



February 2014

Birthdays!

Angelina Patel 1st
Lesley Sutton 2nd
Gemma McDonnell 5th
Nadia Makada 6th
Mohamed Elmezgueldi 6th
William Tomkins 8th
Rebecca Mayfield 9th
Eleanor Gray 11th
Paige Uppal 12th
Keeva Stopforth 16th
Austin Johns 20th
Luke Benson 26th
Hazel McDonnell 27th
Adam Bell 28th

Volunteer of the Month

Alison McCallister

Alison has been at the club for 6 years and this is her 4th year as diddy team manager. She coaches 4 times a week and has recently passed her judging level one and her coaching level two

Swimmers of the month

**Harry Preston &
Georgia Langton**
For working so hard to
achieve county qualifying
times

This Month

Time Trials – Friday 14th
February.

Bring towel on poolside
and make sure to wear a
hat for optimum
streamline.

Good Luck!!!

Website News

Website Redevelopment - We need your help!

The current LNSC website is about to undergo a revamp as it has become rather cluttered, and so is difficult to navigate and difficult to keep up to date. We would like to streamline the website so that the information on it is far more focused. Before we do that we would like your ideas.

- 1. Before you joined the club as a member**, what information would it have been helpful to have on the website?
- 2. Now that you are a member**, what information do you want to see on the website?

Please feed any ideas back to either Sue Sutton (membership@linsc.org.uk), Stewart Mair (chairperson@linsc.org.uk) or Helen Atton (workforce@linsc.org.uk)

Master Development Day

On Saturday 18th January 2014, Chris Barnett, Vicky Curtis and Helen Atton attended the annual East Midlands Masters development Day at Loughborough University. The morning included lectures on "Planning and Preparation for Competition", "Rule Changes", "Bio-mechanics of Swimming" and "Open Water Swimming". In the afternoon they headed over to the pool for half hour coaching sessions on all four strokes and open water training by the region's top coaches Andi Manley (Derwenton Excel), Glenn Smith (Nova Centurion), Ian Gunter (Melton Mowbray), Ian Hicks (Chesterfield) and Olympic swimmer Amy Smith. Vicky and Helen were not impressed that their group had to do half an hour of fly AFTER two and a half hours of training - but made up for this with cake afterwards!!!

Fixtures

- 8th feb – Leicester league round 2 - A & B at Wellingborough 6:00 warm up. (Please arrive poolside 5:45 and car share can be arranged if needed. Postcode: NN8 1DZ.)
- 9th feb – 1500/800m county champs at Loughborough University
- 15th feb – Braunstone Diddy Novice Gala. LE3 1JN. Be on poolside for 5:45 & See board for team selection. (Text Alison at 07969 008 006 to confirm you are available.)

New volunteers and Roles

A big welcome to Debbie Langton who has been voted on to the committee at the Special General Meeting. A big thanks to the following who have either returned to their previous roles or taken on the roles they were previously acting in: Stewart Mair becomes Club Chair (chairperson@lpsc.org.uk).

Sue Sutton becomes Club Secretary (Membership@lpsc.org.uk).

Steve Bird returns to the committee and the post of Social Secretary (social@lpsc.org.uk).

And finally Paul Roberts returns to the committee.

Many thanks to all of these volunteers for giving up their time for free and thanks too to the club members who attended the Special General Meeting to enable us to make these posts official.

Sponsorship

Did you know that you can sponsor the club for as little as £10? If you are interested in sponsoring the newsletter, races or gala programmes, please contact Helen (workforce@lpsc.org.uk).

Facebook

Leicester Neptune Swimming club has its own FB (with the logo) page. If you would like to be added to this group please contact Membership@lpsc.org.uk or ask Martin or Nichola to add you.

Sue Sutton (Club Secretary)

Thanks!

Sally Mayfield
Would like to
thank all those
who wished her
a very happy
50th birthday
last month

Loughborough training continues on Sunday afternoons. **All county qualifiers** are invited.

Loughborough dates and times
2nd / 9th Feb – No availability
16th Feb 4.30 – 5.30
23rd Feb 5.00 – 6.00

Contact Alison by text on 07969 008 006 if you wish to be added to the lists. DO NOT JUST TURN UP

CONGRATULATIONS

New County Qualifiers

200bk- Chris Sneesby, Austin Johns, Grace Mayes & Harry Preston.

100IM- Chris Sneesby & Georgia Langton
50fc- Nichola Sutton, Davina Sicotra, Luke Hulson-Brown, Kailan Chauhan, Victoria Malone, Uzair Mohinudeen, Katie Radburn & Harry Preston.

50bk- Davina Sicotra,

50fl- Nick Bird & Katie Shelton.

New Gold Awards

Fc- Denisha Patel & Uzair Mohinadeen.

Bk- Shivani Kumar

Br- Victoria Malone

Fl- Katie Shelton & Natasha Collins-Patel

New Silver Awards

Fc- Georgia Langton, Harry Cusack & Harry Preston.

Bk- Maddie Sayers & Harry Preston

Br- Natasha Collins-Patel

Fl- Grace Barnacle & Austin Johns

New Bronze Awards

Fc- Rhys Newcombe & Charlie Sneesby

Bk- Euri Euste, Aisha Kadir & Charlie Sneesby.

Br- Grace Barnacle, Grace Mayes & Kameron Ram

Fl- Victoria Malone & Uzair Mohinadeen

New School Bronze Awards

Fc- Keeva Stopforth & Emily Steel

Fl- Harry Cusack

Training Times

Juniors

Monday DMU 7.00 – 8.30

Tuesday DMU 7.00 – 8.00

Wednesday DMU 8.00 – 9.30 (invitation only)

Thursday Evington 7.00–8.00 (8.00-8.30 invitation only)

Friday Evington Development 12 week free trial 7.00 – 7.30

Blue / Bronze / Silver Squads 8.00 – 8.45

Mini-Meet / Gold & Platinum Squads 7.30 - 8.45

Seniors & Masters

Monday Evington Seniors 8.00 – 9.30

Wednesday DMU Seniors 8.00 – 9.30

Thursday Evington Seniors 8.00 – 9.30

Masters 8.30 – 9.30

Friday Evington Seniors 8.45 – 9.45

Austin Johns' Guide to the County Champs

First time at LASA's?

What it's about?

The LASA's is about competing with all the other swimmers in the county that are the same age as you and have met the qualifying time. The swimmer with the quickest time comes first so you need to swim your best. Other swimmers from other clubs will be swimming for the first time too, and in your age group they will all be the same age as you. It doesn't really matter where you come because all it is about trying your best. If you come near the bottom all you need to say to yourself, is that you tried your best and there are lots of swimmers who didn't even make the qualifying time.

What to expect?

When you arrive lots of swimmers will be there, so don't run off, stay with your parents else you will get lost. There may be a swim shop where you could buy hats, goggles and lots of other swimming stuff, your mum or dad may get you a treat for getting a PB. When you see other swimmers from other clubs going to get changed, you should go and get changed like other swimmers. When you have got changed, look for a Neptune coach.

How to prepare for LASA's?

The day before your LASA gala, you will need lots of sleep, rest and food. You will need lots of rest so you can perform your best on the big day ahead. Also in the daytime eat lots of carbs such as pasta, pizza and beans on toast that will make you swim faster. DON'T eat food like chips or McDonalds because that will make you slower and harder when you swim. Start pushing yourself in training in the weeks before, it might make a difference when you swim. Maybe even a personal best!

What equipment to bring?

At LASA's you will need to bring two pairs of trunks. Bring tight ones because when you dive in it will make you more streamline and they won't fall down. Remember to take a pair of trunks / costumes. As well as trunks or costumes, you will need to bring 2 pairs of hats and goggles in case they split or break. Did you know hats will make you more streamline when you dive in. Remember don't touch your goggles if they fall down in a race else you get disqualified! Also with you bring some sweets, bananas and other light snacks nothing heavy else it will slow you down. Don't forget to bring 2 drinks to keep you hydrated whilst other heats go on. You will need two towels, one to dry yourself after the gala and another for poolside in between the heats. You may also like to bring a book, electronic game or even your homework as it will be a long day and just in case there is a fire bring warm clothes for evacuation.

Poolside?

Whilst poolside, stay with Neptunes, also don't wander off else you might miss your heat or even a vital race that could get you top spot. If you need the toilet, swim down, shower or even a little talk with your parents just ask them don't go without asking. It's a good idea to bring your Neptune t-shirt to put on while you are not swimming.

By Austin Johns (age 9)

Useful Email Addresses

LNSC Chairperson <chairperson@linsc.org.uk>,
LNSC Workforce <workforce@linsc.org.uk>,
LNSC Head Coach <headcoach@linsc.org.uk>,
chris.barnett18@ntlworld.com,
LNSC Fixtures <fixtures@linsc.org.uk>,

LNSC Membership <membership@linsc.org.uk>,
LNSC STOC <stoc@linsc.org.uk>,
LNSC Treasurer <treasurer@linsc.org.uk>,
mccallister30@live.com,
dericksullivan@talk21.com

Workforce Update

Workforce Update February 2014

Thank you to everyone who volunteered to help the club after last month's update in the newsletter. We continue to have some empty posts which have been listed below.

This month we are focusing on gala officials and there are several ways that you could volunteer to help both home and away galas run more smoothly.

Timekeepers

Timekeepers are essential at galas and time trials. Ideally, we aim to have two timekeepers per lane, plus a chief timekeeper. The role includes recording the names of swimmers accurately, recording their times accurately and sometimes judging finishes. The chief timekeeper also times the race in the event that there is a malfunction of someone's watch, as well as managing the timekeepers and collecting the time slips. Qualified timekeepers hold a British Swimming J1 qualification (which can be done for free during the Leicestershire ASA Championships), and while there is no requirement to do this, by knowing the laws you can help your young swimmer to understand them too.

Judges, Starters and Referees

Judges ensure that the races are carried out fairly, and that all swims comply with FINA technical laws. They usually rotate around the poolside to judge different aspects during a gala. They advise the referee if they have seen anything which doesn't appear to comply with the laws of the sport, and if the referee agrees, they will disqualify the swimmer. The starter will start the races under the instruction of the referee and the referee will control the entire gala to ensure everyone's safety and the compliance of FINA rules. There are further British Swimming qualifications that may be taken by judges, starters and referees. Again, by knowing the technical rules of swimming you can help your swimmer to understand them better too.

Announcers

The gala announcer is essential in keeping everyone up to date with the event number and results. However, they have an important role in ensuring everyone is aware of safety information, and in handing over control of each race to the referee.

If you are interested in helping out in any of the above roles, please contact myself, or Min Chauhan (email stoc@linsc.org.uk)

To help us co-ordinate officials for galas, we are also looking for the following:

Officials Co-ordinator (reporting to the workforce co-ordinator)

The new role of officials co-ordinator includes: encouraging club volunteers to become qualified officials; ensuring adequate cover of officials is provided for internal and external galas; keeping records of the qualifications and licences of club officials; liaising with the workforce co-ordinator to ensure that relevant courses and training needs are communicated to volunteer officials. It is not mandatory for successful applicant to be on the management committee.

Applicants to this post will need to write a short summary of why they feel that they are suitable for this post. The successful applicant will be approved by the management committee. Applications to this post to the Workforce Co-ordinator, Helen Atton, (workforce@linsc.org.uk)

Other posts currently available (at 26 Jan 2014):

Committee Members, Standing Order Co-ordinator, Social Secretary, Sponsorship Officer, Fundraising Co-ordinator, Marketing and Communications Officer, Poolside Helpers.

If you would like further details of these jobs, or the other posts, please contact me, Helen Atton (workforce@linsc.org.uk)

SWIM SHOP

Club Shirts / costumes / jammers / accessories

Contact Sally Mayfield at swimshop@linsc.org.uk