



JUNIOR GALA

Our first Junior Gala for the year is being held on Sunday 25th March at The Boys High School 1.30-4pm. An entry form is attached to your newsletter the closing date for entries is 17th March.

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 know.

EASTER CLOSURES AND MAY CLOSURES

Easter

All pools will be closed On Friday 6th April, Sunday 8th April, Monday 9th April and Tuesday 10th April except for The Boys High School Masters session on Tuesday 10th April and Water Polo at Beechdale on Tuesday 10th April. Rushcliffe will also be closed on Monday 2nd April.

May Bank Holidays

East Leake will be closed on Sundays 6th and 27th May, Portland and Beechdale will be closed on Sunday 27th May and Rushcliffe and Noel Street will be closed on Mondays 7th and 28th May.

Noel Street

It looks as though it will be after Easter before Noel Street re-opens, we are sorry for any inconvenience this may cause you but it is beyond our control. During the time Noel Street is closed alternative sessions are Southglade Tuesday 8-9pm, Beechdale Friday 7-8pm and Portland Sunday 4-5pm.

Nottingham Leander Newsletter March 2007



Leander Win Swim Double

Top local swimming club Nottingham Leander is celebrating a double after reaching national finals at both junior and senior age groups.

The club's top junior swimmers, aged nine to 12, took part in the finals at the National Speedo Junior Inter-League in Liverpool. It places them as one of the best eight clubs in the country. This is particularly impressive as the other teams competing in the National final were squads that bring together top swimmers from a number of clubs in their city or county.

The senior team has won its way through to the final of the National Speedo League after finishing a close second in the East Midlands final - a point behind Lincoln Vulcan's. The final is in Sheffield on April 22nd.

Level 1 Teachers

Congratulations to Lianne Jamison, Katy Harrison and Kate McManus on passing their Level 1 Teachers Exam.

Helena Thornton winner of the T E Clarke Trust Trophy

Helena Thornton is one of the brightest swimming prospects for the future within the County.

A member of Nottingham Leander Swimming Club and Nova Centurion Swimming Club she gained selection to the Great Britain team for the European Junior Championships after an impressive performance at the trials despite, at fifteen a year younger than most of the team. At the Championships in Palma in June she swam outstandingly and qualified for the final of the 200m Individual Medley finishing sixth overall and second to her age group.

Upon her return she competed in the National Youth Championships in Sheffield and took two Bronze Medals as well as being finalist in two other events.

Already a holder of Senior and Junior County Records Helena is a versatile and committed individual who should develop into a top class senior competitor.

Helena Thornton did extremely well and was presented with the T.E. Clarke Trust Trophy in recognition of being the female Swimmer of the Year in Nottinghamshire. Congratulations Helena.

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

Level 2 Teachers Course

Leander will be running a Level 2 Teachers Course starting on Saturday 14th April. If you are interested in taking the course please contact me as soon as possible as places are limited.

Water Polo Report, December 2006

The Leander Junior Water Polo team (run jointly with Nottingham) played its first home game at Beechdale on Sunday 3rd December against Southwell Juniors. It was a closely fought game and we just lost 7 - 8. The team next has a game away to Bingham on 14th December (7pm).

The Senior Polo team reached the final of the Notts League Handicap Cup and had 8 goals start on Hucknall. They played well but were up against a Hucknall team that had included many of its National League (and two England) players and we lost 22 - 17 but were not disgraced.

T Taylor

Water Polo Youth Team Bingham Tournament 28th January 2007

Results

Team	P	W	L	F	A	Pts
Grantham	3	3	0	25	4	6
Leicester	3	2	1	12	13	4
Nottm/Lea	3	2	1	12	10	4
Bingham	3	1	2	8	14	2
Melton	3	1	2	11	18	2
Hucknall	3	0	3	10	21	0

If you are interested in joining the Junior water Polo please attend the session at 5.30pm on a Sunday at

Beechdale. This is open to all boys and girls 10-15years of age.

LEANDER OPEN SPRINT MEET 21st Annual Leander Open Sprint Meet

A big Thank you to Paul Gardner and his team for organising this years Open Meet. Another successful year with lots of positive feed back. We also raised around £2000 for the club.

**Congratulations to Calverton/Bingham who won Top Club and Liam Albery (Nottingham Leander) and Heidi Gregory (Sherwood) on winning Top Boy and Top Girl of the meet.
Heidi Gregory Sherwood**

Results are on the website. www.leandersc.com

Trophies Awarded Annually

Jonathon Preston Trophies

Jonathon was a swimmer with the club who died tragically at an early age in a road accident we have two trophies in remembrance of him one for each sex.

They are awarded for the swimmers that achieve the largest overall time improvement between the first and last of the junior Gala's

The Davis Trophies

Bill Davis is President of the club and a past Chief Coach. The family are also probably the longest serving members of the club.

They are awarded for the junior members of the club Male/Female who in the coaches/committee opinion have made a significant contribution in all aspects of their early swimming. Junior is normally defined as 12 & under

Bill Whilde Trophies

Bill was a past Chairman of the Club his daughter Isobelle swam for the Club in the 70's

They are awarded by the Chief Coach no set criteria has been set for the awards, but a short citation and reasoning for the award is given at the presentation

David Ladds Trophy

Dave was a committee member team Manager and parent who tragically passed away. The award is made by the committee and given for significant contribution on the administrative side of the club.

A full list of the above trophy winners and winners of club champs are at the end of the newsletter.

BOOKLET

In December we updated the booklet and have sent it out by email. If you are not on e-mail and would like an updated copy please let me know and I will send one out to you.

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 10th May
Thursday 12th July
Thursday 13th September
Thursday 8th November
Monday 5th February
Thursday 13th December

DATES OF FORTHCOMING COACHES MEETINGS

2007

Monday 26th March
Monday 25th June
Monday 24th September
Monday 26th November

FIXTURES 2007

A Fixture list for 2007 is attached.

Results Report website
(Full results available on the website)

Results Report
(Full results available on the website)

MASTERS NEWS Master's Report

The Masters section continues to attract new members and the Tuesday and Thursday sessions are getting much busier.

In December, several Leander swimmers travelled to Milton Keynes to take part in the Masters Meet. It was unfortunate that Mick Kingsbury wasn't feeling at all well and had to bow out of his individual races. He was however needed in the

mixed relays and so he bravely swam those events for the good of the club! We had a good haul of medals and there were some excellent swims.

GOLD	Chris Sheppard	50 Fr & 200 Fr
	Teresa Page	100 Fly
	Susan Gill	50 Fr
SILVER	Kate Redfern	200 Fr
	Maxine Robbins	50 Bk
BRONZE	Maxine Robbins	50 Br
	Rachel Howard	200 Fr
	Susan Gill	200 Fr
	Kate Redfern	100 Bk
	Chris Sheppard	50 Fly
	Mixed Medley Relay	
	Mixed Freestyle relay	

The next event is the Rotherham Masters to be held at Ponds Forge in Sheffield February 11th. It would be fantastic to see more of the Masters joining in representing Leander at these types of events. They are great fun!

There was a better turn out from the Masters at the club champs this year. Colin Robbins and Kate Redfern were duly crowned as Open Champions at the presentation evening in January. All the Masters competing managed to come away with at least one trophy each. The Most Improved Masters Swimmers (chosen by the Masters coach Bob Langham) were Maxine Robbins and Mick Kingsbury.

Coach Bob Langham celebrated his 60th Birthday in January and was expecting a quiet family do. He was surprised by a large contingent of Masters Swimmers and other representatives of the club all turning out to wish him well. He was presented with various gifts to thank him for all his hard work as our coach and to show we do really appreciate him. Cheers Bob!

Channel Relay Swim

In July 2007 we are planning to swim the English Channel in a seven person relay team. (All Leander Masters swimmers.) The distance between Shakespear Beach near Dover and Cap Gris Nez in France is 21 miles. The target is to complete the distance in less than 12 hours. Each of the team members has different personal reasons for entering into the challenge but all are using the attempt to raise money for two deserving charities, Beating Bowel Cancer and Danielle Beccan Memorial Trust. The Team are: Kate Redfern, Maxine Robbins, Susan Gill, Tony Jones, Wayne Stott, Chris Sheppard and Teresa Page.

Our Channel attempt has been booked and we set off around the 26th July depending on the weather conditions 12 hours crossing 21 miles of some of the worlds busiest shipping lanes is no mean attempt and requires boats, pilots and a support team. In order to start our swim we need to raise approximately £4,000.

Our fundraising started in earnest at the beginning of January and we have already raised £1100 through our raffles. Other events including wine tasting (March 9th) and an evening at the races are in the planning phase.

If anybody can help us with our fundraising by donating prizes or money in return for advertising on our kit / website we would love to hear from you.

The rules for relay swimming include: swimmers swim in one-hour legs; swimmers must rotate in the same order and enter the water behind the existing swimmer; and no pace-making is allowed.

The average sea temperature is between 14°C and 18°C. Swimmers are permitted to wear only a normal swimming costume and single swimming hat. Wet Suits or Full length costumes are not permitted although a film of grease can be applied as protection against the cold

We are currently developing our own website (www.channelrelay.com) which will give you more information, updates and contact details. You can always phone Maxine for more details.

THANK YOU

We managed to raise £137 with the raffle/prize draw at the Presentation Evening and we have made another £945 on the sale of raffle tickets. A list of prize winners can be obtain by contacting Maxine Robbins or e mailing the website.

Forthcoming Open Meets

Over the last few months we have attended a number of open meets and seen some great swims resulting in lots of new PBs and quite a haul of trophies for our swimmers!

The season kicked off with the Worksop Dolphins open meet in September, giving our younger swimmers the first chance to swim in a long course (50 meter) pool. For most of them it was a great experience, particularly seeing their name "in lights" on the huge electronic score board at the Ponds Forge Swimming Arena at

Sheffield. The 24 swimmers entered came home with 28 trophies and medals between them, with Sam Collingham also winning best swim in the 11 year old boys category.

We swam at the Leicester Penguins open meet in October, before returning closer to home with the Falcon open meet held at Beechdale in November. Here our young group of swimmers had a great time, competed in many finals and came home with 48 trophies! The 9 year old swimmers in particular deserve a special mention as they did very well, with seven swimmers winning a total of 22 trophies and medals. Between them, Lawrence Walker, Charlie Collingham, Daniel Moore and Peter Amante-Roberts took 4 of the 6 places in the 50m Backstroke final, 3 of the 6 in the butterfly final, and 3 of the 6 in the freestyle final!

Congratulations also to Lara Robinson, Jessica Moore and Eloise Kaul who also swam very well and had a good collection of awards too. Thanks to the coaches and team managers who helped on poolside, and also to the experienced swimmers who set a great example and supported their team mates brilliantly.

There is a really good open meet being held in April, which we are attending as a club; it is Leicester (28/29 April)

(www.swimsquadleicester.co.uk). It has age groups from 9 yrs up to 15+ yrs for 100m and 200m events, but with "consideration times" ie you have to be fast enough to enter, but not /too/ fast! This is a licensed distance meets (the results go on to the National Rankings) with defined entry times and it has excellent facilities. This doesn't seem to clash with major Leander galas. The closing date is 23rd March for Leicester. I have applied for coaches passes so we will have a minimum of two people on poolside and it would be great to have lots of Nottingham Leander swimmers. So don't forget to get your application sent off and be part of it!

All the details can be found at the website address above, or from myself Alan Young. Please feel free to enter directly but remember to let me know the entry details.

An additional meet for your diaries is the Rotherham Metro Graded open meet being held at Ponds Forge at Sheffield on 21/22 July. This is an excellent meet, with 50,100 and 200m events for 9 -15 yrs plus. Details can be found at www.rotherham-metro.co.uk. We will be submitting a club entry in March, and details and forms will be circulated at training sessions.

Please contact me if I can be of any help.

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

CODE OF CONDUCT

Please find in your Nottingham Leander Handbook the Nottingham Leander Code of Conduct, which we would like you to read.

We have had problems recently with swimmers turning up for training late, which we cannot continue to allow. This disrupts the coaches and swimmers session plus it means the swimmer who is late will not get their warm up. The Coach is entitled to refuse a swimmer entry to the pool if they are late.

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 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](#)

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
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

July 2006 Price List

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.

Discounts

Gourmet Society - If you've not heard about the Gourmet Society it's a yearly membership (£37) and it enables you to get reduced meals at numerous restaurants in Nottingham, Leicestershire, Birmingham, Derby and others. The type of discounts are 20%, 2 for 1 etc and is really good. The website www.thegourmetsociety.co.uk provides more information if you want to have a look.

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.

E MAIL ADDRESSES

We are finding this a very useful way of contacting members especially on late pool closures etc

Leander's Website - 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 Easter