



Chelsea achieved her first ever NATIONAL time in the recent county champs and Poppy achieved her first ever MIDLANDS time!

Well Done Paul!

I am sure many of you already know that Paul Roberts (father of James) is part of our Masters team but you may not know that at the weekend Paul in the Midlands Masters Championships. Paul won his 200m breaststroke as well as achieving a Bronze medal in his 200 freestyle. Paul also racked up a huge PB in the 400 free.

Well done Paul!!!

Birthdays!

Tyla Malcom 1st
Lina Elmezgueldi 4th
Davina Sicotra 6th
Razeena Yusuf 6th
Daanyal Daud 8th
Alex Cousens 14th
Emily Langton 14th
Charlie Sneesby 15th
Kameron Ram 15th
Katie Shelton 15th
Emma York 16th
Charlie Goddard 19th
Yasmin Jahangir 21st
Daisy Robson-Jones 24th
Katie Radburn 25th
Lewis Newcombe 27th
Baily Carroll 27th
Kailan Chauhan 30th



Swimmers Meet Former Olympic Swimmer

Monday night swimmers got to meet Former Olympic Swimmer and European gold medallist Alan Rapley on the 10th of March. Alan happened to be swimming in the public session at DeMontfort Uni before our training session. He recognised us and came over to join in! Swimmers got to ask him questions about his Olympic experience and then he raced Katie Shelton and Austin Johns. His advice

To become a better swimmer is:

- 1) Work hard at kick - to be a good swimmer you need to be good at kick. (Apparently, his favourite training set 30 x 100m kick on 1min45 seconds!)
- 2) Work hard at school - you'll Never be a millionaire from swimming.
- 3) Technique - work at it all the time.



Fixtures

5th April Diddy League at DeMontfort University Swimming Pool. (Please could all swimmers arrive at 5:45 to be ready before the warm up.)

Remember time trials on Friday 11th April. (Bring towel, hat and a drink)

Workforce Update

(Assistant welfare officer reporting to the welfare officer)

Jane Shelton has recently taken over the position of Welfare Officer and 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 SCUUK "Safeguarding & Protecting Children" course. If you are interested in this post, please contact the Workforce Co-ordinator, Helen Atton (workforce@lncs.org.uk) or Jane Shelton (welfare@lncs.org.uk)

Other posts currently available (at 27 Mar 2014):

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

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

Helen Atton (workforce@lncs.org.uk)

CONGRATULATIONS

Platinum

Katie Shelton

New Gold Awards

Austin Johns

Chris Sneesby

Katie Shelton

Katie Radburn

Kate McCallister

Harry Preston

New Silver Awards

Daisy Robson-Jones

Grace Mayes

Harry Preston

Georgia Langton

Kimberly Hew

New Bronze Awards

Luke Collins

William Tompkins

Emma York

Aisha Kadir

Paige Uppal

Emily Roth

Euri Euste

Jenson Johns

Lewis Newcombe

Kameron Ram

New School Bronze Awards

Raasmiya Dossaji-Makda

Luca Galoppi

Ashleigh Farrell-Chapman

Jenson Johns

Hazel McDonnell

Adam Bell

Samuel Brucciani

Angelina Patel

Paige Uppal

Emily Roth

Natalie Smith

Michael Desta

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 & Masters

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 & Masters

8.45 – 9.45

County Championships 2014

2014 has been our most successful championships for the club in recent years. Prior to this year swimmers could enter on the basis of a “consideration time” which basically meant a coach entered a time for a swimmer and if the swimmer did not meet the consideration time, the swimmer could have been rejected. This rarely happened and so the championships got bigger... and bigger... and bigger!

Qualification for 2014 was tightened up considerably. Swimmers had to meet a stated qualifying time for their age and their time had to be from the national rankings database. This meant that swimmers had to enter licensed events and we were no longer able to use times from league galas or time trials. Leicester Neptune responded by licensing all of its Club Championship galas and will continue to do so. Not only that but the new qualifying times were significantly harder to achieve than the old ones.

Neptune swimmers responded brilliantly! This year we had more entries than last year, more 9-14 year old swimmers entering a full set of BAGcats, more swimmers entering longer distance races, more swimmers who had never gained got near a time before gaining a qualifying time for the first time this year – and it was harder! We are so proud of you all!

Roll of Honour

- *Chelsea McKay* - Top 10 BAGcat trophy winner – age 12 (5th/38) and winner of a range of medals for individual events. She qualified for the National Championships in 200m butterfly as well as achieving 3rd place in the same event (Junior County Championship 15 & U). Chelsea has also qualified for a range of events in the Midland Championships in June.
- *Poppy Hart* – Individual event medal winner. Poppy has also qualified for the Midland Championships this June in 100m butterfly.
- *Hritik Parmessur* – Top 10 BAGcat trophy winner – age 12 (6th/23) and individual event medal winner
- *Austin Johns* – Top 10 BAGcat trophy winner – age 10 (9th/30) and individual event medal winner
- *Daisy Robson-Jones* – Top 10 BAGcat trophy winner – age 9 (8th/24)
- *Kate McCallister* – Top 10 BAGcat trophy winner – age 10 (10th/39)
- *Emily Langton* – Top 10 BAGcat trophy winner – age 9 (10th/24)
- *Claire Sun & Katie Shelton* – both full BAGcat competitors. Claire achieved a top 10 finish in breaststroke and Katie moved 13 places up the rankings overall compared with last year to finish 14th/39.
- Other multiple event competitors were *Stewart Mair, Roy Weller, Verity Howell, Eleanor Gray, Sam McCallister, Kimia Hashimi, Christopher Sneesby, Grace Mayes, Harry Preston and Euri Euste*.
- Qualifiers for the first time included *James Wood, Luke Hulson-Brown, Kailan Chauhan, Victoria Malone, Uzair Mohinudeen, Georgia Langton, Mine Avul, Katie Radburn, Charlie Sneesby and Luke Collins*.
- Other single event qualifiers included *Nick Bird, Megan Gray and James Cooper*.

There were another 9 qualifiers whom for various reasons decided not to swim making 41 in total. Qualification has already begun for next year although the qualification times have not yet been confirmed. Based on last year's times, many of the above swimmers re-qualified for next year with their swims at this year's championships. Massive achievements all round! Alison McCallister

