 events each!

In the age groups, or BAGCATS (British Age Group Categories) Leander boys won a clean sweep of the 9 year (Charlie Collingham); 10 year (Liam Albery) and 11 year age groups (Liam Brown); with Liam Smith rounding out the older groups winning the 14 years age group.

In the 9yr old boys category Leander swimmers occupied 4 of the top 20 places, including a fantastic "1-2" with "Charlie" Collingham winning the age group, and Lawrence Walker coming second. The 9yr old girls were equally well represented, with Leander swimmers in 4 of the top 20 places. The success was spread across all age groups, including the 13yr girls where 3 of the top 5 places were Leander swimmers. A great result all round!

In the individual events, we were well represented in sprint and distance events, but special mention must be made of the 1500m events, which were won, by Ollie Webb (13 yr boys); Liam Smith (14 yr boys); James Holder (15 yr boys); Pierce Doran (16 yr boys); Elpitha Soldatou (12 yr Girls) and Zara McLaren (13 yr girls). There were very many individual success and personal bests, too many to individually acknowledge, and it was great to see so many quality and spirited swims. The results are still on the Notts ASA website, and are well worth checking out.

The championships were closed with the relay events, which were very loud to say the least; with lots of banter between friends on opposing teams. The 10 yr old boys finished their championships on a very high note, with the A team and B team finishing 1<sup>st</sup> and 2<sup>nd</sup> in both the free and medley relays. The 10 yr old girls A team emerged victorious in a very close free relay race, with the 12 yr girls finishing second in both the free and medley relays. By this point I was partially deaf, and sore of voice, but enjoyed the final victories of the championship provided by the men's open 400m medley team, and 16 yr old boys freestyle relay team.

Congratulations to all the swimmers, and also a big thank you to the staggering number of Leander parents who helped out across the six days: from the front of

door, card boxes, competitor stewards, drinks providers, time keepers, timing system gurus...etc..etc ...it couldn't have been done without you! At times it looked like the Leander open meet!

Its now only 8 months to the next County Champs.....and we are thinking of them already. For the younger swimmers, the Club Championships in November provide the ideal link in to next years events and more information will be provided nearer the time. In addition, we plan to attend a couple of open meets ahead of the start of the County Champs to provide some "rehearsal opportunities" in both the sprint and distance events (the Leander sprint meet in January being a good example), and again more info will be circulated in due course.

[Results Report website](#)  
(Full results available on the website)

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

### MASTERS NEWS Master's Report

Masters training remains busy. It has been good to welcome back some old faces – rejoining us after pursuing other activities. In May a small group went to Scarborough Masters. (One of our regular haunts) Unusually it was a male only group as most of the ladies are concentrating on distance work in preparation for the Channel relay. This also meant that any reliable information about the meet has been hard to obtain. I think there is a presumption that they took part but there were no outstanding swims and nobody had achieved any personal bests. Many Masters Swimmers will remember Rachel Howard – a regular at the club and on the Masters committee. She left for pastures new (Reading) last year. I'm sure you will be delighted to learn that Rachel and her husband Paul are expecting their first baby in September. She is still swimming but has dropped down a lane or two!

### Channel Relay

Leander Masters Channel Relay Team is on the final countdown to the big swim at the end of July. The final fundraiser is a Coffee Morning in Wollaton on June 30<sup>th</sup>. Many thanks to all of you who bought tickets for the raffle at the Junior Gala to be drawn at the coffee morning. We raised just over £100 from the tickets sold at the gala.

The pilot boat is all booked and paid for and the accommodation sorted. We have all been training hard and trying to get as much publicity for the event as possible. The swim is for charity. Our charities are *Beating Bowel Cancer* and *Danielle Beccan Memorial Trust*.

BBC Radio Nottingham broadcasted an interview with Tony Jones one of our team members on Saturday May 19<sup>th</sup> during the sports section. Colwick Park West Lake was the scene for a photo shoot for the relay team of 7 on Tuesday 29<sup>th</sup>. Despite the chilly weather we braved the waters for some team photos. By the end of the shoot we were unsure if we were smiling or whether our teeth were chattering with the cold! However it was all worthwhile because on Wednesday 30<sup>th</sup> we all grabbed copies of the local paper to find we had made a full page 3 spread. It highlighted our challenge and the worthwhile charities we are raising money for in an attempt to encourage more people to sponsor us.

As part of our training it was decided that the whole team should enter the local open water event and swim 4km freestyle. This was on May 20<sup>th</sup> at Colwick. Read all about it on the web site.

Since then some of us have experienced sea swimming. On June 16<sup>th</sup> some of us went to Dover. We took part in a 3 mile race and then a while later a 1 mile race. It was certainly an eye opener. The water was very murky and choppy. Unfortunately we all managed to get stung by jellyfish – but even that wasn't as bad as we had imagined. We were all up to the task and although we were suffering from the cold towards the end, in the Channel relay we only have to do stints of an hour at a time so won't be in the cold water as long. Rivington (4miles and 2 miles), Weymouth (5K, and 3K or 1.5K) and Bosworth (3K) events are all lined up before the real thing in July.

Read all about our experiences and activities on our web site. We have a team blog and updated news.  
[www.channelrelay.com](http://www.channelrelay.com) (or via the Leander web site.)

You can also sponsor us safely via the web site.

### Forthcoming Open Meets

The club has attended two open meets in the run up to the Midlands ASA championships, with several Midlands Qualifying and National Qualifying times set, with much experience gained for our swimmers.

April Fools day saw us swimming at "The Pingles Pool" for the Nuneaton & Bedworth meet. The pool complex is quite new, with good facilities and the reputation of being a "fast pool".....and so it turned out! The fourteen swimmers participating had a great time, with Liam Albery, Jasmine Pullen, Katie Langton, Elpitha Soldatou, Liam Brown, James Holder and Jenny Young all returning with "top 3" medals, but more importantly most of the swimmers came away with big improvements in their personal best times. There were several highlights including Liam Brown's National Qualifying time in the 200m butterfly, a storming swim from Eli Soldatou in the 200m backstroke and the invention of a new arm sweep technique by Jenny Young in the backstroke events to aid "nasal clearing".....Overall a great pool and facility, and one we hope to return to.

Towards the end of April a smaller than hoped for group of swimmers participated in the City of Leicester meet at the Braunstone Pool. The meet was *very* heavily oversubscribed resulting in many swimmers being rejected from several swims. This was a shame as, like Pingles, it is a fairly new facility, conveniently close to home and offering warm up/swim down facilities. The swimmers really tried their best, and several more PB's were set, along with several new Midland Qualifying times. The effort and passion displayed by all swimmers was fantastic, especially those called BetBob. A big well done to all those who swam.

Oh, and refunds are on their way for those rejected swims! Honest.....

Once again, a big thanks to Chris Brown and Keith Langton for coaching support for these events; Chris certainly "blew" a few swimmers along to fast times! Also thanks to the several individuals who helped as team managers on the day and helped organise the entries (particularly Lisa Albery who dealt with the interesting fun and games created by City of Leicester (guess who we sent the cards to, and then guess which ones we got wrong!)

Looking ahead, we had hoped to attend the Worksop Dolphins long course meet at Sheffield in September, an event we have attended and enjoyed for the last couple of years. However, it is being used for a round of the FINA Diving World Championships and so sadly the meet was cancelled.

We will be s

Swimming at further meets this year, and we are currently looking at the Chesterfield Xmas Special, a 2 day Level 3 meet on 15 and 16<sup>th</sup> December (with the kids out of the way, it could turn into the Xmas shopping open meet....) This has a mix of distance and sprint events, and could be good practice for next years County Championships. Closer to home, there may be some local open meets running in November, and we'll be looking out for them...so look out for details as they emerge!

The club will be attending the \*Leicester Penguins meet (October 7th) \*\_, and as per last year, we will be attending on the Sunday only as we have a league gala on the Saturday evening. We will have coaches and team managers on poolside, and are looking forward to another successful and fun day.

Please send entries directly to the organisers, and I'd be grateful if you could let me know that you have entered so as we can co-ordinate coaching support.

If I can be of only help, please contact Alan Young, I am sure that your coach will also be very happy to help with entry forms.

The closing date for this is 12 August, but I would recommend submitting entries ASAP as meets are filling up very quickly!

Please feel free to contact me regarding any ideas or suggestions for meets in 2007-8, or if there is anything I can assist with  
Alan Young

### New Year Disco

Our New Year Disco will be on Saturday 5<sup>th</sup> January 2007 and will see a new venue, well an old venue refurbished to some of the older members of Leander. It will be held at The Sir Julien Cahn Pavillion (previously West Park Pavilion) at West Bridgford. The change has come about because David Lloyd will no longer have a function room.

is equivalent to £1.) The following kit is currently in stock but other items can be ordered with discount from the Allen's of Kingsbury brochure (see any items either from the brochure or from stock please contact Emma Formosa

### 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

### 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.

### 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.

### CLUB KIT

Please note we have some new kit that you can order, Leander Towels.

Remember that incentive scheme vouchers can be put towards all purchases of club kit (one voucher

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	6.75
29	Leander Polo Shirt - Green Med	6.75
30	Leander Polo Shirt - Green Large	6.75
31	Leander Polo Shirt - Green XLarge	6.75
32	Leander Polo Shirt - Green XXLarge	6.75
33	Leander Polo Shirt - White Sm	6.75
34	Leander Polo Shirt - White Med	6.75
35	Leander Polo Shirt - White Large	6.75
36	Leander Polo Shirt - White XLarge	6.75
37	Leander Boys Trunks Size 24 - 32	9.50
42	Leander Boys Trunks Size 34	12.50
Item No	Description	Selling Price each
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

The tracksuits are available to order only.

## Enquiries to Emma Formosa

### Contact Emma re personalised hats Your County And Club Needs You

There is a need for more people to come forward to officiate at our events. This year the County managed to get through the County Championships by a wing and a prayer. Leagues unfortunately, are not doing as well; if we cannot increase the number of independent officials available to officiate then the leagues could be in jeopardy. We have officials that come along and officiate for their clubs as per the requirement of the leagues, however it is the starter and the two independent referees that we are becoming short of.

We would like to encourage some of our older (16 & over) swimmers to consider taking the timekeeping judges courses. In fact the Development League has been set up not just to develop swimmers, but also officials, and you are asked to bring a young person along who wants to try out timekeeping.

Many officials have been confused over licensing, but remember you do not have to be licensed to officiate at our league events.

**WE NEED MORE OFFICIALS TO ENABLE THE LEAGUES TO CONTINUE AND LEANDER NEED MORE OFFICIALS TO BE ABLE TO PROVIDE THE OFFICIALS THAT WE NEED AT LEAGUE AND CLUB GALAS**

Contact Sue Davis if you are interested in taking any officials exams.

### Discounts

Clothing Co. (Ruddington) 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.

### Useful Contact Information

All people can be contacted via

[Info@leandersc.com](mailto:Info@leandersc.com)

Leander's Website - [www.leandersc.com](http://www.leandersc.com)

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 Break.