



## AGM PLEASE HELP US

Once again our AGM is fast approaching Monday 24<sup>th</sup> November 7.30pm at Rushcliffe Leisure Centre to be precise, it is very important we get a good turnout at the AGM as important issues are discussed and voted on eg fees. If you are not present, you cannot voice your opinions and you can't vote on the issues.

As well as decisions being made we also elect the Executive Committee who are responsible for running Leander Swimming Club. WE DESPARATELY NEED NEW COMMITTEE MEMBERS we have a handful of people, a number without anyone even swimming at the club doing a lot of work and there is a limit to what they can do. PLEASE consider joining the Executive Committee we meet every second Tuesday at Rushcliffe Leisure Centre 7.30pm – 9.30pm. It really is important that we get new members to help run the club, please invest some of your time to help us to help your children. Coffee/tea and Biscuits will be available. Nomination form attached to the back of this newsletter.

For more information, E Mail  
[info@leandersc.com](mailto:info@leandersc.com)

## CLUB CHAMPS

Please note Leanders club champs are to be held on the following dates Nov 21<sup>st</sup>, 28<sup>th</sup> 29<sup>th</sup> and Dec. 5<sup>th</sup>.



It would be nice to see a good turnout at the club champs this year especially amongst the older swimmers and swimmers on Nova. Could Nova Swimmers please make a special effort as it is nice for your fellow club competitors to see you attend these events. Make a note of the dates in your diary.

## New session

We have a new session starting up at East Leake Pool from Sunday 12<sup>th</sup> October, 6-7pm. This will be for a trial 11 week period. The target age group is 7 to 12 year olds. The address is  
East Leake Leisure Centre  
Lantern Lane  
East Leake  
LE12 6QN  
tel: 01509 852956

## HIGH SCHOOL CLOSURE



The High school will be closed from Wednesday 1<sup>st</sup> October to Saturday 4<sup>th</sup> October due to Goose Fair. Children from the second session MUST attend Noel St. on Friday 7.30pm – 8.30pm due to important Gala's that weekend.

## Club History

We are trying to gather together information about the history of the club, so that we don't forget who we are and how we got to where we are now. So if you have any memories of the Club in competitions, outings, People, events etc can you contact me. If you have photos, programmes etc we would like to make a copy of them. If you know any former swimmers and Coaches who would like to contribute please ask them. I'm not sure what form the final "document" will take (in paper and/or electronic format), and it will take quite a while to collate, but hopefully it will be kept up-to-date as on going record for the Club. Email: [history@leandersc.com](mailto:history@leandersc.com)



## CLUB KIT

To purchase club kit please contact Dawn  
[kit@leandersc.com](mailto:kit@leandersc.com).

## WEBSITE



Please note we have changed our website address, it is now [www.leandersc.com](http://www.leandersc.com)

## *Congratulations!*

The following people have just completed and passed the Assistant Teachers Course.

Congratulations go too: - James B, Paul J, Isobel A, Holly G and Matt P.

We also have a number of other swimmers to congratulate on various achievements so here goes.....

Rebecca A for representing Great Britain in the European Youth Olympics, where she won 2 Silver Medals. FANTASTIC

### National Bagcats Championships

Our representatives were Helena T, James H and Liam S. All swimmers got through to finals, with Liam getting a BRONZE medal in the 4 x 100 I.M. relay. Well done to all and keep up the good work.

### National Youth Championships

Congratulations to all our youth qualifiers and finalists. This year must be without doubt our best ever results at these Championships. All our representatives reached the finals; they were Jennie R, Rebecca A, Jack B, Frankie B, Stephanie H and Amy K. There were medals for:-

Amy K- 3 Golds, 1 in relays 2 in Individuals.  
Stephanie H 3 Golds – in relays  
Frankie B 2 Golds – in relays  
Jack B 1 Gold and 1 Silver – 1 in relays 1 in Individuals.  
Rebecca A 1 Gold.

### National Qualifying Time


David R swam a PB to gain a National Qualifying time. Well done David, keep up the good work.

### Last But Not Least

Congratulations to Amy K and Katherine E on their selection to the Senior Great Britain Team for the European Short Course Championships!!!!!!

How about that folks! Something to be proud off.

### Pool Contacts

Sorry this appears  again but no one is responding. We really need to get this going so that communication isn't a problem. If no one comes forward please lets not hear the moans and groans about not knowing about information eg pool closures, galas etc.

In order to make distribution of newsletters and correspondence easier, we are looking to have a contact person at each pool. Communication is one of Leanders hardest roles to overcome and we desperately need people at each pool to help.

I would be very interested to hear from anyone who would be willing to do this small job. If you take the register perhaps, you might consider being this person. If you would like to know more please contact me [info@leandersc.com](mailto:info@leandersc.com)

<u>Fixtures 2003</u>		
October	4 <sup>th</sup>	Minor league gala(5)
	5 <sup>th</sup>	Nott's & Derby Regional National Semi Final at Beechdale
	11 <sup>th</sup> 11 <sup>th</sup>	Speedo League Notts and District (1)
November	8 <sup>th</sup> 8 <sup>th</sup>	Notts and District(2) Speedo
	15 <sup>th</sup>	Minor Gala League(6)
	21 <sup>st</sup>	Club Championships, High School
	23 <sup>rd</sup>	Nott's & Derby National Final Liverpool
	28 <sup>th</sup> 29 <sup>th</sup>	Club Champs High School Club Champs University Pool
December	5 <sup>th</sup>	Club Champs High School
December	6 <sup>th</sup> 13 <sup>th</sup>	Notts and District(3) Speedo

### Parents Are Important Too

Parents play an important role in whatever the level of their child's participation. Some mums and dads help by taking their child to and from training and competition, coping with extra washing, irregular meal times and so on. Sometimes parents can become involved and inadvertently put pressure on the child to train harder than they might want too, or win at the expense of enjoying taking part in the galas. It is important that the young athlete learns to see training and competition not as a threat, but as a healthy, enjoyable CHALLENGE. It is important that the child knows that EFFORT as well as success will be rewarded.

Remember – your child needs roots to grow – and then wings to fly.

The questions below are to gauge your involvement in your child's sport.

- Do you want your child to win competitions more than he or she does?

- Do you show your disappointment if they have a poor result?
- Do you feel that you have to “psyche” your child up before a competition?
- Do you feel that your child can only enjoy sport if he or she wins?
- Do you conduct “post mortems” immediately after competition or training?
- Do you feel you have to force your child to go training?
- Do you find yourself frequently wanting to interfere during training or competition thinking you could do better?
- Do you sometimes find yourself disliking your child's opponents?

If you answered 'Yes' to any of these questions you may be putting unnecessary pressure on your child which could lead to their rejection of the sport or even to lasting damage to your relationship.

### How You Can Help

#### Some do's

- Get to know your child's swimming coach – they play an important role in your child's general development.
- Respect the coach's opinion – they should be more knowledgeable than you.
- Talk to other parents – so problems can be shared or car taking.
- Establish clear lines of communication – find out the convenient time to speak to the coach.
- Encourage effort as well as results.
- Be generous in your applause – during competition it is important you applaud all swimmer's efforts. This sets a good example and reduces pressure on all competitors.

#### Some Don'ts

- Don't respond to a bad result or mistake with punishment or criticism.
- Don't turn a blind eye to any bad behaviour, cheating or bad manners.
- Don't forget that your child is still growing.
- Don't coach from the poolside.
- Don't ignore aches and pains – it is important to take injuries and

- Don't force your child to specialise entirely on swimming.
- Don't always greet your child with "did you win? Why not start with "Did you enjoy it?"

Providing your child is faced with realistic challenges, swimming should be fun at whatever level it is swam. You are providing the child with the opportunity to obtain a sense of achievement, competence and self-worth.

Parental example is so important

After all if YOU cannot cope with the ups and downs of your child's swimming life – how can you expect THEM too?

Gary B  
Junior Coach

The idea is to award tokens for each time a child does, the tokens can then be exchanged for an item of club kit eg. 2 tokens for a hat etc.

We are looking for someone to oversee this incentive scheme so that we can get it up and running properly. Are You That Person????

Interested please contact  
Info@leandersc.com

Trophies and Shields



If you are the holders of any trophies or shields from last years club champs could you please return them so we can start preparing them for this years winners. Take them along to your training pool an ask your coach who to give them too, alternatively give them to Andy P any problems email Info@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: -



Tues October 14th  
Tues November 11th  
Tues December 9th

How about putting these dates in your diary. Our meetings are always the second Tuesday in the month if you are not sure.

AWARDS

Watch this space for a new incentive scheme the committee are working on for the children.