



Swimmers of the month

Grace Barnacle

For working so hard to improve her butterfly

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@linsc.org.uk)

March 2014

Birthdays!

Umer Hashim 1st
Poppy Hart 4th
Nicole Brown 10th
Grace Barnacle 11th
Sam McCallister 15th
Harry Cusack 23rd
Nichola Sutton 29th

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@linsc.org.uk or ask Martin or Nichola to add you.

Sue Sutton (Club Secretary)

We're having a brilliant LASA this year with doubtless more great performances to come, details in next month's Newsletter.

In the meantime how can you become a star swimmer? Unfortunately there's a lot of hard work and a lot of listening to do, to help yourself there are the following essentials. At the start of every swim and every turn you need to practice streamlining, this isn't something your coach invented so they could tell you off it's something the top swimmers do as part of their top class performance. When you push off you are going a lot faster than you can swim so making sure you are in a streamlined position makes best use of speedy part of the race. As you slow down this still doesn't mean start your arms, with practice you can develop an underwater kick that is also faster than swimming, this does take a fair bit of practice to get right and to start off with will be slower than full stroke but if you want to be one of the top dogs practicing underwater kick is what you have to do to make yourself the complete.

Getting streamlining and underwater kicks right is just part of being a swimmer but unless you understand the need to practice these skills and actually do them in training you will be letting other swimmers get ahead of you.

Cheers
Martin

Fixtures

29th March Leicester League (seniors) A team at Braunstone Leisure Centre
B team at market Harborough leisure Centre (Both 6:00 warm up)
5th April Leicester Diddy League, De Montfort University leisure Centre LE3 5LX
6:00 warm up (A & B teams)

Workforce Update

Workforce Update Mar 2014

February has been a really busy month for our volunteers. Early in the month, Jane Shelton (our new Welfare Officer), and Stewart Mair attended the NSPCC "Time to Listen" course for welfare officers. On the 9th of February Aan Mayes, John Sneesby, Cherine Robson-Jones, Heather Avul and Min Chauhan attended the first part of their British Swimming Judge Level 1 course and will continue their training throughout LASA's and other galas. Finally, during half term, the following attended the SCUK "Safeguarding and Protecting Children" course: Stewart Mair, Jane Shelton, Alison McCallister, Min Chauhan and Nichola Sutton. Many thanks to all of those volunteers who have undertaken this training in their own time to benefit the club.

This month we are focussing on two new posts:

Fundraising Co-ordinator (reporting to the Treasurer)

The new role of Fundraising co-ordinator includes: The identification of sources of funding for the club in association with the club's development plan; the preparation of small funding bids; to establish relationships with local funding providers; to develop the sponsorship of the club; to promote and publicise funding or sponsorship through the newsletter/website/noticeboard; and to work in partnership with the Treasurer and the Social Secretary.

The successful applicant will be approved by the management committee. If you are interested in this post please contact the Workforce Co-ordinator, Helen Atton, (workforce@lpsc.org.uk)

Assistant Welfare Officer (reporting to the Welfare Officer)

As you may have realised, our new Welfare Officer, Jane Shelton, is female – therefore, to assist her in this sensitive post we require a male Assistant Welfare Officer. The role includes deputising for the Welfare Officer initially as someone for the swimmers to talk to, but may lead to taking on more responsibility within this role. Applicants must be over 18 years of age and not related to any of the coaches, officers or team managers. The successful applicant will be required to undertake a DBS check and attend the SCUK "Safeguarding & Protecting Children" course. If you are interested in this post, please contact the Workforce Co-ordinator, Helen Atton (workforce@lpsc.org.uk)

Other posts currently available (at 4 Mar 2014):

Committee Members, Standing Order Co-ordinator, Officials Co-ordinator, Marketing and Communications Officer, Poolside Helpers, Timekeepers and Judges,

If you would like further details of these jobs, or the other posts, please contact me,

Helen Atton (workforce@lpsc.org.uk)

New Speed Awards!

New Gold Awards

Grace Barnacle (Fly)

New Silver Awards

Krishna Gosavi (Back)

New Bronze Awards

Anjali Solanki (Free & Back) Jessica Gray (Breast) Emma York (Back & Breast) Sam Harding (Back & Breast)

Lewis Newcombe (Free)

New School Bronze Awards

Oliver Kang (Breast) Jenson Johns (Breast) Anjali Solanki (Back) Natalie Smith (Back) Lewis Newcombe (Back & Breast) Shayna Prajapati (Breast) Kimberly Hew (Breast & Back) Krishna Gosavi (Breast) Kurren Adatia (Back) Charlie Bigley (Back) Kameron Ram (Back) Michael Desta (Back) Charlie Goddard (Free)

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

Useful Contacts

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

LNSC Membership <membership@lnsc.org.uk>,
LNSC STOC <stoc@lnsc.org.uk>,
LNSC Treasurer <treasurer@lnsc.org.uk>,
LNSC Junior Team Manager
<juniorteam@lnsc.org.uk>,
dericksullivan@talk21.com

Chairman's Statement

Hi,

At the special general meeting on the 31st January 2014 I was elected chairman of the committee and at that meeting I outlined two key areas where we as a committee will work on delivering noticeable improvement by the AGM in November.

Communication - Over the next few months we must improve our communication with all members of the club, utilising email, newsletters, posters, noticeboards and improving the website. Changes have already begun and I will report back to you as the improvements continue.

Equipment - Having successfully transitioned to Standing Order payments for training fees, this now gives us the opportunity to budget and plan better for day to day activities. We have already seen numerous parents take their J1 courses and will introduce further changes such as more sessions, more training equipment and more training for our parents and helpers to build the quality of sessions that we offer.

I have been a member of the club for over 16 years, I still train regularly and compete for the club in galas and at the LASA Age Groups. The club is now entering the most exciting new era I can remember with many changes taking place that are long overdue and serve as a reward to you as the most important people of the club.

Without your continued support and enthusiasm the club would not be able to run so I thank you for your dedication and hard work.

If you have any improvement ideas or wish to discuss any matters with me, please get in touch via the below email address or speak to me at a training night.

Thank you for your time

Stewart
Chairman